

Description: The course will examine and introduce students to the basic theories and practical skills used in counseling and applied to pastoral counseling and spiritual direction ministries. In particular, the following will be studied: the therapeutic relationship, invitational, reflecting, and challenging skills; assessment, goal-setting, and solution skills; evaluation and termination skills. Also, the course will look at the unique approach that makes counseling pastoral especially regarding crisis intervention; premarital, marital, and family counseling; grief counseling and other various expressions of pastoral counseling.

Objectives: To come to a deeper understanding of pertinent counseling theories that support and focus effective pastoral responses to enhance the pastoral counseling relationship. To study the current literature and incorporate into a ministerial approach helpful counseling skills that will assist the minister in meeting pastoral needs in a variety of settings.

To assist each participant in identifying one's own natural helping skills and develop them in the context of the helping relationship.

To reflect on the unique nature of the pastoral counseling relationship and its fundamental role in all forms of pastoral care.

To discover the value of different forms that the counseling relationship takes in the variety of ministerial settings in the life of the church and recognize one's limitations to offer counsel in some situations and the opportunity for referral to more expert therapeutic care.

Procedures: The following will be used: lectures/presentations, class discussions, counseling exercises, reading assignments, written assignments and online work.

Evaluation: Presence and active participation in class sessions, knowledge of assigned reading materials and the quality of one's oral, written and online work will determine the student's grade for the course.

Required Texts:

Estadt, Barry, et al., editors. *Pastoral Counseling (Second Edition)*. Prentice Hall, 1991. (I WOULD ADVISE STUDENTS to look for a used copy of this book; a new copy is very expensive).

Young, Mark. *Learning the Art of Helping: Building Blocks and Techniques (Fourth Edition)*. Prentice Hall, 2008. (I WOULD ADVISE STUDENTS to look for a used copy of this book; a new copy of this book is very expensive).

Two good online sources for used textbooks are alibris.com and amazon.com.