Essential Skills in Pastoral Counseling and Ministry (AM-638)

Spring 2019

Rev. Dr. Benjamin K. Watts, Instructor
Faculty Associate in the Religion & Community Life
860-509-9514; 860-443-6046
bwatts@hartsem.edu/rbkw@aol.com
Mondays: from 4:00 p.m. to 6:45 p.m.

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.
- Interview with a Pastoral Care Provider and a Pastoral Care Speaker (Research procedure will be distributed in class.)

The instructor will use the official Hartsem student email addresses for all communications. 
Please check your Hartsem email account regularly.

Course Outline
January 28  Introduction to Pastoral Care  
February 4  Fundamentals of Counseling  
  **Required Reading:** Giving Counsel: a Minister's Guidebook (Capps) pages 1-101  
February 11  The Art of Being Present  
  **Required Reading:** Giving Counsel: a Minister's Guidebook (Capps) pages 103-248  
February 18  The Counseling Process  
  **Required Reading:** The Practice of Pastoral Care: a Postmodern Approach (Doehring)  
February 25  Models of Pastoral Care  
  **Required Reading:** Strategies for Brief Pastoral Counseling (Stone)  
March 4  Grief and Hope  
  **Required Reading:** Reflections on Grief and Spiritual Growth (Weaver)  
March 11  Referrals and Boundaries
March 18  Counseling & Injustice

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

March 25  Counseling & Injustice (cont.)

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

April 1  Counseling Women

**Required Reading:** Through the Eyes of Woman: Insights for Pastoral Care (Moessner)

April 8  Counseling Women (cont.)

**Required Reading:** Through the Eyes of Woman: Insights for Pastoral Care (Moessner)

April 15  Reading Days (No Class)

April 22  Counseling Men

**Required Reading:** Counseling Men (Culbertson)

April 29  Counseling Men

**Required Reading:** Counseling Men Cont. (Culbertson)

May 6  Class Presentations

**Recommended Reading:**


**Assignments Due:**

Your Developing Theology of Pastoral Care 2/11/19  
Role Play, Self-evaluation 3/18/19  
Pastoral Conversation with Pastoral Care Provider 3/25/19  
Pastoral Conversation with a Care Seeker 4/8/19

**A Final Paper/Project:**  
Due: 4/29/19  
(Suggested topics and writing instructions will be distributed at the initial class on the supplemental outline material sheet.)