

04PT5350 – Pastoral Counseling

RTS-Atlanta; Spring, 2020

February 21-22;28-29; March 13-14;20-21

Instructor: Guy Richardson, Ed.D, LPC-S

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Course Description: This class provides the introductory groundwork for pastoral care through counseling. It will include an overview of counseling theory and practice with a particular emphasis on the practical work of counseling by ministers in the church and/or college ministry settings. Basic counseling skills will be introduced in this course including the work of attending and active listening. Students will be introduced to various categories of problems that a pastor is likely to encounter in the counseling process and will include developing a sense of self-awareness of both abilities and limits as well as the process of referral when needed.

Competencies: At the completion of this class, students should be able to:

- Understand the differences between basic counseling approaches and develop an initial model of pastoral counseling from a foundation of the Bible and Reformed theology.
- Understand the wide spectrum of problem categories that may likely be faced by pastors in ministry.
- Develop a basic vocabulary to allow for effective communication between pastors and other helping professions as needed.
- Develop a sense of self-awareness and cultivation of both interviewing and listening skills to facilitate the counseling process.
- Become familiar with issues, strategies and interventions in crisis counseling, including areas such as grief, suicide prevention, substance abuse, and other critical problem areas.

Required Reading:

W. Brad Johnson and William L. Johnson. *The Minister's Guide to Psychological Disorders and Treatments*. Second Edition, Routledge Press, (2014) 201 pages

John Freeman, *Hide or Seek: When Men Get Real with God About Sex*. New Growth Press. 2014 132 pages

Timothy Keller and Kathy Keller. *The Meaning of Marriage*. Dutton Publishing (2011) 279 pages

Jim Newheiser, *Marriage, Divorce, and Remarriage*. P&R Publishing (2017) While required reading for in-class preparation is only for pp. 165-294, your book review (see class assignments) should include the entire book.

NOTE: because this class is being offered on a compact, four-weekend schedule, students must come having already read required reading material as outlined in the Class Sequence and Assigned Due Dates section of this syllabus. This includes required reading for the first weekend, but is particularly important in preparation for the third weekend.

ALSO NOTE: Other short articles or resource materials (e.g. podcasts, resource web sites, etc.) that will be needed/required for class preparation will be made available in a timely manner.

Assignments (Student Performance Evaluation Criteria):

Class Participation (10%) This includes both attendance, attention, and involvement in class discussion.

Class quizzes: (20%) on the previous class lectures and reading material assigned. These will be given at the beginning of classes as noted in the Assigned Due Dates section of the class schedule.

Book Reviews: (20%) write a 2-3 page paper (double spaced) on things that you learned from *each* of the four books assigned. Site the page numbers as reference to each insight. Due dates for uploading book reviews as assigned in the Assigned Due Dates section of the class your schedule.

Attend an AA, NA, or Celebrate Recovery Group Meeting: (20%) Students should attend **in pairs** one session of an Alcoholics Anonymous, Narcotics Anonymous, or Celebrate Recovery meeting. Substitute groups may be considered by your instructor on a one-by-one case, but only if approved ahead of time. Each student should write their own summary of the experience (2 pages, double-spaced, 12pt type) including (1) Date and place of meeting; (2) who you partnered with to attend the meeting; (3) your personal observations and impressions from the experience. Due date for attending a meeting and uploading your summary to Canvas is March 20th.

Final Exam/Personal Growth Paper: (30%) Write a paper (not less than 10 pages, double spaced, 12 pt type) on what you have personally learned from being in this class and from your assigned readings. This may include, but is not limited to your readings, your study and reflection of Scripture, class lectures, observations, etc. as you are preparing to take on the work of pastoral counseling. Due date to upload to Canvas will be assigned.

Grading Scale: A (100-95); A- (94-93); B+ (92-91); B (90-85); B- (84-83); C+ (82-81); C (80-77); C- (76-75); D (74-70) F (Below 70)

Attendance Policy:

Regular attendance is expected and required. An *unexcused* absence from one (1) 3-hour section that our class meets (note: there are three, 3-hour sections per weekend) will result in the loss of points equal to one letter grade per 3-hour section absence. If illness or an emergency prevents a student from attending any class, it is the student's responsibility to notify the instructor before the class begins. It is also the responsibility of the student to obtain any materials handed out or presented during the missed class from another student.

Class Participation:

Students are expected to participate in all components of the class and will be evaluated on the quality and quantity of discussion. Each student is expected to read all of the assigned materials in advance for each class and is encouraged to have prepared written comments and questions for class discussion. Contributions should reflect knowledge of the reading assignments or other sources.

Personal Computers:

Computers are a welcome educational tool and your use of a computer during our class time is encouraged. However, please do not distract yourself or others by using it for other purposes during our class time.

Accommodation of Students with Special Learning Needs:

If you have a documented disability (physical, psychological, learning, or other disability which affects your academic performance) and would like to receive academic accommodations, please inform your instructor prior to the start of this course. The instructor and student will discuss the available accommodations for the course. If the student with a disability does not disclose that they have a disability, then the student is agreeing to take full responsibility for any related consequences that may occur.

Extension Policy

All assignments and exams are to be completed by the deadlines announced in this syllabus or in class.

Extensions for turning in assignments and exams due within the normal duration of the course must be approved beforehand by the Professor. Extensions of two weeks or less beyond the date of the last deadline for the course must be approved beforehand by the Professor otherwise a grade penalty may be assessed.

Extensions of greater than two weeks but not more than six weeks beyond the last deadline for the course may be granted in extenuating circumstances (i.e. illness, family emergency). For an extension of more than two weeks the student must request an Extension Request Form from the Student Services Office. The request must be

approved by the Professor and the Academic Dean. A grade penalty may be assessed. (RTS Catalog p. 42 and RTS Atlanta Student Handbook p. 14)

Any incompletes not cleared six weeks after the last published due date for course work will be converted to a failing grade. Professors may have the failing grade changed to a passing grade by request. (RTS Catalog p. 42)

Disclaimer: This syllabus is intended to reflect the learning objectives, instructional format, and other information necessary for students to appraise the course. However, during the course of the semester, the instructor reserves the right to modify any portion of this syllabus as may appear necessary.



Course Objectives Related to MDiv* Student Learning Outcomes

Course: PT5350 Pastoral Counseling

Professor: Guy Richardson

Campus: Atlanta

Date: Spring, 2020

<u>MDiv* Student Learning Outcomes</u>		<u>Rubric</u>	<u>Mini-Justification</u>
<p><i>In order to measure the success of the MDiv curriculum, RTS has defined the following as the intended outcomes of the student learning process. Each course contributes to these overall outcomes. This rubric shows the contribution of this course to the MDiv outcomes.</i></p> <p><i>*As the MDiv is the core degree at RTS, the MDiv rubric will be used in this syllabus.</i></p>		<ul style="list-style-type: none"> ➤ Strong ➤ Moderate ➤ Minimal ➤ None 	
Articulation (oral & written)	Broadly understands and articulates knowledge, both oral and written, of essential biblical, theological, historical, and cultural/global information, including details, concepts, and frameworks.	Moderate	Pastoral counseling requires the ability to articulate a framework and practice of counseling that is consistent with a Biblical worldview.
Scripture	Significant knowledge of the original meaning of Scripture. Also, the concepts for and skill to research further into the original meaning of Scripture and to apply Scripture to a variety of modern circumstances. (Includes appropriate use of original languages and hermeneutics; and integrates theological, historical, and cultural/global perspectives.)	Moderate	Pastoral counseling has to have a foundation and formulation based on the Scriptures. The Bible is both a foundation and a filter for best practices.

Reformed Theology	Significant knowledge of Reformed theology and practice, with emphasis on the Westminster Standards.	Moderate	Pastoral counseling from a Reformed perspective is consistent with the Westminster Standards and helps to inform the counseling process.
Sanctification	Demonstrates a love for the Triune God that aids the student's sanctification.	Strong	Pastoral counselors are guided by Scripture and through the work of the Holy Spirit, they will learn and grow themselves as they help others.
Desire for Worldview	Burning desire to conform all of life to the Word of God.	Strong	Pastoral counselors grow in their ability to interpret, explain and apply Scripture to all of life.
Winsomely Reformed	Embraces a winsomely Reformed ethos. (Includes an appropriate ecumenical spirit with other Christians, especially Evangelicals; a concern to present the Gospel in a God-honoring manner to non-Christians; and a truth-in-love attitude in disagreements.)	Strong	Pastoral counseling should always be gracious yet faithful to sharing the truths of Christ to both believers and non-believers. This would include evangelism as well as education in the Truth.
Pastoral Ministry	Ability to minister the Word of God to hearts and lives of both church and unchurched, to include preaching, teaching, leading in worship, leading, and shepherding the local congregation, aiding in spiritual maturity, concern for non-Xns.	Strong	Pastoral counseling is a crucial component of shepherding the hearts and lives of a church congregation as an interactive activity that informs a minister of the needs and concerns of those to whom he preaches, teaches, and seeks to lead. Effective Pastoral counseling is also able to interact with caregivers both inside and outside of the church with some degree of knowledge in the various fields as to terminology and treatments.

PT5350 Course Sequence and Assignment Due Dates

RTS-Atlanta; Spring, 2020

NOTE: this schedule is to be considered tentative, and may be altered at the discretion of the Professor as deemed necessary.

Week	Topic	Assignments Due
Week 1 Section 1 February 21-22	Introduction: Syllabus Overview and Course Requirements; Foundational Things	Johnson and Johnson [J&J]: The Minister's Guide to Psychological Disorders and Treatments. Chapters 1-2; pp. 1-49
Week 1 Section 2 February 21-22	A Biblical View of Affliction, Suffering, Grief, and Loss; The Place of the Church in Helping and Healing	
Week 1 Section 3 February 21-22	The Most Common Issues: Anxiety and Depression (along with understanding suicide issues)	J&J From within chapter 3 pp. 53-70
Week 2 Section 1 February 28-29	An Overview of Major Psychological Disorders Also visiting sick/infirm Also issues for the aging (dementia, Alzheimer's, etc.)	In-class quiz on (1) last week's class lectures; (2) J&J pages to be read by today; (3) Self-Awareness Survey Results due in class today J&J from Chapter 3 pp. 70-87
Week 2 Section 2 February 28-29	Listening is not a Spiritual Gift - Basic Skills for Effective Pastoral Counseling Pt 1	
Week 2 Section 3 February 28-29	Basic Skills for Effective Pastoral Counseling Part 2	
Week 3 Section 1 March 13-14	An Introduction to the Effects of Major Crises & Trauma as Relating to the Work of Pastoral Counselors	In-class quiz on (1) last week's class lecture, (2) J&J pages to be read by today; (3) Freeman book - due to be read today; (4) Keller book - due to be read today; (5) Newheiser book pages due to be read today J&J Chapter 4; pp. 89-96

Week 3 Section 2 March 13-14	The Way God Made Us - Gender and Sexual Identity Issues	Freeman: Hide or Seek: When Men Get Real with God About Sex
Week 3 Section 3 March 13-14	Basics for Relationship Counseling (Premarital and Marital Counseling)	Keller & Keller: The Meaning of Marriage Newheiser: Marriage, Divorce and Remarriage pp. 165-294
Week 4 Section 1 March 20-21	An Introduction to Understanding Addictions and Substance Abuse	In-class quiz on (1) last week's class lectures and (2) J&J pages due to be read today; (3) All four book reviews due to be uploaded by today; (4) AA Meeting summary notes to be uploaded to Canvas by today (Note: all 4 books reviews plus the AA summary notes must be uploaded <u>together</u> or each new submission will cancel out the previous submission. You have been warned!) J&J Chapter 4; pp. 96-103
Week 4 Section 2 March 20-21	An Introduction to Understanding Maladaptive Personality Disorders; Eating Disorders	J&J Chapter 5-6; pp. 121-149; 165-169
Week 4 Section 3 March 20-21	Last Things – Avoiding Burnout; Referrals; Final Q&A	J&J Chapters 7-8, pp. 175-201
TBD	Final Exam/Personal Growth Paper	To be uploaded to Canvas