

Western Seminary -Portland

Providing Pastoral Counseling
 PTS 507N; 2 credit hours
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Syllabus

Course Description

This core pastoral counseling course is designed to introduce ministers to the basic counseling skills needed in pastoral ministry. Course topics include paradigms of pastoral counseling, problems most commonly encountered, understanding your own natural style, when to help and when to refer, and developing a network of trusted referral resources. Basic helping skills will be cultivated through a variety of experiences (role play, video, live practice).

Course Goals

1. Understand the unique function of pastoral counseling, in the light of Scripture, the real-life needs of people and the context of other types of help available from inside and outside the church.
2. Be exposed to some examples of problems and issues commonly faced by a minister in a local church.
3. Be exposed to some basic practical requirements for effective counseling: relationship skills, self-awareness, boundaries, tools and resources.

Course Objectives

Cognitive

- *to gain an introductory knowledge of counseling in ministry
- *to learn the basis skills of helping people change
- *to conceptualize a helping relationship

Affective

- *to recognize one's own abilities and skills in counseling
- *to be able to use change skills on self and others
- *to model emotional and relational health

Textbooks

Required

Kollar, Charles. 1997. Solution-Focused Pastoral Counseling. Grand Rapids: Zondervan.
 Professor handouts
 Duncan, Barry. 2005. What's Right With You. Deerfield Beach: Health Communications, Inc.

Course Requirements

Pre Class

Reading

1. Read Kollar at mastery level. Write out 6-8 key learning points for each major section. (can be in bullet or sentence form)

2. Read 10 hours from any single or combination of books from the secular bibliography provided. Turn in the following record format:
Date Time Reading Book Read Author Pages Read Rate 1-10
For each hour read, record in bullet form 2-3 main learning points.
3. Read 5 hours from any single or combination of books from the "Christian" bibliography provided. Turn in the following record format:
Date Time Reading Book Read Author Pages Read Rate 1-10
For each hour read, record in bullet form 2-3 main learning points.

According to Western Seminary standards there are two levels:

Familiarity level. This level assumes knowledge of the material assigned and leads to accountability in class. (45 pages per hour).

Mastery level. Reading at this level will average about 20 pages per hour and assumes careful reflective interaction with the ideas, note taking, and will lead to accountability in class, and papers at a mastery level.

These are intended to serve as flexible guidelines or rules of thumb, they are not thought to be rigid. It is certainly understood that books are printed with varying numbers of words per page and written to varying reading level.

Post Class

Reading

1. Read professor handouts at mastery level and write a paragraph (1/3 page) reaction to each article.

Experience

1. Interview 3 pastors (not from your church) concerning their experience perceptions and views of pastoral counseling. Write a 2-3 page paper summarizing your observations and conclusions from these interviews.
2. Engage in a "pastoral counseling" conversation with 1 person for at least 3 sessions spanning a period of at least 3 weeks. After each session write a 1-2 page review of each session – what you did well, what you would do differently, etc.

Written Work

1. Read What's Right With You by Duncan and write a 4 page critical integration of the concepts into your pastoral counseling present or future context.
2. Write a 2 page proposed personal policy statement concerning your counseling ministry
3. Write a 2 page critical review of your learning experience
 - include all materials (lectures, readings, class interactions, etc.)
 - include initial expectations, goals
 - how has class impacted your view and practice of pastoral counseling

Papers must be written to a near-thesis standard. That is, minimum format standards must be met, as defined below. English grammar, idiom and spelling must be up to graduate level. Always include a strong introduction paragraph- declare what you intend to show the reader- and conclusion paragraph. Qualities valued include clarity, succinctness, and precision.

- 1" margins top, bottom and sides

- Double-space
- 12-point standard
- Indent paragraphs 5 inch
- No extra line-feed between paragraphs (Format-Paragraph-Space After)
- Underline section headings
- Staple; no paperclips, folders, or fanfold
- Page numbers
- Title page is preferred. Any paper sent by email must include a title page.
- 10% of the grades on the typed papers will be Form, that is, conformity to the above standards
- All work must reflect Master's Level use of the English Language. Plagiarism will result in failure of the first assignment so discovered. A second instance will result in failure in the course.

Grading

Attendance	10 points per day
Kollar	15 points
Readings	15 points
Prof handouts	20 points
Policy	10 points
Interviews	15 points
Counseling	20 points
Summary	20 points
Duncan Paper	20 points

Grade will be determined by accumulated points and curved according to class standing.

Hour Requirements

Kollar	15 hours
Handouts	10 hours
Counseling	5 hours
Interviews	5 hours
Readings	15 hours
Papers	20 hours

Due Dates

4/26	Kollar, Christian/Secular readings
6/14	Handouts, Policy
7/14	Interviews, Duncan
8/2	Counseling, Summary paper

Bibliography

Secular

Belkin, Gary	Introduction To Counseling	chaps 3-6
Benjamin, Alfred	The Helping Interview	all
Bolton, Robert	People Skills	chaps 2-7
Borck & Fawcett	Learning Counseling & Problem Solving Skills	chaps 1-8
Brammer, Lawrence	The Helping Relationship	all
Carkhuff, Robert	The Skills Of Helping	all
Carkhuff & Pierce	The Art Of Helping III: Training Guide	all
Cormier & Cormier	Interviewing Strategies For Helpers	chaps 2-5
Egan, Gerald	The Skilled Helper	all
Evans, D.	Essential Interviewing	chaps 1-6
Gazda, George	Human Relations Development	all
Ivey & Ivey	Intentional Interviewing & Counseling	all
Kleinke, Chris	Common Principles Of Psychotherapy	all
Long, Vonda Olson	Communication Skills In Helping Relationships	all
Martin, David	Counseling And Therapy Skills	chaps 1-8
Meir & David	The Elements Of Counseling	all
Nelson-Jones	Lifeskills Helping	all
Okun, Barbara	Effective Helping	chaps 1-4
Parsons, Richard	The Skills Of Helping	chaps 1-7
Pedersen, Paul	Culture-Centered Counseling & interviewing	all
Scisson, Edward	Counseling For Results	chaps 5-12

Christian/Religious

Anderson, etc.	Christ Centered Therapy	
Backus, William Telling	The Truth To Troubled People	
Buchanan, Duncan	The Counseling Of Jesus	
Clinebell, Howard	Basic Types Of Pastoral Care & Counseling	
Collins, Gary	The Biblical Basis Of Christian Counseling For People Helpers	
Dayringer, Richard	The Heart Of Pastoral Counseling	
Hart, Gulbranson	Mastering Pastoral Counseling	
Jordan, Merle	Taking On The Gods	
Kok & Jongsma	The Pastoral Counseling Treatment Planner	
Miller & Jackson	Practical Psychology For Pastors	
Oden, Thomas	Classical Pastoral Care, Vol. III Pastoral Counsel	
Schmidt, Jerry	Do You Hear What You're Thinking?	
Wick, Parson, Capps	Clinical Handbook Of Pastoral Counseling	
Wright, Norman	Self-talk, Imagery, And Prayer In Counseling	

There are countless books on the topic of counseling from both a secular and Christian perspective. These are merely suggestions. You may read other books but I require that you seek approval of the book before reading it. The approval process is merely to make sure your exposure is within the learning goals of this course.