

GORDON-CONWELL THEOLOGICAL SEMINARY

PC 511

INTRODUCTION TO PASTORAL CARE AND COUNSELING

PROFESSOR RAYMOND F. PENDLETON

SUMMER SESSION - June 14-18

M-F 9:00-12:00; 1:00-4:00 p.m.

COURSE OBJECTIVES

The intention of this course is that the student will:

1. Develop a sound Biblical and theological foundation for the conduct of Pastoral Counseling.
2. Develop an understanding of the integration of Biblical, theological and psychological structures operative in a whole person model of development.
3. Develop fundamental counseling skills for effective Pastoral Counseling.
4. Learn how to evaluate individuals, couples and families to determine the severity of the problems being faced.
5. Learn how to network necessary professional and community resources for comprehensive care of counselees.

MINISTRY COMPETENCIES

The following Competencies for Ministry will be dealt with in this course:

1. Is able to do pastoral diagnosis of personal and relational problems.
2. Has effective listening skills for Pastoral Care and Counseling.
3. Has well developed relational skills for a variety of ministry settings.
4. Has a clear understanding of spiritual nurture and the process of follow-up.

COURSE REQUIREMENTS :

1. **Textbooks:**

Johnson, W. Brad. *The Pastor's guide to psychological disorders and treatments*, New York: Haworth Pastoral Press, 2000.

McMinn, M.R. & Phillips, T.R. *Care for the soul: exploring the intersection of psychology & theology*, Downers Grove, IL: InterVarsity Press, 2001.

Specific chapters will be assigned in preparation for the topics listed in your syllabus. The books provide a foundation and should be read in their entirety. This is especially important if you have no personal background in psychology.

2. Reading Requirements:

To develop a solid background in Pastoral Counseling, students are expected to read a variety of materials to compliment areas of understanding which have not yet been developed. Books may be chosen from the bibliography attached to this syllabus or they may be selected by the student as long as they fall into the several categories which are indicated on the bibliography. 1500 pages are required in addition to the required texts.

In addition to books, other resources may also be utilized, e.g. films, audio and video cassettes. (Twenty-five pages of reading may be calculated per hour of viewing/listening.)

A reading log will be submitted at the end of the term. This log should indicate books read, pages completed and total number of hours or pages read. This reading log is due on the last day of class.

A grade will be assigned to the reading, using the following hour equivalents for grading:

- 60 hours = A
- 55 hours = A-
- 50 hours = B+
- 45 hours = B
- 40 hours = B-
- 35 hours = C+
- 30 hours = C
- 25 hours = C-

Note: for some students who read rapidly a total page amount may be substituted for the reading. This can be negotiated with the professors at any time during the course.

3. Papers:

Two papers are required for this course.

The first paper is on the subject of Integration. This is a research paper in which you will demonstrate your ability to develop a model for the integration of Biblical, theological and psychological data. The paper is limited to three (3) pages plus a bibliography. This paper is due the last day of class.

The second paper is also a research paper due on the last day of class. This paper should deal with a particular topic in Pastoral Counseling of interest to you. This paper should be a maximum of six (6) pages and must include adequate bibliographic materials along with appropriate Biblical materials and theological reflection.

4. Counseling Practice Groups:

The class will be divided into triad groups. Each group will have a counselor, counselee and observer. The counselee will present a case to the counselor such as might be brought to the attention of any pastor in his/her office. Cases may vary in length but are to be acted out by the counselee with careful advance preparation so as to make the experience for the counselor a beneficial learning task. The counselee should prepare a case that will last from one to three sessions. The observer will write a report of the counseling session(s) being conducted. This report will utilize the report form outlined in the introductory class. Each observer is expected to turn in a report for each of the counseling sessions for which he/she is the observer. This translates into three observer reports to be turned in by each class member over the course of the term. Reports are due the class following the counseling practice group meeting. The counselee and the observer are to take the last portion of the hour devoted to counseling practice each week to debrief the counselor. This debriefing period will provide a means for developing more effective skills in counseling.

Class demonstrations from time to time will also serve to help the students understand more effective counseling techniques.

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DAILY OUTLINE
 SUMMER SESSION 2010

<u>FIRST HOUR</u>	<u>SECOND HOUR</u>	<u>THIRD HOUR</u>
<u>DAY 1</u> INTRODUCTION TO PASTORAL COUNSELING	BIBLICAL AND THEOLOGICAL FOUNDATIONS	COUNSELING PRACT. TRIAD INTRO.
<u>DAY 2</u> LISTENING SKILLS	COMMUNICATION TRAINING/REFLECTION	COUNSELING PRACT.
<u>DAY 3</u> MODELS OF INTEGRATION	CRISIS INTERVENTION	COUNSELING PRACT.
<u>DAY 4</u> GRIEF AND LOSS	GRIEF AND LOSS	COUNSELING PRACT.
<u>DAY 5</u> ANXIETY AND STRESS	DEPRESSION	COUNSELING PRACT.
<u>DAY 6</u> ANGER AND AGGRESSION	CONFLICT RESOLUTION	COUNSELING PRACT.
<u>DAY 7</u> LIFESTYLE ISSUES	COPING WITH ADDICTION	COUNSELING PRACT.
<u>DAY 8</u> MARRIAGE	DIVORCE AND REMARRIAGE	COUNSELING PRACT.
<u>DAY 9</u> ABUSE IN THE FAMILY	SPIRITUAL WARFARE	COUNSELING PRACT.
<u>DAY 10</u> CONFIDENTIALITY	REFERRAL	COUNSELING PRACT. DEBRIEFING

NOTE:

You will observe that the paper on Integration is the first one due. This paper will pull together your own mindset for integration of biblical, theological and psychological data.

Books such as *The Rebuilding of Psychology* by Gary Collins, *Wholehearted Integration* by Kirk Farnsworth, some of the writings of Newton Maloney, several issues of *The Journal of Theology and Psychology* (of particular interest is an issue in the summer of 1976, an article by David Carlson - *Jesus' Style of Relating*) will get you started in your thinking. Integration for the Christian must always begin with a sound biblical anthropology that should provide a framework for construction of coherent methodology.

The second paper is to develop a rationale for your pastoral approach to a specific problem in pastoral care and counseling. Select a topic in which you have interest and read fairly extensively in order to promote clear thinking with respect to effective pastoral counseling in that particular area.

PC 511 BIBLIOGRAPHY

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