

# **Gordon-Conwell Theological Seminary – Charlotte**

## **Pastoral Counseling - PC 511**

February 24-25, March 23-24, and April 27-28, 2012  
Fridays 6:30pm-9:30pm, Saturdays 8:30am-4:30pm  
Sidney L. Bradley, Ph.D., Professor

### **Course Description:**

Pastoral Counseling is designed specifically for persons in the M. Div. program who want to be prepared for basic care and counseling in the local church or related Christian ministry. The course will consider counseling concepts and counseling situations, which are common to a pastor. There will be a focus on thinking like a pastor and becoming a person who communicates a pastoral presence. Attention will be given to: the role of a pastor-counselor, kinds of personal and collective concerns encountered by pastors, primary modes of care, the care of persons by the pastor and others in the community of faith, the ability of the pastor to care for self, and the ability to provide spiritual support and care for the whole person.

### **Course Relationship to the Curriculum**

The course is now a requirement in the Master of Divinity degree and can be an elective for other degrees as may be determined by the Registrar.

### **Course Objectives and Ministerial Competencies:**

During the course, students will have the opportunity to:

1. Develop an understanding of care and counseling as valid components of pastoral ministry, including biblical, historical, theological, and theoretical foundations of ministry.
2. Develop a comprehensive theoretical knowledge of pastoral counseling.
3. Integrate biblical, theological, and psychological theories that relate to spiritual wholeness.
4. Develop skills in analysis and diagnosis of issues related to pastoral counseling.
5. Learn how to identify professional and community resources that support pastoral counseling.
6. Identify personal issues that may strengthen or harm the ministry of care and counseling.
7. Cultivate the habit of thinking like a pastor.
8. Develop healthy personal boundaries and ethical behavior.

9. Develop skills in listening, attending, empathic responding, and conversing as a pastor.
10. Develop means of assessment and diagnosis consistent with effective counseling techniques.
11. Integrate theoretical, clinical, and practical knowledge in the formulation of cases, recommended treatments, and selection of proper counseling plan and process.
12. Discover models for utilizing lay care givers.

### **Class Dates and Times**

The class will meet February 24-25, March 23-24, and April 27-28, Fridays from 6:30 pm - 9:30 pm and Saturdays 8:30 am - 4:30 pm at the Gordon-Conwell Theological Seminary campus at 14542 Choate Circle. Both students and auditors are expected to attend all sessions of the class and participate in all phases of the class.

### **Course Requirements:**

#### Course Textbooks

It is expected that students will read the following textbooks for the course.

1. Kollar, Charles Allen, Solution-Focused Pastoral Counseling. Grand Rapids: Zondervan, 1997.
2. Hands, Donald R. and Fehr, Wayne L. Spiritual Wholeness for Clergy. Herndon, VA: Alban Institute, 1993.
3. Johnson, W. Brad. & Johnson, William L. The Pastor's Guide to Psychological Disorders and Treatments. Binghamton, NY: Haworth Pastoral Press, 2000.

The textbooks are available in the Gordon-Conwell – Charlotte Bookstore.

#### Reading

It is expected that students will invest a minimum of sixty hours reading for this course, including the textbooks, and will spend a minimum of 120 total hours on the course. An annotated bibliography, including an indication of the time spent reading, will be submitted at the end of the course. All materials must be submitted in email form. Only electronic submissions will be accepted unless special permission has been granted by the professor. Use the email: [sbradley@gordonconwell.edu](mailto:sbradley@gordonconwell.edu) for all electronic submissions of assignments.

**Due Date: No later than Monday, May 28, 2012**

**Graduates Due Date: Wednesday, May 2, 2012**

## **Letters**

1. Students will write a letter to the author of each textbook regarding issues and concepts identified in the book – appreciation/non-appreciation, strengths/weaknesses, questions/concerns, among other communication. These letters will not be sent to the authors, but will be submitted to the professor.

Letter to Kollar: 4-6 pages, single-spaced, typed/printed

Letter to Hands/Fehr: 2/3 pages, single-spaced, typed/printed

Letter to Johnson/Johnson: 3/5 pages, single-spaced, typed/printed

2. Students will write a letter to the professor detailing the student’s learnings throughout the course, including any post-course reflections: 4-6 pages, single-spaced, typed/printed

Letters are an opportunity to expand your knowledge by verbalizing (in writing) your reflective thoughts, your ideas, your questions, your confirmations, and your experiences. Use personal pronouns, i.e., make it personal. Include references to your readings, research, class presentations, and personal reflections. This is not a journal or diary or “blowing off steam”. Therefore, avoid words such as “should”, “must”, “ought”, “the truth is”, “in reality”, “all people”, “people say”, “you know” or other moral imperatives that sound demanding, demeaning, or “preachy”. Also, avoid generalizations. Be specific. Write primarily for your own learning.

All letters are due approximately one month following the last day of the course. All materials must be submitted in email form. Only electronic submissions will be accepted unless special permission has been granted by the professor. Use the email: [sbradley@gordonconwell.edu](mailto:sbradley@gordonconwell.edu)

**Due Date: Monday, May 28, 2012**

**Graduates Due Date: Wednesday, May 2, 2012**

## **Exam**

A take-home, open-book exam is also due approximately one month following the last day of class – All materials must be submitted in email form. Only electronic submissions will be accepted unless special permission has been granted by the professor. Use the email: [sbradley@gordonconwell.edu](mailto:sbradley@gordonconwell.edu)

**Due Date: Monday, May 28, 2012**

**Graduates Due Date: Wednesday, May 2, 2012**

### **Grading:**

1. Readings - must read a minimum of sixty (60) hours to receive and “A” or a “B” for the course.
2. Take-home exam - 30%.
3. Letter to Kollar - 20%.
4. Letter to Hands/Fehr - 10%.
5. Letter to Johnson & Johnson - 15%
6. Letter to the Professor - 15%.
7. Annotated Bibliography/Readings - 10%

**Note:** All aspects of the course must be completed in full to receive an “A” or “B” for the course. This means that students will complete all assignments at the highest level, including the minimum number of hours of collateral reading. However, the Catalog indicates that an “A” means that a student goes beyond the expectations of the class.

### **Course Administration:**

#### **Attendance Policy**

Attendance at all sessions is required. Lack of attendance will be utilized to determine final grades on the borderline between two grades. See the Academic Catalog for Seminary requirements related to attendance.

#### **Due Dates and Late Penalties**

All course work is due on or before the date listed in this syllabus and in the Academic Catalog. Normally, students have one month following the final class session to submit all materials for the class unless requested earlier by the professor in the syllabus. Any extensions beyond the stated deadlines must be granted by the Registrar.

#### **Course Assistance**

Students may contact the professor by the following means:

1. E-mail - [sbradley@gordonconwell.edu](mailto:sbradley@gordonconwell.edu) This is the most efficient way to get a somewhat timely response and brief feedback meaning the professor will respond to e-mail messages within three days, generally. Assignments are sent to the same email.

2. Postal letters or memoranda should be addressed to:

Sidney L. Bradley  
11314 Sir Francis Drake Drive  
Charlotte, NC 28277

3. Phone: 704-849-7708 (home; includes an answering machine).

4. Student conferences by appointment at the Gordon-Conwell offices during the weekends of the course.

### **Course Topics:**

The following topics will be considered during the course. Readings beyond the textbooks should address these topics.

1. Biblical, theological, and theoretical foundations for pastoral care and counseling as contrasted with psychological theories.
2. Skills in care-counseling: listening, attending, empathic responses, pastoral conversations, among others.
3. Communication processes: non-verbal behavior, listening for themes, assessment of transitions and turning points, identifying and understanding feedback, questions and clarification, pastoral care-counseling in crisis (including grief and loss).
4. Confidentiality.
5. Boundaries in care-counseling.
6. Moral and Ethical behavior.
7. The pastor as person.
8. Learning to think and act like a pastor.
9. The pastor and healing.
10. The church as a community.
11. The sick and dying.
12. The minister as crisis counselor.
13. Pastoral/hospital visitation.

14. Laity as care-givers.
15. Pre-marital counseling and marriage counseling.
16. Mental illness in the church.
17. Solution-focused counseling.
18. The art of asking questions.
19. Making difficult ethical decisions.
20. Weddings and Funerals.
21. Marriage and divorce.
22. The priest and the prophet.
23. Transference and counter-transference.
24. Inventories and testing instruments.
25. The pastor as interventionist.
26. Community resources.
27. Assessment and diagnosis.
28. The care-counseling plan.

**A Summary of Course Requirements:**

1. Full reading of the three textbooks for the course.
2. Additional reading and the submission of an annotated bibliography, including an indication of time spent reading – a minimum of sixty hours of reading and 120 hours for the course.
3. Submission of four letters - one to the author of each textbook and one to the professor.
4. Take-home exam - essay.
5. Attendance at all classes.

## Bibliography

It is expected that students will develop a list of bibliographic resources which support pastoral counseling and which may be utilized in the future as part of a “database” of materials for referral and for resourcing the counseling process. A list of these resources and a short annotated bibliography should be submitted with the final exam.

Suggestions for reading follow, but the list is far from exhaustive so feel free to choose other appropriate, relevant sources.

Adams, J. Competent To Counsel, Baker, 1970.

Adams, J. More Than Redemption, Presbyterian and Reformed, 1979.

Anderson, R. & Guernsey, D. On Becoming Family, Eerdmans, 1985.

Ashbrook, J. Minding the Soul: Pastoral Counseling As Remembering, Fortress, 1996.

Benner, D. Strategic Pastoral Counseling, Baker, 1992.

Bobgan, M. & Bobgan, D. Competent To Minister: The Biblical Care of Souls, 1996

Campbell, A. Rediscovering Pastoral Care, Westminster, 1981.

Capps, D. Biblical Approaches to Pastoral Counseling, Westminster, 1981.

Carter, J. & Narramore, B. The Integration of Psychology and Theology, Baker, 1979.

Clinebell, H. Basic Types of Pastoral Care and Counseling, Abingdon, 1984.

Collins, G. The Biblical Basis of Christian Counseling, NavPress, 1997

Collins, G. Christian Counseling: A Comprehensive Guide, Word, 1988.

Collins, G. Innovative Approaches in Counseling, Word, 1986.

Crabb, L. Basic Principles of Biblical Counseling, Zondervan, 1975.

Crabb, L. Effective Biblical Counseling, Zondervan, 1977.

Crabb, L. Understanding People, Zondervan, 1987.

Crabb, L. Inside Out, NavPress, 1988.

Dittes, J. Pastoral Counseling: The Basics, Westminster John Knox, 1999

Egan, G. The Skilled Helper, (6<sup>th</sup> ed.), Brooks/Cole, 1998.

Estadt, B. Pastoral Counseling, Prentice-Hall, 1991.

Farnsworth, K. Wholehearted Integration, Baker, 1995.

Frankl, V. Man's Search For Meaning, Pocket Books, 1959.

Harbaugh, G. Pastor as Person, Augsburg, 1984.

Haugle, K. Christian Caregiving: A Way of Life, Augsburg, 1984.

Hunsinger, D. Theology & Pastoral Counseling, Eerdmans, 1995.

Jeeves, M. Psychology and Christianity: The View Both Ways, InterVarsity, 1976.

Jones, S. (Ed.). Psychology and the Christian Faith, Baker, 1986.

Kirwan W. Biblical Concepts for Christian Counseling, Baker 1984.

Kuenning, D. Helping People Through Grief, Bethany House, 1987.

MacArthur, J. Introduction to Biblical Counseling..., Word, 1994.

Malony, H. Wholeness and Holiness, Baker, 1983.

McLemore, C. Clergyman's Psychological Handbook, Eerdmans, 1976.

Nichols, M. The Lost Art of Listening, Guilford, 1995.

Oates, W. Pastoral Counseling, Westminster, 1982

Oates, W. An Introduction to Pastoral Counseling, Broadman, 1959.

Oates, W. The Presence of God in Pastoral Counseling, Word, 1986.

Oden, T. Kerygma and Counseling, Westminster, 1966.

Oden, T. Pastoral Theology, Harper and Row, 1982.

Oden, T. Care of Souls in the Classical Tradition, Fortress, 1984.

- Oglesby, W. Biblical Themes for Pastoral Care, Abingdon, 1980.
- Patton, J. Pastoral Care In Context, Westminster John Knox, 1993.
- Peterson, E. Working With Angels, Eerdmans, 1987.
- Peterson, E. The Contemplative Pastor, Eerdmans, 1989
- Pruyser, P. The Minister As Diagnostician: Personal Problems in Pastoral Perspective, Westminster, 1976.
- Sanders, R. (Ed) Christian Counseling Ethics, InterVarsity, 1997.
- Seamands, D. Healing for Damaged Emotions, Victor, 1991.
- Seamands, D. Healing of the Memories, Victor, 1987
- Shawchuck, N. & Heuser, R. Leading the Congregation: Caring for Yourself While Serving the People, Abingdon, 1993.
- Stone, H. Brief Pastoral Counseling: Short-term Approaches and Strategies, Fortress, 1994.
- Stone, H. Theological Context for Pastoral Care Giving, Haworth Pastoral Press, 1996.
- Switzer, D. The Minister As Crisis Counselor, Abingdon, 1986.
- Taylor, C. The Skilled Pastor, Fortress, 1991.
- Thornton, E. Theology and Pastoral Counseling, Prentice-Hall, 1964.
- Tidball, D. Skillful Shepherds: An Introduction to Pastoral Theology, Zondervan, 1986.
- Walker, C. Biblical Counseling With African-Americans: Taking a Ride in the Ethiopian's Chariot, Zondervan, 1992.
- Williams, D. The Minister and the Care of Souls, Harper & Row, 1977.
- Worthington, E. Christian Marital Counseling..., Baker, 1996.
- Wright, H. N. Marriage Counseling: A Practical Guide for Pastors and Counselors, 1995.
- Wright, H. N. The Premarital Counseling Handbook, 1992.