

## MPS 286/STP 586 Introduction to Pastoral Counselling

Fall 2019

### Course Outline

#### Class Start Date and End Date

September 10 – December 3, 2019

#### Class Meeting Time, Location, and Room

Tuesdays, 9:00-11:20am, St Marguerite Bourgeoys Room.

#### Instructor Contact Information

**Instructors Name:** Dr. Theresa Zolner, RPsych  
**Office Hours:** After class or by appointment  
**Email:** [theresa.zolner@newman.edu](mailto:theresa.zolner@newman.edu); Moodle mail

#### Course Description

An introduction of the basic issues involved in the ministry of pastoral counselling. Emphasis on heightening the students' understanding of theory, skills, personal maturity, and related ethical issues.

*This course is Moodle-based. All information with regard to the course will be posted on the course website within NTC Moodle. In addition, all assignments and exams will be submitted via Moodle.*

#### Course Objectives

- a) **Intellectual Formation** – To acquire knowledge regarding the theory and practice of pastoral counselling in the context of scientific psychology, scripture, Church teachings, and Catholic tradition.
- b) **Cultural Context** – To understand and discern the challenges of pastoral counselling in the context of contemporary society and the reality of cultural diversity in the Church and the world.
- c) **Personal and Spiritual Formation** – To recognize personal gifts and limitations with regard to pastoral counselling and the formation of people, all of whom are made in the image and likeness of God.
- d) **Capacity for Ministerial Leadership** – To reflect upon and achieve basic skill in the process of pastoral counselling that strengthens capacity for compassionate care as ministerial leaders in the Church and the world.

## Course Assignments and Evaluation

### **1. LABS (25% of final grade)**

Monthly lab write-ups due October 1, November 5, and December 3. Students are to complete all activities and answer all questions as outlined in the labs. In addition, each student is to provide a reflection on the labs assigned for that month that demonstrates that students' learning with regard to the four objectives in the course, as identified above, and integration with scripture and theological themes. Full details of the assignment will be available on the course website. Labs will be graded as follows:

Undergraduate:

1. Quality and accuracy of exercises and question responses 50%
2. Reflection depth and integration with scriptural and theological themes (2 pages) 50%

Graduate:

1. Quality and accuracy of exercises and question responses 50%
2. Reflection depth and integration with scriptural and theological themes (5 pages) 50%

### **2. TERM PROJECT (45% of final grade)**

Students will complete Lab 13, provide a reflection on the lab, and hand in a video demonstration of their counselling skills. Full details of the project will be available on the course website. The term project will be graded as follows:

Undergraduate:

1. Quality and accuracy of exercises and question responses 25%
2. Reflection depth and integration with scriptural and theological themes (2 pages) 25%
3. Practical skill level demonstrated in the video 50%

Graduate:

1. Quality and accuracy of exercises and question responses 25%
2. Reflection depth and integration with scriptural and theological themes (5 pages) 25%
3. Practical skill level demonstrated in the video 50%

### **3. FINAL EXAMINATION (25% of final grade)**

The final examination in this course will be written and in take-home format. Examinations will be submitted through Moodle. Expectations for length of response to examination questions are as follows:

Undergraduate: 5 double-spaced, typewritten pages (12-point font)

Graduate: 8 double-spaced, typewritten pages (12-point font)

### **4. OPENING PRAYER AND REFLECTION (5% of final grade)**

Each student will bring a brief prayer and short, personally written reflection, based on scripture, that focuses on a topic suitable for pastoral counselling. Possible topics and

presentation dates will be discussed and chosen as a class. Depending on the number of people enrolled in the course, students might work independently or in groups for this assignment. All prayers and reflections will be circulated to all students, who then will be permitted to use these prayers and reflections in their own pastoral counselling or related work once the course is completed. This assignment is graded pass/fail (100% for completing all aspects of it or 0 for not completing all aspects of it).

### Textbooks

Hill, Clara. (2014). *Helping skills: Facilitating exploration, insight, and action* (4<sup>th</sup> ed.). Washington, D.C.: American Psychological Association.

Ferris, Margaret. (1993). *Compassioning: Basic Counselling Skills for Christian Caregivers*. Eugene, OR: Wipf and Stock Publishers.

Additional readings may be assigned during the semester and available via the course website.

The companion website to the Hill text contains all of the Hill labs for this course:  
[http://pubs.apa.org/books/supp/hill4/?\\_ga=2.184816553.1099321328.1563827550-495810414.1563827550](http://pubs.apa.org/books/supp/hill4/?_ga=2.184816553.1099321328.1563827550-495810414.1563827550)

### Course Requirements

In order to complete this course, students are required to complete all assignments and the final examination. Because much of the work in this course involves working in groups, students are expected to be in attendance at all classes and to participate respectfully and responsibly in all lab and group practice activities.

In addition, students will be expected to sign a consent form for audiovisual recording of labs. Consent forms will be available at the first class and must be completed before commencement of the first lab activity that involves audiovisual recording. Students who do not have a means for performing audiovisual recordings during the course will be able to use a camera provided by the instructor.

Due to the sensitive nature of the topics in this class, as well as the individualized work that is to occur, audio and video recording of any aspect of the class is strictly prohibited other than creation of videos done in the context of lab work and with the consent of your lab partner(s). If a student requires particular accommodation for study due to a disability, please speak with the instructor about ways that this might be accomplished without the use of audio or video recording devices.

Absolutely no use of lab audio or video is permitted outside the context of the course. Students discussing or posting audiovisual material from labs online (other than on the course website for purposes of assignment submission) will be subject to academic disciplinary action.

## Course Schedule

### **Week 1: September 10**

Theory: The history of pastoral counselling  
Practice: Lab 1: Self-Awareness (Hill Chapter 4)

### **Week 2: September 17**

Theory: The role of a pastoral counsellor  
Practice: Lab 2: Initial Session (Hill Chapter 2; Ferris Chapter 2)

### **Week 3: September 24**

Theory: Pastoral counselling ethics

*Group Exercise: Lab 3: Ethical Awareness (Hill Chapter 3)*

Practice: Lab 4: Attending and Listening (Hill Chapter 7; Ferris Chapter 3)

### **Week 4: October 1**

Theory: Pastoral counselling as distinct from spiritual direction and clinical psychotherapy  
Practice: Lab 5: Exploring Thoughts (Hill Chapter 8)

Assignment: September Labs Due

### **Week 5: October 8**

Theory: Professional boundaries in pastoral counselling

*Group Practice Exercises: Chapter 8*

Practice: Lab 6: Exploring Feelings (Hill Chapter 9; Ferris Chapter 4)

### **Week 6: October 15**

Theory: Pastoral counselling in diverse contexts and cultures

*Group Practice Exercises: Chapter 9*

Practice: Lab 7: Integration of Exploring Skills (Hill Chapter 10)

### **Week 7: October 22**

Theory: Family issues (marriage, parenting, children/teens, financial problems)  
Practice: Lab 8: Challenging Discrepancies (Hill Chapter 12)

### **Week 8: October 29**

Theory: Life journey challenges (health, grief/loss, spiritual stagnation, loneliness, failure, vocational discernment)

*Group Practice Exercises: Chapter 12*

Practice: Lab 9: Facilitating Insight (Hill Chapter 13)

**Week 9: November 5**

Theory: Mental Illness I (Emotion and personality-related issues)

*Group Practice Exercises: Chapter 13*

Practice: Lab 10: Immediacy (Hill Chapter 14; Ferris Chapter 5)

Assignment: October Labs Due

**Week 10: Reading week - no class**

**Week 11: November 19**

Theory: Mental Illness II (Psychosis and other mental illnesses; occult practices)

*Group Practice Exercises: Chapter 14*

Practice: Lab 11: Integration of Exploration and Insight (Hill Chapter 15)

**Week 12: November 26**

Theory: Self-directed and other-directed violence

Practice: Lab 12: Action (Hill Chapter 17)

**Week 13: December 3**

Theory: Abuse

Practice: November Labs Due

Final Project Due: Lab 13 - Integration of Skills (Chapter 19) with video

**Final Exam: Take Home (date TBA)**

## **General Academic Information**

### **Late Submission Policy**

Lab write ups will not be accepted after the due date. The reason for this is that, if you fall behind in writing up your labs, you will not be able to use the information in completing later labs, and you will have a great deal of difficulty catching up during the remainder of the course. The only exception to this course policy is for students who have documented medical or similar needs that prevent completion of work in a timely manner. Be aware that most of the work you are submitting for this course is done in a group setting. Students are expected to be reliable and accountable to their groups so that nobody is hampered in their work by another student's lack of participation.

## Course Attendance

No credit will be given for a course if the student has been absent, for any reason whatever, from one-third or more of the lectures and/or seminars scheduled for the term. Likewise, no credit will be given if term assignments or other assignments are or remain incomplete.

## Leave of Absence and Policy for Incompletes

Extensions to an incomplete grade may be granted in extenuating circumstances, but may not exceed 16 weeks following the end of the course. Students who fail to complete course work by the agreed deadline will have a grade assigned which is based on work completed.

## Academic Integrity

Acts of academic dishonesty (plagiarism, cheating, etc.) are subject to an appropriate penalty. The grade "F" may be assigned to a student guilty of such acts by the professor of the course in which the infraction occurred. A second offense against academic integrity renders the student liable to automatic dismissal from NTC. Further details are available in the Student Handbook in the Academic Misconduct Policy.

## Academic Grievances

Students may appeal grades received; the procedure is outlined in the Student Handbook in the Grade Appeal Policy. For other grievances, students will refer to the Student Grievances Policy also outlined in the Student Handbook.

*NOTE: The GPA is computed on the basis of cumulative grade point (letter) values, not percentage values. All courses are included in this calculation except those exceeding degree requirements and/or received as transfer credits from other recognized institutions.*

## Written Assignments – Style and Format

### Course Policy:

**Work in this course is to be submitted in accordance with Chicago style (17<sup>th</sup> edition) or APA style (6<sup>th</sup> edition).**

### NTC Policy:

Newman Theological College requires that all written work be submitted in acceptable academic format and style. Please note the following regulations:

### *Regulations*

Research papers, book reports, article summaries, reflection papers, and essays should be double-spaced, printed on one side only, and submitted on white, 8.5" x 11" paper.

A standard type style, such as Times New Roman, with a 12-point font size, must be used. The instructor will specify the most recent edition of the style manual to be used:

1. Kate Turabian, "A Manual for Writers of Term Papers, Theses, and Dissertations" (Chicago: University of Chicago Press).
2. Joseph Gibaldi & William Ahters, eds., "MLA Handbook for Writers of Research Papers" (New York: Modern Language Association of America).
3. American Psychological Association "Publication Manual of the American Psychological Association" (Washington: APA Publications).

Copies of these standard references may be purchased in the NTC bookstore.

Ignorance of standard form is not considered an acceptable excuse for deviation from required standards of format and style.

### Grading System

Undergraduate Studies C.Th., Dip.Th., B.Th.			Graduate Studies M.T.S., M.Div., M.Th., G.C.C.S.A., M.R.E.		
Grade Meaning	Grade	Grade Point	Grade Meaning	Grade	Grade Point
Excellent	A+	4.0	Excellent	A+	4.0
	A	4.0		A	4.0
	A-	3.7		A-	3.7
Good	B+	3.3	Good	B+	3.3
	B	3.0		B	3.0
	B-	2.7		B-	2.7
Adequate	C+	2.3	Adequate	C+	2.3
	C	2.0		C	2.0
	C-	1.7		C-	1.7
Marginal	D+	1.3			
	D	1.0			
Fail	F	0.0	Fail	D+	1.3
				D	1.0
				F	0.0

### Academic Regulations

The following Academic Regulations are located in the Academic Calendar for your reference:

- Changes in Registration: Add/Drop/Withdraw Notice
- Course Work
- Final Examination Schedule
- Incomplete Grade Policy
- Inclusive Language

## Related Academic Matters

The following Related Academic Matters are located in the Academic Calendar for your reference:

- Grade Reports & Posting
- Glossary of Academic Terms

## Other Related Policies

The following policies are located in the Student Handbook for your reference:

- Academic Misconduct Policy
- Grade Appeal Policy

## Recording of Lectures

Course policy:

***Due to the sensitive nature of the topics in this class, as well as the individualized work that is to occur, audio and video recording of any aspect of the class is strictly prohibited outside of videos done in the context of lab work and with the consent of your lab partner(s). If a student requires particular accommodation for study due to a disability, please speak with the instructor about ways that this might be accomplished without the use of audio or video recording devices. Absolutely no use of lab audio or video is permitted outside the context of the course. Students discussing or posting audiovisual material from labs online (other than on the course website for purposes of assignment submission) will be subject to academic disciplinary action.***

NTC Policy:

Audio or video recording of lectures, seminars or any other teaching environment by students is allowed only with the prior consent of the instructor. Recorded material is to be used solely for personal study, and is not to be used or distributed for any other purpose without prior written consent from the content author(s).

## Student Accessibility Services

If you have special needs that could affect your performance in this class, please let me know during the first week of the term so that appropriate arrangements can be made. If you are not already registered with Student Services, contact Doreen Bloos at 780-392-2450 ext. 2212; Email [doreen.bloos@newman.edu](mailto:doreen.bloos@newman.edu) .

## Bibliography

A bibliography for this course will be posted on the course Moodle page.