

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: F **YEAR:** 2009-2010

PROFESSOR: Dr. Josephine Lombardi

REGISTRATION: LIMITED TO 16 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

PREREQUISITES:

REQUIRED TEXTS:

A Grief Observed
C.S. Lewis
New York: Bantam Books, 1961.

Exercises in Helping Skills
Gerald Egan
Australia: Thomson Books, 2007.

Recommended:

Clinical Handbook of Pastoral Counselling, Vol. 1. Expanded Edit.
Edited by Robert J. Wicks, Richard D. Parsons & Donald Capps, Paulist Press, 1993

The Wounded Healer Henri Nouwen, Image Books, 1972

Companions in Hope: The Art of Christian Caring
Robert J. Wicks & Thomas E. Rodgeron, Paulist Press, 1998

A Minister’s Handbook of Mental Disorders
Joseph W. Ciarrocchi, Paulist Press, 1993

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%)
Due: December 14
- 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%) **due: October 5, 2009.**
- 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%) **due: November 23, 2009.**
- Provide a one-page listing of referrals for various issues, in a given location provided by the instructor (10%) **due: December 7, 2009.**
- Video-taped 20 minute counselling session that demonstrates a mastery of beginning pastoral counselling skills (40%) **due: December 14, 2009.**