

General Theological Seminary
PT1: Basics of Pastoral Care and Counseling
Easter Term, 2017

Prof. Barbara Crafton, crafton@gts.edu

COURSE DESCRIPTION

Pastoral care is the art of ministry as it relates to the specific needs of persons and communities of faith. In this course we will focus on modes of care and specific interventions for predictable human needs, such as birth, illness, death, marriage, divorce, unemployment, and the life passage celebrations of which you will be a part. Topics will include effective listening skills, premarital counseling, marriage and relationship counseling, divorce counseling, and ministry in times of crisis, illness, death, and mourning. Attention will also be given to the ethics of pastoral ministry, self-care, and the supervision and support of pastoral ministry.

Course Credits: 3

Required Reading (for purchase)

Culbertson, P. (2000) *Caring for God's People*. Minneapolis: Fortress Press.

Friedman, E.H. (1985) *Generation to Generation: Family Process in Church and Synagogue*. New York: Gilford Press.

Keirse, D. (1998) *Please Understand Me II: Temperament, Character, Intelligence*. Del Mar: Prometheus Nemesis Book Co.

Recommended Reading (on library reserve)

Beier, M. (2004) *A Violent God-Image: An Introduction to the Work of Eugen Drewermann*. New York: Continuum Press.

Callanan, M, & Kelley, P. (1997) *Final Gifts*. New York: Bantam.

Crafton, B. (2009) *Jesus Wept: When Faith and Depression Meet*. San Francisco: Jossey-Bass.

Solomon, A. (2015) *The Noonday Demon: An Atlas of Depression* (2nd Edition). New York: Scribner

Herman, J. L. (1992) *Trauma and Recovery: The aftermath of violence---from domestic abuse to political terror*. New York: Basic Books.

SCHEDULE OF CLASS MEETINGS AND READINGS

- January 31. Orientation to the course
Understanding the limits of a parish priest
Assessment of the experience in the room
Resources for referral and support
- February 7. Integration of Spiritual Direction in Pastoral Care
- February 14 Crisis Counseling/Trauma
Guest: Dr. Michael S. Garfinckel, Psychologist
- February 21 Grief and Mourning
- February 28 Pastoral Approaches to Funeral Liturgies
- March 7 Personality Type: You and Your Parishioner
Guest: Fr. Masud I. Syedullah, MBPI Facilitator
Kiersey, *Please Understand Me*
- March 14 Spring Break, No Class
- March 21 Children and Teenagers
Guest: Dr. Sarah B. Friedman, Psychologist
- March 28 Addiction and Codependency
- April 4 . Premarital counseling
- April 11 Couples and Family Counseling Dr. Lynn Leibowitz, Psychologist
- April 18 Helping Your Congregation Help
- April 25. Systems Theory and Congregational Life
Friedman, *Generation to Generation*
- May 2. Last Day of Class

COURSE OBJECTIVES

At the end of this course, students will be able to:

- a. establish a counseling stance based on openness to parishioners and their unique stories;
- b. recognize relevant distinctions between the priest's life story and the parishioner's different life story;
- c. recognize, accept, limit, and set aside instances when the parishioner has evoked emotions from the priest's own background or personal feelings;
- d. assess distinctions among parishioners as to the difference between short term or long term needs;
- e. bring clinical understanding to the priest's methods of engaging in successful ministry in life cycle events and the congregation's daily functioning;
- f. make successful referrals based on clinical and pastoral understandings;
- g. make proper pastoral follow up after a referral has been made;

GRADING

Student performance will be assessed by means of 10 reaction essays (1 page) demonstrating engagement with what has been discussed in class, an in-class final examination and consistent engagement in class discussion.