Professor: Don Knoblich, Ph.D.

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Dates: (Tuesday, Wednesday, Thursday) April 21st – 23rd (9:00 a.m. – 9:00 p.m.)

*Location: (Please see attached addendum. Bishop Walter Doroshuk will be coordinating the details of the location of the school. Contact him for the necessary information. He can be reached at: Wdoroshuk@aol.com or (250) 938-5223.)*

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 church leaders 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 Log (20% of final grade)

A reading log for the two required texts is included in this syllabus. The reading log will be due six weeks after class on June 5th, 2015, the same time when the final assignment is due.

(Note: The Benner text is short and should be read in its entirety. The Collins text, 3rd edition only, is an excellent resource for your ministry. The assigned chapters can be perused or read in more depth for those areas you feel are most pertinent to your work in the ministry.)
2. Active Participation/Role-Play (20% of final grade)

Active participation during class and focus groups is a critical part of the learning process. Students will be required to participate in role plays which will occur during class. In role plays, students will take on the roles of pastoral counselor, counselee (person being helped), and “observer.” Students will engage in self-evaluation and the evaluation of their peers. Grade is based on participation in the role-play situations, not on peer or self-evaluations.

3. Paper #1 (20% 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 3 weeks after class, by May 15th, 2015. This paper is to be e-mailed directly to me. Assignments not completed by the due date will receive a ½ grade reduction in their final grade.

4. Paper #2 (30% 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) (as seen 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 6 weeks after class, by June 5th, 2015. Again, this paper is to be e-mailed directly to me. 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.

5. Daily Quizzes (10% of final grade)

On Tuesday, Wednesday, and Thursday evening of class, a brief quiz will be given on material that was presented and highlighted in class that day.

V. Course Outline

Tuesday (April 21, 2015)

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

- Punctuation/Objectivity (A Must)

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

- A Work in Progress (“Wounded Healers”)
- Modernism vs. Post-Modernism

Readings: Benner, Chapter 1; Collins, Chapters 1, 42

B. Introduction To Pastoral Counseling

- Counseling from a Pastoral Perspective
- Advantages of Pastoral Counseling
- Limitations of Pastoral Counseling
- Attributes of a Pastoral Counselor
- Roles of the Counselor
- Knowing Our Individual Limitations
- Wholistic Counseling and Differential Diagnoses
- Community Counseling and Multi-Cultural Issues

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

C. Prominent Issues Found in Pastoral Counseling

- Depression and Anxiety Disorders (Videos on Depression and Panic Disorder)
- Adjustment Disorders
- Anger and Guilt
- Axis II Personality Disorders
- Inferiority and Self-Esteem
- Assessment Tools

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

Evening Quiz
Wednesday (April 22, 2015)

D. Components of Various Models of Therapy to use in Pastoral Counseling

- Rogerian Model
- Developmental Models (Piaget, Kohlberg)
- Reality Therapy
- Systems Theory

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

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

- Class Participation of “Biblical Model for Counseling”

Vignette #1
Vignette #2

- Additional Cognitive/Behavioral Strategies
  
  Daily Mood Log
  
  Cost/Benefit Analysis

Evening Quiz

Thursday (April 23, 2015)

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

   Video: Secrets of Staying Together: Dr. John Gottman

- FIGHTS Acronym
- His Needs/Her Needs

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

H. Family Counseling

- Structural Model

   Video: Demonstration of Structural Model

- 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

J. Crisis Counseling/Crisis Intervention

- Goals of Crisis Counseling

- Four Phases of a Crisis

- Interventions

Readings: Collins, Chapters 38, 39

Evening Quiz

PASTORAL COUNSELING (PC 511)

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, June 5th, 2015. Indicate below the pages you have read 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 _____________

Name:________________________________________________________________________