GORDON-CONWELL THEOLOGICAL SEMINARY

PC 511

INTRODUCTION TO PASTORAL COUNSELING

Summer 2014

(Hybrid Course – Orlando Florida)

Professor: Don Knoblich, Ph.D.

Telephone: 253-271-0831  Cell: 253-279-9229

E-mail: dknoblich@aol.com

Address For Mailing Assignments: 7319 199th St. Ct. E., Spanaway, WA 98387

Date: Wednesday, July 23rd, 2014 (9:00 a.m. – 4:00 p.m.)

I. Course Description

This course is about pastoral care as expressed through pastoral counseling. Pastoral care will be examined through two lenses: 1. The ability of pastors to care for their own well being; 2. The ability to provide spiritual whole-person care and counseling for others. We will see that the degree to which we are able to care for others is largely dependent on how well we care for ourselves. Therefore, this course will focus on the interconnection between maintaining one’s self care and the ability to provide appropriate care and counseling to others. A goal of this course is to help students convey a pastoral presence when faced with a variety of counseling concerns.

II. Course Objectives

Upon completion of this course, students will have the ability to:

1. Develop a Biblical foundation for conducting pastoral counseling. This will be done by examining and utilizing various counseling models.
2. Identify personal issues that may potentially strengthen or weaken one’s counseling abilities and to see how growth and wholeness develops through a multi-dimensional process.

3. Know how to work in various counseling modalities (i.e., individual, couple, family, group).

4. Learn the fundamental skills of effective communication.

5. Understand how to identify problems and facilitate solutions.

6. Establish healthy personal boundaries with appropriate ethical behaviors.

7. Provide therapeutic, supportive, crisis, bereavement, and educative counseling to a variety of problems and with diverse populations.

III. Required Texts


Optional Recommended Text


IV. Course Requirements And Grading

1. Reading and Lecture Logs (20% of final grade)

A reading log for the two required texts is included in this syllabus. The log also has a section where you can indicate that you have listened to the audio lectures as presented on Sakai. Since this is a Hybrid Course, it is imperative that students complete the lecture series. The reading/lecture log will be turned in at the same time when the final assignment is due, September 10th, 2014.
2. Paper #1 (30% of final grade)

For this paper, entitled, “Preparedness For Being A Pastoral Counselor,” describe how you engage in self-care activities that promote wellness in you so that you will be able to provide spiritual and whole-person care and counseling for others. This paper should also include the following elements:

- Describe what you feel are your personal strengths and weaknesses for doing counseling. This should be based on an awareness of who you are and your own life’s story.

- What do you see as those areas that you need to grow in to help you be more competent as a pastoral counselor?

- Discuss strategies for addressing identified areas of needed growth.

This paper should be a minimum of 4 typed pages (not including cover page and bibliography) and should not exceed 5 pages. It is to be double-spaced, in twelve-point, Times New Roman. (Feel free to cite references from the readings and lectures if you wish.) This paper will be due 4 weeks after class, by August 20, 2014. This paper can be e-mailed or mailed directly to me. If sent by mail, it must be postmarked by August 20th. Assignments not completed by the due date will receive a ½ grade reduction in their final grade.

3. Paper #2 (50% of final grade)

During class, the professor will present you with a vignette to use for your final paper. Using the vignette, your paper should include the following sections:

- Presenting Problem(s) (through the counselee’s eyes)

- How has the counselee attempted to fix the problem? (What solutions has he/she tried?)

- Which Counseling Model(s) you are going to use and why?

- How would you define the problem(s)?

- What counseling strategies would you use in helping this person?

- What resources (if any) would you use to help the counselee?

- What homework assignments (if any) would you give?

- If the counselee were to come to see you at a later date, what would you look for that told you they no longer were dealing with this problem(s)?
This paper should be a minimum of 8 typed pages (not including cover page and bibliography) and should not exceed 10 pages. It is to be double-spaced, in twelve-point, Times New Roman. Your paper should cite a minimum of ten references from the readings and lectures, and other sources, using footnotes and a bibliography. This paper will be due 7 weeks after class, by September 10, 2014. Again, this paper can be e-mailed or mailed directly to me. If sent by mail, it must be postmarked by September 10th. Assignments not completed by the due date will receive a ½ grade reduction in their final grade.

**Academic Honesty:** Students are on their honor to complete assignments with integrity. Please know that cheating and plagiarism, i.e., using the intellectual property of others without giving proper citation credit, and leaving the impression that it is your own work are not acceptable.

**V. Course Outline**

**Wednesday Morning (July 23, 2014)**

Registration/Introduction of Students

Course Pragmatics (Organization, Objectives, Requirements)

A. Foundations For Personal Care

- Maslow’s Hierarchy of Needs as an Assessment Tool

- The Composite You (The Multidimensional Approach)

- Transference/Counter-Transference Issues

- Successful Joining (or) How To Destroy A Counseling Relationship

Readings: Benner, Chapter 1

B. Introduction To Pastoral Counseling

- Counseling from a Pastoral Perspective

- Advantages of Pastoral Counseling
- Limitations of Pastoral Counseling
- Attributes of a Pastoral Counselor
- Knowing Our Individual Limitations
- Wholistic Counseling and Differential Diagnoses

Readings: Benner, Chapter 2
Collins, Chapters 2, 3, 4, 5, 7

C. Prominent Issues Found in Pastoral Counseling
- Depression and Anxiety Disorders
- Axis II Personality Disorders

Readings: Collins, Chapters 8, 9, 10, 11, 23, 33

D. Components of Various Models of Therapy to use in Pastoral Counseling
- Rogerian Model
- Developmental Models (Piaget, Kohlberg)
- Reality Therapy

Readings: Collins, Chapters 13, 14, 15, 16, 17

E. A Biblical Model for Counseling (Based on the Cognitive/Behavioral Approach)
- Identifying Distorted Thinking
- Cognitive/Behavioral Strategies
- The Power of the Word in Combating Distorted Thinking
Wednesday Afternoon

- Class Participation of “Biblical Model for Counseling”

Vignette #1

Vignette #2

- Additional Cognitive/Behavioral Strategies

Cost/Benefit Analysis

F. Benner’s Model for Pastoral Counseling

- The Strategic Counseling Approach

Readings: Benner, Chapters 3, 4, 5, 6

G. Pre-Marital /Marital Counseling

- Degrees of Commitment

- Compatibility Issues

- Factors that Predict Divorce

- FIGHTS Acronym

- His Needs/Her Needs

Readings: Collins, Chapters 19, 20, 22, 26, 27, 28, 29, 30, 32

H. Family Counseling

- Strategic Model (with 1st, 2nd, & 3rd order change)

- Communications Skills Training

Readings: Collins, Chapters 18, 31
I. Ethical Issues in Pastoral Counseling

- Confidentiality
- Length of Therapy and When to Refer
- Dual Relationships
- Documentation

Readings: Benner, Appendix
Collins, Chapter 6

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Reading and Lecture Log Sheet

The Reading and Lecture Log Sheet is to be turned in at the same time when the final assignment is due, September 10th, 2014. Indicate below the pages you have read and the lectures you have listened to as this is part of your final grade. Please check the appropriate space.

Collins, Gary R. Christian Counseling – Pages Read ______________

Benner, David G. Strategic Pastoral Counseling – Pages Read ______________

(Sakai Audio Lecture Series) - I have listened to all Lectures  Yes__________  No__________