

Course Outline
CNS 510(X) Spiritual Assessment
Fall 2010

2 Semester Hour Credit (X version 1 hour)

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Course Description: This course will focus on the process by which we as pastors and counselors assess and encourage the spiritual life of ourselves and those we minister to. Attention will be given to understanding the dynamic of spirituality, methodology for assessment, and ways to involve spirituality in pastoral and clinical counseling.

The majority of the course will be conducted in a seminar format. The professors view the course as a group effort in “thinking through” issues, and application of concepts to your personal spiritual development and that of those you are assisting. Student participation is necessary for the success of your experience in this class.

Getting in Touch: Contact Bethany for appointments.

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Textbooks:

Federal law now requires institutions to provide the ISBN numbers and retail prices for all required books. Western Seminary encourages students to visit our campus bookstore, Windows Booksellers, in order to obtain these titles at a reduced rate.

Thomas, Gary. The Glorious Pursuit. ISBN: 1576830527. Price: \$14.99.

Keller, Timothy. The Reason for God (Redeemer Press has MP3 recordings of the sermons behind this book. As an option students can listen to these recordings). ISBN: 1594483493. Price: \$16.00.

Course Objectives:

- 1) The student will develop an understanding of what their role is, both personally and professionally, with regard to assessing and contributing to the development of the spiritual life of clients.
- 2) The student will examine the history of spiritual assessment and know the key people within the evangelical context who have shaped current instruments.

- 3) The student will demonstrate competence in the basic skills of spiritual assessment and will gain hands-on experience in conducting spiritual assessment interviews.
- 4) Counseling students will develop a framework for understanding, communicating about, and categorizing challenges to spiritual development.

Course Requirements:

Reading: (12 hours, X version read either Thomas or Keller)

Read the books at familiarity level (45 pages per hour) which would be approximately 12 hours.

View videos:

Oprah, on spirituality. (1 hour)

Small group discussions (in class)

Groups will discuss the following topics: your path to faith, key events in your faith development, key people in your faith development, your highest and lowest points of faith, where you are today, your paradigm or model of growth. You will be graded on your participation focusing on personal openness and non-defensive approaches.

Spiritual history and self assessment paper (10 hours, X version complete this assignment)

5 page, APA style, summary of your spiritual history and assessment written with yourself as the subject. Attach a spiritual development time line. Include information covered in the spiritual assessment instruments developed by Fowler and Farnsworth.

“Axis VI” (in class)

You will participate in developing a piece of a spiritual assessment tool, modeled similar to Axis IV of the DSM IV. The main idea is to assemble major categories of spiritual problems with criteria specifying and explaining the nature of that problem. The criteria should be stated in such a way that appropriate intervention could potentially flow out of the analysis.

Application of assessment skills: (20 hours)

Find someone to act as a test case in the application of your assessment skills. This person does not necessarily need to share your theological views. They should not be a spouse, fiancée, or close friend. Conduct a spiritual assessment following the

guidelines and discussion from class. Summarize your discussion in a 3-5 page write up. Include thoughts regarding what you learned from your experience and how you might improve. Waiting at least one week, conduct a second interview, again summarized in a 3-5 page write up.

Attendance and Participation:

Because of the nature of this course attendance and participation are of utmost importance. A great deal of the learning experience will come through classroom interaction/discussion.

Real Life: (6 hours)

International Medical Teams has developed a walk through display of their work in various parts of the world. The walk through tour takes approximately 90 minutes. Take the tour and record your reactions in a 2-3 page paper. Be prepared to discuss your responses in class.

Course Dates and Outline:

Date	Topics	Reading and Assignments Due
8/30	<input type="checkbox"/> Course Introduction <input type="checkbox"/> Key Questions and Assumptions <input type="checkbox"/> "Qualifications" for spiritual assessment	
9/13	<input type="checkbox"/> Models of Spirituality <input type="checkbox"/> Small group discussion one	<input type="checkbox"/>
9/20	<input type="checkbox"/> Models of Spirituality con't	<input type="checkbox"/>
9/27	<input type="checkbox"/> Models of Spirituality con't <input type="checkbox"/> Small group discussion two	<input type="checkbox"/> Oprah due
10/4	<input type="checkbox"/> Characteristics of healthy and unhealthy spirituality <input type="checkbox"/> Recognizing Spiritual Themes in Counseling	<input type="checkbox"/> Keller due
10/11	<input type="checkbox"/> The Counselors role in Spiritual Development <input type="checkbox"/> The Spiritual Assessment Interview	<input type="checkbox"/> Spiritual History and self assessment due
10/18	<input type="checkbox"/> Working with Christians v. Non Christians' <input type="checkbox"/> Small group discussion three	<input type="checkbox"/>
10/25	<input type="checkbox"/> Spiritual Assessment Instruments <input type="checkbox"/> Small group discussion four	<input type="checkbox"/>
11/1	<input type="checkbox"/> Axis VI <input type="checkbox"/> Axis VI small group discussion	<input type="checkbox"/> Interview one due
11/8	<input type="checkbox"/> Fostering Spiritual Development in Clients <input type="checkbox"/> Small group discussion five	<input type="checkbox"/> Thomas due
11/15	<input type="checkbox"/> Spirituality v. Introspection: Find self v. finding God <input type="checkbox"/>	<input type="checkbox"/>
11/22	<input type="checkbox"/> No Class	<input type="checkbox"/> Interview two due

11/29	<input type="checkbox"/> "Objections" to Spiritual Maturity <input type="checkbox"/> Small group discussion six	<input type="checkbox"/>
12/6	<input type="checkbox"/> Small group discussion seven	<input type="checkbox"/>

Grading:

Attendance and in-class participation: 20%

Reading and Video review: 20%

Small group participation: 20%

Spiritual self assessment: 15%

Application of assessment skills: 20%

Real Life 5%

Grading Scale

95-100	A
93-94	A-
91-92	B+
88-90	B
86-87	B-
84-85	C+
81-83	C
79-80	C-