

THE CONTENT OF THIS DESCRIPTION IS NOT A LEARNING CONTRACT AND THE INSTRUCTOR IS NOT BOUND TO IT. IT IS OFFERED IN GOOD FAITH AND INTENDED AS A HELPFUL GUIDE TO THE STUDENT. THE OFFICIAL COURSE SYLLABUS WILL BE PROVIDED AT THE FIRST CLASS.

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**TITLE:** Pastoral Counseling

**TERM:** September – December 2018

**SCHEDULE:**

**SCHEDULE: Classes begin the week of September 11, 2017; SAS timetable available on SAS Website: [www.staugustines.on.ca](http://www.staugustines.on.ca) for day, time and room location.**

**PROFESSOR:** Josephine Lombardi

**REGISTRATION:** LIMITED TO 18

UNLIMITED \_\_\_\_\_

**COURSE DESCRIPTION:**

This course offers an introduction to the theory and practice of pastoral counselling. It includes theoretical presentations, personal reflection, group interaction and practice counselling.

**CLASS OBJECTIVES:**

- Acquire basic knowledge of pastoral counselling; its theory and process
  - Develop counselling skills of listening, questioning and responding
  - Investigate the resources available for referrals
  - Understand ethical issues in counselling
  
  - Reflect on personal issues affecting one's counselling skills
  - Appreciate the ministry of spiritual direction
- Attend to the need for self-care

**PREREQUISITES:**

**REQUIRED TEXTS:**

**Course Reader on Blackboard**

*A Grief Observed*

C.S. Lewis

New York: Bantam Books, 1961.

*Strategic Pastoral Counselling. A Short-Term Structured Model*

David G. Benner

Grand Rapids, Michigan: Baker Academic, 2003. (2<sup>nd</sup> Edition)

*The Ministry of Listening. Team Visiting in Hospital and Home*

Donald Peel

Toronto: Anglican Book Centre, 1980.

**Grief Booklets by Dr. Bill Webster provided by Dr. Lombardi**

**POSSIBLE ASSIGNMENTS/PRESENTATIONS/TESTS:**

- Observer forms with written feedback given to peers in practice counselling sessions demonstrating insight, use of theory and pastoral sensitivity **(10%)**
- 2000 word reflection based on C.S. Lewis' *A Grief Observed*, and attending to one's own life issues and challenges, strengths and growing edges that impact on one's ability to provide pastoral counselling **(20%)**
- 1500 word reflection on attending a 12-Step meeting (500 words on the process of the meeting and 1000 words on one's feelings and personal experience of the meeting) **(10%) due: November 19**
- Provide a one-page listing of referrals for various issues, in a given location provided by the instructor **(10%)**
- Live 20 minute counselling session that demonstrates a mastery of beginning pastoral counselling skills **(40%)**
- **Participation 10% (active participation, responses, etc.)**

**ABRIDGED BIBLIOGRAPHY:**

*Clinical Handbook of Pastoral Counselling, Vol. 1. Expanded Edit.*  
Edited by Robert J. Wicks, Richard D. Parsons & Donald Capps  
Paulist Press, 1993

*The Wounded Healer*  
Henri Nouwen  
Image Books, 1972  
(*The Return of the Prodigal Son: A Story of Homecoming*)

*Companions in Hope: The Art of Christian Caring*  
Robert J. Wicks & Thomas E. Rodgerson  
Paulist Press, 1998

*A Minister's Handbook of Mental Disorders*  
Joseph W. Ciarrocchi  
Paulist Press, 1993

*Exercises in Helping Skills*  
Gerald Egan  
Australia: Thomson Books, 2007.

*Ethics in Pastoral Ministry*  
Richard S. Gula  
Paulist Press, 1996.

