

### **Introduction to Pastoral Care and Counseling**

**Course Code:** PCC 500 **Semester:** Fall 2020

**Date and Time:** Thursday, 2:30-5:30 PM

3 Hours *for* 13 Weeks on Zoom

**Professor:** Reverend Trina A. Armstrong, PhD., LMFT

**Contact: Phone:** 847-866-3973

trina.armstrong@garrett.edu

**Zoon Office Hours:** Scheduled

**Office Location:** Pfeiffer 324

**Teaching Assistants:** Myron Kryz Florence *and* Yvonne Hawkins

### **Course Description**

This course introduces students to the theories, models, and approaches to pastoral care and counseling. Most of these will be from Christian perspectives. The course is designed to help students cultivate a pastoral identity and to learn foundational skills for compassionate and empathic responses to a range of real-life human concerns faced by individuals, families, and communities in the various contexts of ministry. We also explore the nature of suffering, evil, and forgiveness; loss and grief; and we will briefly examine pastoral care responses to crisis, interpersonal violence, addiction, and mental health concerns across the life cycle. Special consideration will be given to the importance of ethics, boundaries, and the importance of wholeness networks while helping students examine how their family-of-origin, social location (race, gender, sexuality, and class) and spiritual and religious histories inform their values and beliefs about suffering, hope and healing. This content is organized around weekly virtual peer-learning groups where students will learn and practice foundational listening and counseling skills.

**Pre-Requisite:** Person in Community

### **Student Learning Outcomes**

**Students who successfully complete this course will:**

- Understand the biblical and theological foundations of pastoral care.
- Be more aware of key active listening skills for ministry.
- Apply theoretical approaches to pastoral care and counseling to human concerns.
- Consider psychosocial dynamics for developing a greater sensitivity to diversity in the practice of pastoral care and counseling.
- Recognize the role of values, beliefs, formative relationships, and social location for cultivating a pastoral identity.
- Understand basic ethical principles applicable to the practice of pastoral care.
- Create a philosophy of pastoral care and counseling that integrates theological, theoretical and personal elements into a concrete approach suitable for a specific ministerial context.
- Formulate clear and specific goals to nurture ongoing pastoral formation and a wholeness network.

## Required Textbooks

Books are available on [Amazon](#) and on library reserve for three-day check out. Books can be purchased or rented from any bookstore. Often books can be purchased used or from other students. I highly recommend that you buy the books.

Doehring, Carrie. *The Practice of Pastoral Care: A Postmodern Approach*. **Revised expanded edition**. Louisville: Westminster John Knox Press, 2015. ISBN: 978-0664238407 \$28.29

Dykstra, Robert C. *Images of Pastoral Care: Classic Readings*. St Louis Mo: Chalice Press, 2005. ISBN: 978-0827216242 \$26.00

Kornfeld, Margaret Zipse. *Cultivating Wholeness: A Guide to Care and Counseling in Faith Communities*. New York: Continuum, 1998. ISBN: 978-0826412324 \$10.00

Mitchell, Kenneth R. and Herbert Anderson. *All Our Losses, All Our Grievs: Resources for Pastoral Care*. Philadelphia: Westminster Press, 1983. ISBN: 978-0664244934 \$19.09

Nesbit Sbanotto, Elisabeth A. *Skills for Effective Counseling: A Faith-Based Integration*. Downers Grove, IL: InterVarsity Press, 2016. ISBN-13: 978-0830828609 \$30.00

Swinton, John. *Raging with Compassion: Pastoral Responses to the Problem of Evil*. Grand Rapids: William B. Eerdmans Pub., 2007. ISBN: 978-0802829979 \$16.38