

Sacred Heart Major Seminary

Course Syllabus

Academic Year: 2009-2010, Term II

Course: MNS 228

Title: Introduction to Pastoral Counseling

Instructor: Gerry Rauch, M.S.W.

Office: (313) 224-8005; Office Fax: (313) 224-8009; Home: (734) 487-0864

Cell: (313) 680-0622; Email: grauch7@mac.com

Course Description: Content

This course is designed to help students gain an understanding of the various theories of counseling and acquire and implement a variety of counseling skills. The main theories include psychoanalytic, client-centered, Gestalt and learning approaches. Reflections on the nature of counseling will be addressed. The application of skills to persons who seek help in a ministerial setting will be addressed.

Required Texts

1. *The Yes: of Jesus Christ: Spiritual Exercises in Faith, Hope and Love*, Pope Benedict XVI, 1991, The Crossroad Publishing Company, New York, NY
2. *The Mystery of God's Word*, Raniero Cantalamessa OFM, 1994, Liturgical Press, Collegeville, MN

Recommended Texts

1. The Four Cardinal Virtues, Josef Pieper, 1966, University of Notre Dame Press, Notre Dame, IN
2. Faith, Hope, Love, Josef Pieper, 1997, Ignatius Press, San Francisco, CA

Student Outcomes

(What a successful learner is able to do at the end of the course.)

Upon completion of this course, the student will:

1. Be able to apply scripture and Catholic teaching in situations of pastoral care.
2. Be familiar with the major schools of professional psychotherapy.
3. Be able to employ counseling skills necessary for pastoral care: listening skills, question-asking skills, etc.
4. Be aware of common components of typical life difficulties: e.g., husband-wife relationship, raising children, grief and loss, etc.
5. Know how to use Church and community resources for referring people who need special help.

General Outline of the Course:

The course addresses the abilities needed in any effective pastoral counseling relationship understood as ministry of the word. It covers many of the personal problems that tend to come up in counseling. The course also treats the most well known theories about human behavior. There are too many theories to cover them all; therefore, we will consider only some of the most influential. It is important to be aware of these theories and take them into consideration when you are referring people to other counselors.

Throughout the course we will emphasize the teachings of scripture and other Church documents as they relate to pastoral counseling. We will also view several videos, both fictional and non-fictional, that illustrate course material and the approaches of some of the schools of counseling.

Session 1: January 12, 2010

Introduction of class members

Overview of the course and assignments

What is pastoral counseling? What is spiritual direction? What is psychological counseling?

The key elements of pastoral counseling

Assignments due January 19

Read the Gospel of Mark at one sitting

Session 2: January 19, 2010

Quiz 1

Pastoral Counseling: Opening (*dianoigo*) the word

Encounter with Christ

Gift of the Holy Spirit

Philosophical Psychology

Assignments due January 26

Sunday Readings 1: Opening the word

Daily scripture readings: See handout

Read Cantalamessa, Chapter 1

Session 3: January 26, 2010

Introduction to theological virtues

The world, the flesh and the devil

Assignments due February 2

Sunday Readings 2: Word definitions

Daily scripture readings: See handout

Read Cantalamessa, Chapter 2

Session 4: February 2, 2010

Helping people change

How to handle a first counseling meeting

Depth Psychology (Freud, Jung, et al.)

Assignments due February 9

Daily scripture readings: See handout

Read Benedict XVI, Yes: Chapter 1, Faith

Topic study 1: Christian speech: "Each one of you speak the truth with his neighbor, for

we are members one of another” (Eph. 4:25).

Session 5: February 9, 2010

Quiz 2

Purpose in ministry of the word

Theological virtue of faith

Evangelical counselors

Assignments due February 16

Sunday readings 3: Purpose in ministry of the word

Daily scripture readings: See handout

Session 6: February 16, 2010

Christ, Truth

Counseling as truth applied

Cognitive-Behavioral Psychology

Assignments due February 23

Sunday Readings 4: Truths applied; "In Christ"

Daily scripture readings: See handout

Read Benedict XVI, Yes: Chapter 2, Hope

Session 7: February 23, 2010

Quiz 3

Theological virtue of hope

Humanistic psychologies (Adler, Maslow, Rogers, Gestalt, etc.)

Assignments due March 2

Daily scripture readings: See handout

Read Benedict XVI, Yes: Chapter 3, Hope and Love

Topic study 2: Parenting – “Raise your children in the discipline and instruction of the Lord” (Eph. 6:4)

Session 8: March 2, 2010

Christ, Life

Theological virtue of love

Put off/put on passages

Skills of asking questions and listening

March 9, 2010

Spring Break

No Class

Assignments due March 16

Daily scripture readings: See handout

Read Cantalamessa, Chapter 3

Read Benedict XVI, Yes: Epilogue, Two Sermons

Session 9: March 16, 2010

Christ, Way

The law of liberty

Cardinal virtue of prudence

Transpersonal and New Age psychologies

Assignments due March 23

Daily scripture readings: See handout

Read Cantalamessa, Chapter 4

Topic study 3: Forgiveness – “Forgive and you will be forgiven” (Luke 6:37).

Session 10: March 23, 2010

Cardinal virtue of justice

Anger

Forgiveness

DSM IV; brain disorders; medications

Assignments due March 30

Daily scripture readings: See handout

Read Cantalamessa, Chapter 5

Reflection paper (from first five chapters of Cantalamessa)

Session 11: March 30, 2010

Cardinal virtue of fortitude

Crisis Counseling

“Expressions of God” (1 Peter 4:11)

Assignments due April 6

Daily scripture readings: See handout

Read Cantalamessa, Chapter 6 and 7

Session 12: April 6, 2010

Cardinal virtue of temperance

Common life issues in counseling, part 1

Alcoholism and the 12-Step Movement

Assignments due April 13

Daily scripture readings: See handout

Read Cantalamessa, Chapter 8

Reflection paper (from chapters 6 through 8 of Cantalamessa)

Session 13: April 13, 2010

Common life issues in counseling, part 2
Giving assignments in counseling

Assignments due April 20

Daily scripture readings: See handout

Session 14: April 20, 2010

Common life issues in counseling, part 3

Final Assignment due April 27

Topic study 4: Suffering – “I am filling up what is lacking in the sufferings of Christ” (Col. 1:24).

Session 15: April 27, 2010

No class session. Please email or fax your final topic study to me at the email address or fax number given at the top of this syllabus. Make sure you receive a return confirmation that I have received it. If you don't receive a confirmation within 24 hours, call me and let me know you sent it.

Required Course Work and Due Dates:

Presence in class and meaningful participation are necessary, especially since there is no text for much of the content of the course. If you have to miss a session, please notify me in advance.

There will be three brief quizzes in class. The quizzes will ask the student to explain a scripture verse or passage from the previous Sunday's liturgical readings. It will not be necessary to prepare for these quizzes beyond reading and understanding the Sunday passages ahead of time. The quizzes are not graded.

Your grade will be made up of the following components (total 100%), whose due dates are given in the syllabus above:

1. Participation in class: 7% (0.5% per class session)

The student should demonstrate both thoughtful reflection on the topics covered in the course, and familiarity with the readings.

2. Scripture readings throughout the course: 17% (1% per week and 4% Gospel of Mark)

A handout will list the readings for each day of the course. You are expected to read the assigned chapters on the assigned days throughout the semester. You will self-grade your reading.

3. Two reflection papers on readings from the book by Fr. Cantalamessa: 12% (6% each)**4. Four exercises focused on Sunday readings: 32% (8% each)**

Approach to the exercises varies each time, as noted in the syllabus. Each of the four will

be explained in class.

6. Four counseling topic studies from scripture: 32% (8% each)

Each of these studies will consist of applications by the student of a number of scripture passages useful for counseling.

Bibliography: to be given in class