



TYNDALE
Seminary

Course Syllabus

PASTORAL COUNSELING AND CRISIS INTERVENTION PAST 0741/COUN 0683

**FALL 2009
THURSDAYS 8:30 – 11:45**

**INSTRUCTOR: HELEN NOH, PH.D
647-588-2975**

Email: helensnoh@gmail.com
Office Hours: After class

I. COURSE DESCRIPTION

This course will provide an introduction to basic pastoral care within the context of the Christian church. At the heart of this ministry is the underlying assumption that we stand in relation not only to God but to one another. In the course, we will explore the nature of pastoral care from a biblical and theological perspective and discover different methodologies of caring and relational skills needed in pastoral care and in particular those situations of a crisis nature. This will be done with a view to providing significant care and intervention in problem areas that arise in ministry, as well as providing training for the laity so that they can engage in this ministry of care and compassion. Through lectures, readings, case studies and group discussions, the student will develop essential skills to be effective in this ministry. Cross-listed as COUN 0683. Offered annually.

PREREQUISITES: None

II. LEARNING OUTCOMES

At the end of the course, students should be able to:

- Develop a biblical, theological, and psychological paradigm of pastoral counseling within Christian ministry
- Acquire the ability to be self-reflective about countertransference issues which can influence and impact the dynamics of the counseling relationship
- Learn and utilize foundational counseling skills and basic framework for short-term, structured pastoral counseling through experiential training using classroom setting

- Identify the nature of commonly encountered crisis situations as well as develop the necessary interventions to be effective in ministering to people in such situations
- Formulate an understanding and apply spiritual resources such as prayer, Scripture, and the community of faith as appropriate aspects of pastoral care and counseling

III. COURSE REQUIREMENTS

A. REQUIRED TEXTS

1. Clinton, T., & Ohlschlager, G. (Eds.). Competent Christian Counseling, Vol. 1: Foundations and practice of compassionate soul care. Colorado Springs, CO: Waterbrook Press, 2002 [ISBN: 1-57856-517-0]
2. Hill, C. Helping Skills: Facilitating exploration, insight, and action, 3rd Ed. Washington, DC: American Psychological Association, 2009 [ISBN: 1-4338-0451-4].
3. Wright, N. The new guide to crisis & trauma counseling: A practical guide for ministers, counselors and lay counselors. Ventura, CA: Regal Books, 2003. [ISBN: 0-8307-3241-1].

B. SUPPLEMENTARY / RECOMMENDED READING:

1. Benner, D. G. Strategic pastoral counseling: A short-term structured model, 2nd Ed. Grand Rapids, MI: Baker Academic, 2003. [ISBN: 0-8010-2631-8].
2. Clinton, T., Hart, A., & Ohlschlager, G. Caring for people God's way: Personal and emotional issues, additions, grief, and trauma. Nashville, TN: Thomas Nelson, Inc. 2005. [ISBN: 1-4185-0894-2].
3. Egan, G. The skilled helper, 8th Ed. Belmont, CA: Thomson Brooks/Cole, 2007. [ISBN: 0-495-09203-7].
4. McMinn, M. R. Sin and grace in Christian counseling. Downers Grove, IL: IVP Academic, 2008. [ISBN: 978-0-8308-2851-7].

C. ASSIGNMENTS AND GRADING

1. **Class Participation and Reading Log:** 10 % of final grade

Student participation and completion of required reading will be graded on a scale out of 10. Readings are expected to be completed before the beginning of each class in order to facilitate and engage in discussion and interaction with the material during class lectures. A reading log will be handed in at the end of

the semester, in which students will give an honest evaluation of their level of engagement, participation and completion of required readings.

2. **Self Reflection Paper:** Due on October 15, 2009; 20 % of final grade.

Students are expected to write and submit a self-reflection review of 5 pages in length. The assigned task is to provide a careful and insightful examination of possible countertransference issues that may impact and influence the counseling relationship using family genogram, personality profile, attachment patterns, and own experience of crises. In your self-reflection, clearly identify what these issues may be, the context in which they have developed, how they may impact the dynamics of the counseling relationship, and potential strengths and weaknesses to your role as a counselor. Finally, reflect upon how these issues have been or will continue to be explored so as to minimize their influence upon the counseling relationship.

3. **Basic Counseling Skills Lab (2 parts):** Due on Nov. 5 (Part I – 15%) AND Dec. 3 (Part II – 15%); 30 % of final grade

Students will work in pairs and triads throughout the semester to develop and enhance foundational intervention and counseling skills such as attending, active listening, empathy, probing, self-disclosure as they progress through the three basic phases of a short-term model of Christian/Pastoral Counseling. An evaluation of the progress will be annotated and evaluated by both the student and by other members of the group.

4. **Final Paper:** Due date: December 10, 2009; 40 % of final grade

This paper provides the student with the opportunity to research a particular human struggle or crisis that will likely be or has already been encountered in the context of ministry. Suggested topics include: loss and bereavement, trauma, abuse, physical illness, mental illness, suicide/suicidal ideations, marital conflict or divorce, substance dependencies, family crises, or a related subject approved by the instructor. The paper must include the following:

- Introduction and rationale for the significance of this issue in the context of ministry
- Definition, description, symptoms or warning signs of the issue
- A well researched and critical reflection on the integration of a theological, psychological, and spiritual paradigm of Christian/Pastoral Counseling
- A recommended theoretical model of counseling interventions, methods, and goals for the particular issue
- Specific helping strategies for counselors in the ministry context
- Critical reflection on the role of spiritual resources, such as prayer, Scripture, and community of faith in the context of Christian/Pastoral counseling, and in particular, the present issue

Students are expected to produce a well-researched, academically rigorous, Master's level paper drawing from the psychological and counseling literature, in addition to Christian ministry resources. The paper should present not only a concise summary of salient issues, perspectives, and supported research findings in the literature, but also a critical and insightful appraisal of the literature from a Christian ministry perspective.

The paper is expected to be approximately 15-20 pages in length, double spaced, typed, densely corrected and correctly referenced using one of the standard academic reference styles (e.g., APA, Chicago).

D. GENERAL GUIDELINES FOR THE SUBMISSION OF WRITTEN WORK

Students should consult the current *Academic Calendar* for academic policies on Academic Honesty, Gender Inclusive Language in Written Assignments, Late Papers and Extensions, Return of Assignments, and Grading System. The Academic Calendar is posted at www.tyndale.ca/seminary/calendar. An excerpt is attached with this syllabus for easy reference.

E. SUMMARY OF ASSIGNMENTS AND GRADING

Evaluation is based upon the completion of the following assignments [*Sample*]

Required Reading and Class Participation	10 %
Self-reflection paper	20 %
Skills Development Lab	30 %
Final Paper	40 %
Total Grade	100 %

IV. COURSE SCHEDULE, CONTENT AND REQUIRED READINGS

Week	Topic	Readings
1 Sept 17	INTRODUCTION TO CHRISTIAN/PASTORAL COUNSELING Theological Paradigm of Counseling Ministry Psychological and Spiritual Integration	CLINTON: Preface, Prologue, Chp. 1 BENNER: Chp. 1 (recommended)
	SKILL DEVELOPMENT LECTURE Foundations of Helping Skills and Three Stage Model	HILL: Chp. 1-2
2 Sept 24	INTEGRATIVE PARADIGM OF COUNSELING Nature, context, purpose, and goals of counseling ministry	CLINTON: Chp. 2-7 BENNER: Chp. 2-3 (Recommended)
	SKILL DEVELOPMENT LECTURE: EXPLORATION Attending, Listening, Observing	HILL: Chp. 4-5

<p>3 Oct. 1</p>	<p>DYNAMICS OF THE COUNSELING RELATIONSHIP I Role of the Counselor Understanding family genogram and patterns Influence of attachment experience</p> <p>SKILL DEVELOPMENT EXERCISE: EXPLORATION Attending, Listening, Observing</p>	<p>CLINTON: Chp. 8-9</p> <p>Skills Reflection Log</p>
<p>4 Oct. 8</p>	<p>DYNAMICS OF THE COUNSELING RELATIONSHIP II Role of the Client Understanding and assessing transference and countertransference issues</p> <p>SKILL DEVELOPMENT LECTURE: EXPLORATION Exploring thoughts and feelings</p>	<p>CLINTON: Chp. 10-11</p> <p>HILL: Chp. 6-8</p>
<p>5 Oct. 15</p> <p>SELF-REFLECTION PAPER DUE</p>	<p>STAGES OF COUNSELING I Stage 1: Connect Stage 2: Collaborate</p> <p>SKILL DEVELOPMENT EXERCISE: EXPLORATION Exploring thoughts and feelings</p>	<p>CLINTON: Chp. 12-13 BENNER: Chp. 4 (recommended)</p> <p>Skills Reflection Log</p>
<p>6 Oct. 22</p>	<p>STAGES OF COUNSELING II Stage 3: Challenge Stage 4: Catalyze and Continue Change</p> <p>SKILL DEVELOPMENT LECTURE: INSIGHT Fostering awareness, insight, immediacy</p>	<p>CLINTON: Chp. 14-16 BENNER: Chp. 5</p> <p>HILL: Chp. 9-13</p>
<p>7 Oct. 29</p>	<p>NATURE OF CRISIS COUNSELING Anatomy of a crisis Definition and phases of a crisis</p> <p>SKILL DEVELOPMENT EXERCISE: INSIGHT Fostering awareness, insight, immediacy</p>	<p>CLINTON: Chp. 28 WRIGHT: Chp. 1-3</p> <p>Skills Reflection Log</p>
<p>8 Nov. 5</p> <p>SKILL DEVELOPMENT LAB PART I DUE</p>	<p>PROCESS OF CRISIS COUNSELING Crisis as loss Stages of Crisis Counseling</p> <p>SKILL DEVELOPMENT LECTURE: ACTION Implementing goals and action</p>	<p>WRIGHT: Chp. 4-9</p> <p>HILL: Chp. 14-17 Egan (Recommended)</p>
<p>9 Nov. 12</p>	<p>CRISIS IN THE FAMILY The family as system Marital Crisis Parent-Child Crisis</p> <p>SKILL DEVELOPMENT EXERCISE: ACTION Implementing goals and action</p>	<p>CLINTON: Chp. 20-23</p> <p>Skills Reflection Log</p>

<p>10 Nov. 19</p>	<p>CRISIS OF DEATH AND BEREAVEMENT Helping adults, families, and children grieve the death of a loved one</p>	<p>WRIGHT: Chp. 10-13; 16-18</p>
<p>TRIAD EXPERIENTIAL EXERCISE</p>		<p>HILL: Chp. 18</p>
<p>11 Nov. 26</p>	<p>CRISIS OF MENTAL ILLNESS Depression Suicide</p>	<p>WRIGHT: Chp. 14-15</p>
<p>TRIAD EXPERIENTIAL EXERCISE</p>		<p>Skills Reflection Log</p>
<p>12 Dec. 3</p>	<p>FINDING GOD THROUGH CRISES Sin and Grace</p>	<p>McMinn, Sin and Grace (recommended)</p>
<p>SKILLS DEVELOPMENT LAB PART II DUE</p>	<p>TRIAD EXPERIENTIAL EXERCISE</p>	<p>Skills Reflection Log</p>
<p>13 Dec. 10</p>	<p>SPIRITUAL RESOURCES IN COUNSELING MINISTRY Church community as a context of counseling ministry</p>	
<p>FINAL PAPER DUE</p>		