

Seattle University
School of Theology and Ministry
901 12th Street, Hunthausen Hall
Seattle, WA 98122-1090

STMM 533.01—Introduction to Pastoral Care Skills

Mon. 9:00 a.m. to 11:50 a.m., HUNT 100
Fall Quarter 2007

Rev. Keith A. Brehob, SJ, MDiv, PhD, LICSW

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Resources and Texts

Bean, John C. *Student Guide to Editing & Style*. SU Publications, 2004.

Hill, Clara E. *Helping Skills: Facilitating, Exploration, Insight, and Action, 2nd Ed.* Washington, D.C.: American Psychological Association, 2004.

Lartey, Emmanuel Y. *In Living Color: An Intercultural Approach to Pastoral Care and Counseling, 2nd Ed.* Philadelphia: Jessica Kingsley Publishers, 2003.

Moessner, Jeanne S. *Through the Eyes of Women: Insights for Pastoral Care.* Minneapolis, MN: Fortress Press, 1996.

SU Angel Website for this course: (logon with your SU email user name and password) <https://angel.seattleu.edu/angel/frameindex.htm>. You can also access this site by typing “angel” into the search box of SU’s homepage.

Description and Course Goals

This course is an introduction to pastoral care and counseling that integrates theoretical knowledge and practical wisdom gleaned from historical theology, pastoral ministry, developmental psychology, and general counseling skills. The historic, foundational ministries of healing, guiding, sustaining, reconciling, nurturing, and liberating will be explored by means of contemporary pastoral cases, assigned readings, class discussions, and pastoral care exercises practiced in the Loyola Counseling laboratory. Demonstration of two of the most important dynamics needed for effective pastoral care—*reflective self-awareness* and *compassionate interpersonal communication*—are integral to the successful completion of this course. Thus, course readings, experiential exercises, and student performance evaluations will focus on these as well as other interpersonal competencies and related pastoral care skills with the goal of strengthening students’ professional identities and increasing their repertoire of pastoral care skills necessary for general pastoral care/counseling in a variety of contemporary ministerial settings.

Requirements

Attendance: Class sessions are the primary means by which the instructors and the pastoral ministers in training can share the material introduced in the assigned readings and other course activities. Therefore, attendance at all sessions of the course is essential. If you know you will need to miss more than one class session during this quarter, please think seriously about taking this core course at a different time. Absence from any of our class meetings will be reflected in a reduction of your participation grade.

Participation: Directly related to attendance is the importance of active preparation and class participation in all activities and discussions. A course of this type requires all students to read and understand assigned materials, learn basic attending and counseling skills, accept and utilize appropriate feedback on areas of personal and pastoral growth, and demonstrate verbally and in writing that the material covered in this course is not only understood but can actively be used in your pastoral work with parishioners and colleagues.

Pastoral Integration Paper (due on or before Dec. 10th at noon): Write a 5 to 8 page pastoral care skills integration paper using the APA, MLA, or Chicago-Turabian writing style format.

The paper should include but is not limited to the following points:

- a) Your personal theology of pastoral care (i.e., What biblical, theological, spiritual, or sacramental support and understanding do you associate with pastoral care ministry in the Church?) What is the meaning, importance of pastoral care ministries for you, and how are God, Jesus, the Church, others, love, evil, injustice, and/or the cosmos related to your understanding of these specialized ministries?
- b) What you learned in this class about yourself as a pastoral minister.
- c) An honest assessment of your personal strengths and growing edges as they relate to your current mastery of pastoral care skills.
- d) What future ministries do you believe are well suited for your talents, skills, personality, and spiritual desires as you now understand them?

In general, my policy is that an academic paper has not been official received by me unless:

- a) You physically put a hard copy of the paper into my hand.
- b) You give a hard copy of the paper, sealed in an envelop, to the STM receptionist and ask that it be placed in my mailbox.
- c) Or, you receive a confirmation email from me that I have in fact received an electronic copy of your paper (MS Word format only) as an attachment to an email sent to my official SU email account.

Evaluation/Grading

Grading for attendance, class and lab participation, and the final pastoral integration paper will be assessed according to Seattle University's Grading System:

- A = Superior Performance
- B = Good Performance
- C = Minimal Performance for graduate courses.

For those students who wish a mid-term evaluation, a written or verbal assessment will be provided by one of the instructors along with suggestions on how demonstration of course objectives and goals might be improved before the final evaluation. Your final grade will be based on your attendance, participation, written assignment, and your cumulative growth in achieving the goals and objectives of this course.

Each requirement for this course will be weighted as follows:

- 30% Mastery of information in the assigned readings demonstrated by active, appropriate participation in class discussions.
- 30% Demonstration of reflective self-awareness and growth in compassionate interpersonal communication in the pastoral care skills practiced in the video counseling lab exercises.
- 40% Pastoral Integration Paper (due Dec. 10th by noon).

If you would like the instructors to return your graded pastoral integration paper in the US mail, please include with your completed paper a self-addressed stamped envelop. The instructors can also leave your graded paper with the receptionist at the front desk if you include with your completed paper a large envelop on which you write your full name. All other papers will be shredded after they are graded and the appropriate course assessment documentation has been received by the university registrar.

Learning Differences

If you will need special accommodations for a diagnosed learning disability or physical limitation, follow the policies and procedures outlined in your student handbook, obtain the necessary materials from the appropriate university officials, and present the required documentation to the instructors by the second week of class so that appropriate accommodations can be arranged.

Course Calendar

Session One (Oct. 1): Introduction to Pastoral Care Skills

- Before our first class, open folder “One” in our ANGEL website and print any files that you find there. Bring hard copies of these documents to our first class.
- Course Syllabus (bring printed copy to first class).

Session Two (Oct. 8): History, Theory, and Practice of Pastoral Care and Counseling

Session Three (Oct. 15): Families of Origin, Abuse, & Addictions: Why do I need recovery, doesn't Jesus take care of all of that stuff?

Session Four (Oct. 22): What Would Jesus Do?

- The Importance of Self-Awareness and Compassion in Pastoral Care.
- Helping, Co-Dependence, or Enabling: What's the difference?
- Physician Heal Thyself: The Importance of Grace, Healing, and Recovery for pastoral ministers.
- What's burnout and who gets it?

Session Five (Oct. 29): From Babel to Pentecost: The politics and importance of culture, race, ethnicity, age, gender, socioeconomic status, and sexual orientation in ministries of pastoral care and counseling.

Session Six (Nov. 5): In Jesus Christ we are neither male nor female: The importance of gender in pastoral care ministries?

Session Seven (Nov. 19): Violence, Anger, Injustice, and Insanity: The rotten fruit of the tree of the knowledge of good and evil.

Session Eight (Nov. 26): Endings, Death, Grief, and Loss: Living the Pascal Mystery!

Session Nine (Dec. 3): The Great Debate: What is the goal of pastoral care anyway—personal edification, spiritual health, public change, a nice way to make a living, or something entirely different?

Session Ten (Dec. 10): Final Topics of Importance, Review, and Course Evaluation

- Final paper due today by noon.

Selected Bibliography

Aleshire, Daniel O. *Faith Care: Ministering to all God's People Through the Ages of Life*. Philadelphia: Westminster Press, 1988.

Cheston, Sharon, and Robert Wicks. *Essentials for Chaplains*. New York: Paulist Press, 1993.

Ciarrocchi, Joseph W. *A Minister's Handbook of Mental Disorders*. New York: Integration Books, 1993.

Clebsch, William A. and Charles R. Jaekle. *Pastoral Care in Historical Perspective*. New York: Rowman & Littlefield Publishers, Inc., 1975/1983/1994.

Cooper-White, Pamela. *Shared Wisdom: The Use of Self in Pastoral Care and Counseling*. Minneapolis: Fortress Press, 2004.

DeMarinis, Valerie M. *Critical Caring: A Feminist Model for Pastoral Psychology*. Louisville: Westminster/John Knox Press, 1993.

Enroth, Ronald. *Recovering from Churches that Abuse*. Grand Rapids: Zondervan Publishing House, 1994.

Fowler, James W. *Faith Development and Pastoral Care*. Philadelphia: Fortress Press, 1987.

Glen, Genevieve, Marilyn Koffer, and Kevin O'Connor. *Handbook for Ministers of Care*. Chicago: Liturgical Training Publications, 1997.

Kok, James R., and Arthur E. Jongsma. *The Pastoral Counseling Treatment Planner*. Hoboken, NJ: John Wiley & Sons, 1998.

May, Gerald G. *Care of Mind: Care of Spirit*. San Francisco: Harper Collins, 1982/1992.

May, Gerald. *Simply Sane: The Spirituality of Mental Health*. New York: Crossroad Publishing, 1977/1993.

Swetland, Kenneth L. *Facing Messy Stuff in the Church: Case Studies for Pastors and Congregations*. Grand Rapids: Kregel Publishers, 2005.

Switzer, David K. *Pastoral Care of Gays, Lesbians, and Their Families*. Minneapolis: Fortress Press, 1999.

Thomson PDR Staff. *PDR Drug Guide for Mental Health Professionals*. 2nd Ed., Revised, Illustrated. Montvale, NJ: Thomson, 2004.

Wicks, Robert J., Richard D. Parsons, and Donald Capps, Editors. *Clinical Handbook of Pastoral Counseling, Volume 1*. Expanded Edition. New York: Integration Books, 1985.

Wicks, Robert J., and Richard D. Parsons, Editors. *Clinical Handbook of Pastoral Counseling, Volume 2*. Expanded Edition. New York: Integration Books, 1993.

Wicks, Robert J., Editor. *Handbook of Spirituality for Ministers, Vol. 1 & 2*. New York: Paulist Press, 1995/2000.