

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

Spring Quarter 2008

STMC 572.01—Pastoral Diagnosis
Hunthausen Rm. 100
Mon. 1:30 p.m. to 4:20 p.m.

Rev. Keith A. Brehob, SJ, PhD, LICSW
Hunthausen Hall 221
Office Hours: Monday 11:00 a.m. to
noon, or by appointment.

Required Texts

American Psychiatric Association. *Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition, Text Revision (DSM-IV-TR)*. Washington, D.C.: Author, 2000.

Linn, Matthew, Sheila F. Linn, and Dennis Linn. *Healing Spiritual Abuse and Religious Addiction*. New York: Paulist Press, 1994.

Ramsy, Nancy J. *Pastoral Diagnosis: A Resource for Ministers of Care and Counseling*. Minneapolis: Augsburg Fortress Pub., 2003.

Wiger, Donald E., and Debra K. Huntley. *Essentials of Interviewing*. New York: John Wiley & Sons, Inc., 2002.

Description

In this course, Pastoral Counselors in training (PCT) become familiar with the basic principles and methods of mental health assessment and diagnosis appropriate and necessary for master's level clinical practice. The readings and academic assignments required for successful completion of this course are designed to systematically train students in methods of conceptualizing, assessing, and differentially diagnosing the mental and emotional status of clients through the use of the DSM-IV-TR (2000) and complementary classification tools. Current categories of mental disorder diagnosis and related treatment strategies are presented in the context of multicultural, spiritual, and theological understandings of the human person and the multiple pastoral roles and multiple counselor tasks needed for professional, clinical pastoral counseling in the modern Church and world.

This course is designed to meet the core content, coursework equivalency requirement in the area of mental disorder "Assessment/Diagnosis" of the mental health counselor education and licensing guidelines for Washington State. (WAC 246-809-221, last updated 5/20/05).

Goals and Objectives

- Pastoral Counselors in training will examine their personal thoughts, feelings, beliefs, and experiences associated with the professional process of mental health “diagnosis.” By the end of the quarter, the PCT will have developed the professional knowledge and skills needed to develop a personalized style of Pastoral Diagnosis that is (a) congruent with her/his personality, (b) complementary to his/her religious faith and spirituality, and (c) demonstrates the appropriate and ethical use of the DSM-IV-TR diagnostic categories and procedures.
- By the end of the quarter, Pastoral Counselors in training will have reviewed all diagnostic classifications listed in the DSM-IV-TR with special emphasis placed on those conditions often encountered in pastoral contexts (e.g., anxiety disorders, mood disorders, substance-related disorders, and personality disorders).
- Through required readings, in-class experiences, pastoral interviews, and professional report writing, Pastoral Counselors in training will be exposed to, become familiar with, and use appropriately the specialized vocabulary of mental health professionals.
- By the end of this quarter, Pastoral Counselors in training will possess the basic skills necessary for conducting a time-limited diagnostic interview with an individual adult, organize the data obtained in the interview using the pastoral diagnostic skills learned in the course, and write a professional psycho-social-spiritual assessment report that includes a multi-axial diagnosis of their interviewee using standard DSM-IV-TR classifications and format.

Requirements

Attendance/Participation: Class sessions are the primary means by which the instructor and the Pastoral Counselors in training can share the material introduced in the assigned readings and other 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.

Spiritual Assessment Interview & Report: Conduct a 60-90 minute spiritual assessment interview with an adult and write a 3-5 page report which communicates the most important demographic, spiritual, religious, and relational dynamics of your client. Acceptable formats and procedures will be discussed in class (Arial, 11 pt, single spaced, 1 inch margins, one side of the paper only).

Clinical-Pastoral Diagnostic Interview & Assessment Report: Using standard “best practices” mental health interviewing and DSM-IV-TR diagnostic classifications, conduct a 90 minute comprehensive bio-psycho-social-spiritual assessment interview with an adult and write a 4-7 page report which communicates the most important psychosocial, relational, spiritual, and religious dynamics of your client. Acceptable formats and procedures will be discussed in class (Arial, 11 pt, single spaced, 1 inch margins, one side of the paper only).

Evaluation/Grading

Grading for the required reports and assignments will be assessed according to Seattle University's Grading System: A = Superior Performance; B = Good Performance; and C = Minimal Performance for graduate courses. Your final course grade will be based on your participation and cumulative growth in achieving the goals and objectives of this course.

Each requirement for this course will be weighted as follows:

- 30% Attendance and active participation in all course exercises and discussions.
- 30% Spiritual Assessment Report.
- 40% Clinical-Pastoral Diagnostic Report.

If you have a diagnosed learning disability and/or physical limitation that requires academic accommodation, follow all published SU/STM procedures and have the appropriate university official communicate all necessary information to the instructor.

Course Calendar

Session One: Introduction to Pastoral Diagnosis

Readings for Session One

- Course Syllabus (bring printed copy to class).

Assignments Due for Session One

- Be prepared to discuss these questions: (a) As you begin this course, what are your thoughts and feels about learning to "diagnose" other people? (b) Is it "Christian" to label other people as mentally ill? Why or why not?

Session Two: Spiritual Assessment

Readings for Session Two

- Linn, et.al., *Healing Spiritual Abuse & Religious Addiction*, pp. 1-41, 139-141 (skim the remaining chapters).
- What, if anything, does the DSM-IV-TR (2000) say about human spirituality/religion as it relates to diagnosis? (Do not spend a great deal of time on this question.)

Assignments Due for Session Two

- Be prepared to discuss the questions on pp. 139-141 of *Healing*.
- Be prepared to share around this question: According to your faith tradition, what is "healthy" spirituality/religion and what is "unhealthy" spirituality/religion? Which DSM-IV-TR diagnoses are mostly closely associated with your understanding of "unhealthy" expressions of spirituality/religion?
- By this date you should have identified a person to interview for your spiritual assessment report.

Session Three: Pastoral Diagnosis—Getting Started!

Readings for Session Three

- Ramsay, *Pastoral Diagnosis*, pp. 1-31.

Assignments Due for Session Three

- Appointment for Spiritual Assessment Interview, confirmed in your calendar.

Session Four: Pastoral Diagnosis—Roles & Tasks

Readings for Session Four

- Ramsay, *Pastoral Diagnosis*, pp. 32-107, 199-204.

Assignments Due for Session Four

- **Spiritual Assessment Report due today** by the start of class.
- Do you have a client to interview for your Pastoral Diagnosis Report? You can use the same person that you interviewed for the Spiritual Assessment Report but there must be a least one week between the two interviews.

Session Five: The Art and Science of Clinical-Pastoral Diagnosis

Readings for Session Five

- DSM-IV-TR, pp. xxx-37.
- Wiger & Huntley, *Essentials of Interviewing*, pp.199-209 (plus other required chapters as time permits).

Assignments Due for Session Five

- Appointment for you Diagnostic Interview, confirmed in your calendar.

Session Six: The Diagnostic Interview

Readings for Session Six

- Wiger & Huntley, *Essentials of Interviewing*. Focus on chapters 1, 2, 6, 7, and 8.

Assignments Due for Session Six

- Using the basic report format presented in class, format/organize the general template for your final diagnostic report and begin entering the data/information that you know about your interviewee as of this date.

Session Seven: Mood Disorders/Suicide and Anxiety Disorders

Readings for Session Seven

- DSM-IV-TR, “Mood Disorders” and “Anxiety Disorders” chapters.
- Wiger & Huntley, *Essentials of Interviewing*, section on suicide.

Assignments Due for Session Seven

- By this date, you should have completed your diagnostic interview.

Session Eight: Personality Disorders

Readings for Session Eight

- DSM-IV-TR, "Personality Disorders" chapter.

Assignments Due for Session Eight

- Rough draft of your diagnostic report (bring copy to class to use in discussion group and to get general feedback from the instructor).

Session Nine: Substance Abuse & Dependence

Readings for Session Nine

- DSM-IV-TR, "Substance-Related Disorders" chapter.

Assignments Due for Session Nine

- Second draft of your Diagnostic report (not necessary to bring to class).

Session Ten: Chart Noting & Treatment Planning

Readings for Session Ten

- Wiger & Huntley, *Essentials of Interviewing*, Chapter 9.
- "How to Develop a Treatment Plan," pp. 4-8, *The Complete Adult Psychotherapy Treatment Planner*, Hoboken, NJ: John Wiley & Sons, Inc. (Instructor will provide information on how to access this information.)

Assignments Due for Session Ten

- Be prepared to evaluate the course verbally and in writing and to ask any unanswered questions regarding Pastoral Diagnosis and related topics.
- **Pastoral Diagnosis Report due today by 4:30 p.m.** as a hard copy given to the instructor in class, a hard copy placed in my mailbox in Hunthausen Hall, 2nd floor, or an electronic file (MS Word 2003 only) sent to my SU email account. All electronic communications for this course must comply with HIPPA regulations (i.e., include NO identifying information). Until the instructor sends an email confirming successful receipt of your electronic report, it has NOT been officially received!

Selected Bibliography

- Barlow, David H., Editor. *Clinical Handbook of Psychological Disorders*. 3rd Ed. New York: Guilford Press, 2001.
- Ciarrocchi, Joseph W. *A Minister's Handbook of Mental Disorders*. New York: Integration Books, 1993.
- Jongsma, Arthur E., and L. Mark Peterson. *The Complete Adult Psychotherapy Treatment Planner*. 3rd Ed. Hoboken, NJ: John Wiley & Sons, 2003.
- Kaplan, Harold I., and Benjamin J. Sadock. *Synopsis of Psychiatry: Behavioral Sciences/Clinical Psychiatry*. 9th Ed. Philadelphia: Lippincott Williams & Wilkins, 2002.
- Kok, James R., and Arthur E. Jongsma. *The Pastoral Counseling Treatment Planner*. Hoboken, NJ: John Wiley & Sons, 1998.
- Jordan, Merle R. *Taking On the Gods: The Task of the Pastoral Counselor*. Nashville: Abingdon Press, 1986/88.
- Scharf, Richard S. *Theories of Psychotherapy and Counseling: Concepts and Cases*. 4th Ed. Stamford, CT: Brooks/Cole, 2007.
- 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.
- Zuckerman, Edward L. *Clinician's Thesaurus: The Guidebook for Writing Psychological Reports*. 6th Ed. New York: Guilford Press, 2005.