This course will offer pastors, lay ministers and caregivers an opportunity to learn basic counseling skills for use in pastoral settings. Students will develop skills in assessment, honoring ethical concerns and addressing the most common diagnoses such as depression and anxiety. Attention will be given to clarifying the differences between pastoral care and pastoral counseling. Issues of referral to professional mental health resources and community agencies will also be addressed.

**Required Reading:**

**Course objectives:**
Participants will:

1. Develop an understanding of basic theoretical, psychological and theological perspectives of Pastoral Counseling.
2. Develop brief fundamental counseling skills for structured/unstructured pastoral conversations through experiential learning modalities.
3. Recognize the variety of exigencies encountered in the pastoral counseling setting and create an appropriate intervention for their ministry context.
4. Recognize boundaries that could impact the counseling process through self-reflective monitoring of emotional entanglement.
5. Discern ways to integrate their efforts with professional and community resources for holistic care of their client/s.
Course Requirements
Class attendance is a must. Excused absence will be granted, but more than two absences will result in a 10% lowering of the grade.
Participation in class requires assigned readings and preparation to lead group discussion with a 15 minute overview of assigned topic.
Two papers are required. Please see full outline for details. All written assignments must conform to Hartford Seminary writing guidelines.
Please check: [www.hartsem.edu/student/forms/researchpaperguide.pdf](http://www.hartsem.edu/student/forms/researchpaperguide.pdf).
Interview with a Pastoral Care Provider and a Pastoral Care Speaker (Research procedure will be distributed in class.)

Course Outline
February 16. Introduction to Pastoral Care

February 23    Fundamentals of Counseling
Required Reading: Giving Counsel: a Minister’s Guidebook (Capps) pages 1-101

March 2. The Art of Being Present
Required Reading: Giving Counsel: a Minister’s Guidebook (Capps) pages 103-248

March 9    The Counseling Process
Required Reading: The Practice of Pastoral Care: a Postmodern Approach (Doerhring)

March 16    Models of Pastoral Care
Required Reading: Strategies for Brief Pastoral Counseling (Stone)

March 23    Grief and Hope
Required Reading: Reflections on Grief and Spiritual Growth (Weaver)

March 30    Counseling & Injustice
Required Reading: Injustice and the Care of Souls: Taking Oppression Seriously in Pastoral Care, (Kujawa-Holbrook)

April 6    Counseling & Injustice (cont.)
Required Reading: Injustice and the Care of Souls: Taking Oppression Seriously in Pastoral Care, (Kujawa-Holbrook)

April 13    Counseling Women
Required Reading: Through the Eyes of Woman: Insights for Pastoral Care (Moessner)

April 20    Counseling Women
Required Reading: Through the Eyes of Woman: Insights for Pastoral Care (Moessner)

April 27    Counseling Men
Required Reading: Counseling Men (Culbertson)

May 4    Counseling Men (cont.)
Required Reading: Counseling Men (Culbertson)
**Recommended Reading:**


Clinebell, Howard, *Basic Types of Pastoral Care and Counseling*, 1984.


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**Assignments Due:**

Your Developing Theology of Pastoral Care 3/2/15
Role Play, Self evaluation 3/16/15
Pastoral Conversation with Pastoral Care Provider 3/30/15
Pastoral Conversation with a Care Seeker 4/13/15

**A Final Paper/Project:** Due May 4, 2015 (Suggested topics and writing instructions will be distributed at the initial class on the supplemental outline material sheet.)