

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 Psychology & Spirituality

**TERM:** January to April 20191 [20191]

**PROFESSOR:** Mary Marrocco

**REGISTRATION:** LIMITED TO 15

UNLIMITED \_\_\_\_\_

### **COURSE DESCRIPTION:**

Psychotherapeutic theory and practice in light of spirituality. To help students prepare for ministry and service by increasing both their understanding of psychological and spiritual issues which they and those to whom they minister will face, and their ability to respond appropriately according to their context. We will study some psychological, psychotherapeutic, and spiritual approaches and the connections among them, and will work with personal reflections, case studies, and practice counselling.

### **CLASS OBJECTIVES:**

To better equip students to respond to the psychological, spiritual and pastoral needs they will meet in ministry, whether in pastoral or professional counseling settings. Students will gain familiarity with psychotherapeutic approaches to human healing, and better understand spiritual approaches of the Christian tradition. They will become more deeply acquainted with their own psychological and spiritual lives, for self-growth and as a necessary component of counseling and ministry (safe and effective use of self). Students will have a better sense of the current context of mental-health care and their place in it, and best practices including confidentiality and circle of care.

**PREREQUISITES:** None.

**REQUIRED TEXTS:** A reading package is provided electronically for required reading.

### **POSSIBLE ASSIGNMENTS/PRESENTATIONS/TESTS:**

Reflection Papers, Midterm Oral Examination, Final Summative Exercise, In-Class Participation

### **ABRIDGED BIBLIOGRAPHY:**

Capacchione, Lucia. *Recovery of Your Inner Child*. New York: Simon & Schuster, 1991.

Catechism of the Catholic Church. Libreria Editrice Vaticana, Citta del Vaticano 1993.

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Chapman, Gary. *The Five Love Languages: The Secret to Love that Lasts*. Chicago: Moody, 2009.

Clarke, Bill. *The Face of Friendship*. Ottawa: Novalis, 2004.

Dorotheos of Gaza. *On Refusal to Judge Our Neighbor*. Trans. Eric P. Wheeler. Kalamazoo, MI: Cistercian, 1977.

Elliott, Robert, Jeanne C. Watson, Rhonda N. Goldman, Leslie S. Greenberg. *Learning Emotion-*

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- Freemesser, George F. *Learning To Live From Within: A Glimpse of Jesus as Healer*. Denville, NJ: Dimension, 1985.
- Goldrick, Monica et al. *Genograms: Assessment and Intervention*. Third Edition. New York: W. W. Norton, 2008.
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- Herman, Judith Lewis. *Trauma and Recovery*. New York: HarperCollins, 1992.
- Irenaeus of Lyons. *On the Apostolic Preaching*. Trans. John Behr. Crestwood, NY: SVSP, 1997.
- Kiersey, David and Marilyn Bates. *Please Understand Me: Character and Temperament Types*, Fourth Edition. Del Mar, CA: Gnosology, 1984.
- Life of Mary of Egypt*. <http://stmaryofegypt.org/files/library/life.htm>.
- May, Rollo. *The Meaning of Anxiety*, rev. ed. New York: W. W. Norton, 1977.
- Mays, John Bentley. *In the Jaws of the Black Dogs*. Toronto: Penguin, 1995.
- Merton, Thomas. *New Seeds of Contemplation*. Abbey of Gethsemane, 1961.
- Nouwen, Henri. *The Inner Voice of Love: A Journey Through Anguish to Freedom*. New York: Image, 1998.
- Reist, Melinda Tankard. *Giving Sorrow Words: Women's Stories of Grief After Abortion*. Sydney: Duffy & Snellgrove, 2000.
- Satir, Virginia. *The New Peoplemaking*. Mountainview, CA: Science and Behavior, 1988.
- Schnarch, David. *Passionate Marriage: Keeping Love and Intimacy Alive in Committed Relationships*. New York/London: W. W. Norton, 1997.
- Schwartz, Richard C. *Introduction to the Internal Family Systems Model*. Oak Park, Illinois: Trailheads, 2001.
- Van Deurzen, Emmy. *Psychotherapy and the Quest for Happiness*. London: Sage, 2007.
- White, Michael and David Epston. *Narrative Means to Therapeutic Ends*. Adelaide: Dulwich, 1990.
- Williams, Mark et al. *The Mindful Way Through Depression*. New York/London: Guildford, 2009.