

**New York School of Ministry**  
**FOUNDATIONS AND PRACTICE OF PASTORAL COUNSELING**  
**Instructor: Rev. Wayne E. Gustafson, D.Min.**  
**March 28, April 18, May 16, 2015**

**Course Description:**

This 20 contact hour course addresses the basics of counseling in a variety of situations where there is a pastoral element in the professional relationship: from the parish setting, where counseling may happen even in the chance encounter over refreshments after worship, to the professional counselors office, where it may be the structured and focused deep healing of pastoral psychotherapy.

Utilizing theoretical and practical perspectives, the course encourages participants to develop a clearly articulated picture of the strengths and limitations of one's pastoral and professional role, skills, and setting. Participants will develop a contextual understanding of pastoral role and setting so they can determine the possibilities and limits of their pastoral counseling. In addition, they will learn when and how to make sensitive and appropriate referrals. The course will consist of lectures, discussion, practice exercises, and consultation on actual pastoral and counseling situations brought by faculty and participants.

*This course is one of three constituting a professional specialty in pastoral care: (Pastoral Care Specialist in the American Association of Pastoral Counselors). The courses include "Foundations and Practice of Pastoral Care and Counseling", "Advanced Topics in Pastoral Care and Counseling", and "Pastoral Care from a Systems Theory Perspective". The course is designed for those in ministry and those in counseling who desire to integrate pastoral and behavioral sciences perspectives in their work.*

**Course Requirements:**

1. Participation in seminar discussions and small group exercises.
2. Reading as assigned.
3. Because one of the requirements for Pastoral Care Specialists in the American Association of Pastoral Counselors (AAPC) is ongoing professional consultation, participants will bring at least one appropriately disguised pastoral situation for use in small group consultation exercises (see #4 below).
4. Two required papers:
  - A brief case study of a pastoral/counseling situation to be used for consultation exercises (approximately 2 pages);
  - Articulate a personal working definition of pastoral counseling as a part of pastoral care. Include your understanding of the possibilities and limitations of any counseling you might do in your unique setting. Draw from the material in the reading and lectures and illustrate as much as possible from your own experience. (approximately 10 pages).

<b>Evaluation</b>	Seminar Participation	50%
	Small group peer evaluation	25%
	Final Paper	25%

**Required Texts:**

Dittes, James E., Pastoral Counseling: The Basics. Louisville: Westminster John Knox Press, 1999.

Patton, John, Pastoral Care: An Essential Guide. Nashville: Abingdon Press, 2005.

**Supplemental (for further study):**

Clinebell, Howard, J., Jr. Basic Types of Pastoral Care and Counseling: Resources for the Ministry of Healing and Growth, revised and enlarged edition. Nashville: Abingdon Press, 1984.

Steere, David A., Spiritual Presence in Psychotherapy: A guide for Caregivers. New York: Bruner/Mazel, 1997.

Stone, Howard W. and Duke, James O., How to Think Theologically. Minneapolis: Fortress Press, 1996.

Hart, Thomas, Hidden Spring: The Spiritual Dimension of Therapy. Mahwah, NJ: Paulist Press, 1994.

Larry Kent Graham, Care of Persons, Care of Worlds: A Psychosystems Approach to Pastoral Care and Counseling. Nashville: Abingdon Press, 1992.

Sue, Derald; and Sue, David W. Counseling the Culturally Different: Theory and Practice, 2nd Edition. Somerset, NJ: John Wiley and Sons, Inc, 1990.

Ramsay, Nancy, Pastoral Diagnosis. Minneapolis: Fortress Press, 1998

### **Primary Goals and Competencies Addressed by this Course**

- A. To further the development of *pastoral identity and skills* in the context of an understanding of one's pastoral role and setting.
  - 1. To be able to utilize a process of pastoral assessment upon which to base decisions regarding counseling and referral.
  - 2. To further development of active listening and other relationship building skills by means of live practice.
  
- B. To be able to *discern* the power and dangers, opportunities and limitations of generalized and specialized pastoral counseling.
  - 1. To develop a clear awareness of pastoral role, identity and context affecting pastoral care and counseling.
  - 2. To become aware of the psychological effects of transference and other unconscious dynamics on the pastoral relationship
  - 3. To have a clear ethical stance regarding the appropriate possibilities and limits of the practice of pastoral care and counseling
  
- C. To foster the *experiential integration* of theological, psychological, and personal perspectives in pastoral care and counseling.
  - 1. To broaden and deepen an understanding of the relationship between psychological process and Christian life and doctrine.
  
- D. To develop an approach for diagnosis and treatment from a pastoral perspective