

# 01PT516 – Pastoral Counseling

Fall, 2018

Thursdays 1:00-3:55

Instructor: Guy Richardson, Ed.D

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Office hours by appointment

**Course Description:** This class provides the introductory groundwork for pastoral care through counseling. It will include an overview of counseling theory and practice with a particular emphasis on the practical work of counseling by ministers in the church and/or college ministry settings. Basic counseling skills will be introduced in this course including the work of attending and active listening. Students will be introduced to various categories of problems that a pastor is likely to encounter in the counseling process and will include developing a sense of self-awareness of both abilities and limits as well as the process of referral when needed.

**Competencies:** At the completion of this class, students should be able to:

- Understand the differences between basic counseling approaches and develop an initial model of pastoral counseling from a foundation of the Bible and Reformed theology.
- Understand the wide spectrum of categories of problems which may likely be faced by pastors in ministry.
- Develop a basic vocabulary to allow for effective communication between pastors and other helping professions as needed.
- Develop a sense of self-awareness and cultivation of both interviewing and listening skills to facilitate the counseling process.
- Become familiar with issues, strategies and interventions in crisis counseling, including areas such as grief, suicide prevention, substance abuse, and other critical problem areas.

## Required Reading:

W. Brad Johnson and William L. Johnson. *The Minister's Guide to Psychological Disorders and Treatments*. Second Edition, Routledge Press, (2014)

John Freeman, *Hide or Seek: When Men Get Real with God About Sex*. New Growth Press. 2014

Timothy Keller and Kathy Keller. *The Meaning of Marriage*. Dutton Publishing (2011)

Jim Newheiser, *Marriage, Divorce, and Remarriage*. P&R Publishing (2017)

NOTE: Other required reading materials and articles will be made available for the class in a timely manner.

A list of recommended books, articles and other resource materials will be made available during classes.

### **Assignments (Student Performance Evaluation Criteria):**

#### **Class Participation (10%)**

**Class quizzes:** (10%) on reading material assigned at the beginning of classes.

**Book Reviews:** (20%) write a 2-3 page paper (double spaced) on things that you learned from *each* of the four books assigned. Site the page numbers as reference to each insight. Due dates will be assigned.

**Special Lectures or Additional Book Review:** (10%) Christian medical doctor and author Curt Thompson's on-campus lectures dealing with the topic of Shame. These will be given on Friday, October 12 as a part of our MAC counseling conference. You are strongly encouraged to attend, but if unable, your alternate assignment will be to write an additional book review of Dr. Thompson's book, *The Soul of Shame. Retelling the Stories We Believe About Ourselves*, InterVarsity Press (2015)

**Personal Growth Paper:** (30%) Write a 6-8 page (double spaced, 12 pt type) on what you have personally learned from being in this class. This may include, but is not limited to your readings, your study and reflection of Scripture, class lectures, etc. as you are preparing to take on the work of pastoral counseling. Due date will be assigned.

**Final Exam:** (20%) The final exam will cover the materials included in class lectures and assigned readings.

**Grading Scale:** A (100-95); A- (94-93); B+ (92-91); B (90-85); B- (84-83); C+ (82-81); C (80-77); C- (76-75); D (74-70) F (Below 70)

**Attendance Policy:**

Regular attendance is expected and required. An *unexcused* absence from one (1) class meeting will result in the loss of points equal to one letter grade per absence. If serious illness or an emergency prevents a student from attending any class, please notify the instructor before the class begins. It is the responsibility of the student to obtain any materials handed out or presented during the missed class from a classmate.

**Class Participation:**

Students are expected to participate in all components of the class and will be evaluated on the quality and quantity of discussion. Each student is expected to read all of the assigned materials in advance for each class and is encouraged to have prepared written comments and questions for class discussion. Contributions should reflect knowledge of the reading assignments or other sources.

**Personal Computers:**

Computers are a welcome educational tool and your use of a computer during our class time is encouraged. However, please do not distract yourself or others by using it for other purposes during our class time.

**Accommodation of Students with Special Learning Needs:**

If you have a documented disability (physical, psychological, learning, or other disability which affects your academic performance) and would like to receive academic accommodations, please inform your instructor prior to the start of this course. The instructor and student will discuss the available accommodations for the course. If the student with a disability does not disclose that they have a disability, then the student is agreeing to take full responsibility for any related consequences that may occur.

**Disclaimer:** This syllabus is intended to reflect the learning objectives, instructional format, and other information necessary for students to appraise the course. However, during the course of the semester, the instructor reserves the right to modify any portion of this syllabus as may appear necessary.

Course Objectives Related to MDiv\* Student Learning Outcomes

Course: PT516 Pastoral Counseling

Professor: Guy Richardson

Campus: Jackson

<b>MDiv* Student Learning Outcomes</b>		<b>Rubric</b>	<b>Mini-Justification</b>
<p><i>In order to measure the success of the MDiv curriculum, RTS has defined the following as the intended outcomes of the student learning process. Each course contributes to these overall outcomes. This rubric shows the contribution of this course to the MDiv outcomes.</i></p> <p><i>*As the MDiv is the core degree at RTS, the MDiv rubric will be used in this syllabus.</i></p>		<ul style="list-style-type: none"> <li>➤ Strong</li> <li>➤ Moderate</li> <li>➤ Minimal</li> <li>➤ None</li> </ul>	
<b>Articulation (oral &amp; written)</b>	Broadly understands and articulates knowledge, both oral and written, of essential biblical, theological, historical, and cultural/global information, including details, concepts, and frameworks.	Moderate	Pastoral counseling requires the ability to articulate a framework and practice of counseling that is consistent with a Biblical worldview.
<b>Scripture</b>	Significant knowledge of the original meaning of Scripture. Also, the concepts for and skill to research further into the original meaning of Scripture and to apply Scripture to a variety of modern circumstances. (Includes appropriate use of original languages and hermeneutics; and integrates theological, historical, and cultural/global perspectives.)	Moderate	Pastoral counseling has to have a foundation and formulation based on the Scriptures. The Bible is both a foundation and a filter for best practices.
<b>Reformed Theology</b>	Significant knowledge of Reformed theology and practice, with emphasis on the Westminster Standards.	Moderate	Pastoral counseling from a Reformed perspective is consistent with the Westminster Standards and helps to inform the counseling process.
<b>Sanctification</b>	Demonstrates a love for the Triune God that aids the student's sanctification.	Strong	Pastoral counselors that are guided by Scripture and the work of the Holy Spirit will learn and grow themselves as they help others.

<b>Desire for Worldview</b>	Burning desire to conform all of life to the Word of God.	Strong	Pastoral counselors grow in their ability to interpret, explain and apply Scripture to all of life.
<b>Winsomely Reformed</b>	Embraces a winsomely Reformed ethos. (Includes an appropriate ecumenical spirit with other Christians, especially Evangelicals; a concern to present the Gospel in a God-honoring manner to non-Christians; and a truth-in-love attitude in disagreements.)	Strong	Pastoral counseling should always be gracious yet faithful to sharing the truths of Christ to both believers and non-believers. This would include evangelism as well as education in the Truth.
<b>Preach</b>	Ability to preach and teach the meaning of Scripture to both heart and mind with clarity and enthusiasm.	Moderate	Pastoral counseling is an interactive activity that informs a minister of the needs and concerns of those to whom he preaches.
<b>Worship</b>	Knowledgeable of historic and modern Christian-worship forms; and ability to construct and skill to lead a worship service.	Weak	There is some awareness of the hearts of church members as they worship that comes from the work of Pastoral counseling.
<b>Shepherd</b>	Ability to shepherd the local congregation: aiding in spiritual maturity; promoting use of gifts and callings; and encouraging a concern for non-Christians, both in America and worldwide.	Strong	Pastoral counseling is a crucial component of shepherding the hearts and lives of a church congregation.
<b>Church/World</b>	Ability to interact within a denominational context, within the broader worldwide church, and with significant public issues.	Moderate	Effective Pastoral counseling is able to interact with care-givers both inside and outside of the church with some degree of knowledge in the various fields as to terminology and treatments.

Date: 05/1/20

