

THE CONTENT OF THIS DESCRIPTION IS NOT A LEARNING CONTRACT AND THE INSTRUCTOR IS NOT BOUND TO IT. IT IS OFFERED IN GOOD FAITH AND INTENDED AS A HELPFUL GUIDE TO THE STUDENT. THE OFFICIAL COURSE SYLLABUS WILL BE PROVIDED AT THE FIRST CLASS.

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TITLE: Pastoral Counselling

TERM: 20109 (September 2010)

PROFESSOR: Dr. Josephine Lombardi

REGISTRATION: LIMITED TO 12

UNLIMITED _____

COURSE DESCRIPTION: Introduction to the theory and practice of pastoral counselling for the non-professional counsellor. Theoretical presentations, personal reflection, group interaction and practice counselling.

CLASS OBJECTIVES:

The learner will:

- Acquire basic knowledge of pastoral counselling; its theory and process
 - Develop counselling skills of listening, questioning and responding
 - Investigate the resources available for referrals
 - Understand ethical issues in counselling
 - Reflect on personal issues affecting one's counselling skills
 - Appreciate the ministry of spiritual direction
- Attend to the need for self-care

REQUIRED TEXTS:

C. S. Lewis, *A Grief Observed* (New York: Bantam Books, 1961)
Course Reader available at Tru-copy

POSSIBLE ASSIGNMENTS/PRESENTATIONS/TESTS:

Students will complete:

- Observer forms with written feedback given to peers in practice counselling sessions demonstrating insight, use of theory and pastoral sensitivity (20%)
- 2000 word reflection based on C.S. Lewis' "A Grief Observed" and attending to one's own life issues and challenges, strengths and growing edges that impact on one's ability to provide pastoral counselling (20%)
- 1500 word reflection on attending a 12-Step meeting (500 words on the process of the meeting and 1000 words on one's feelings and personal experience of the meeting) (10%)
- Provide a one-page listing of referrals for various issues, in a given location provided by the instructor (10%) Video-taped 20 minute counselling session that demonstrates a mastery of beginning pastoral counselling skills