



## Syllabus

# MAS 600 Pastoral Counseling Theory

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## Course Overview

### Course Instructor

<b>Name</b>	Rev. Dalia Adams, M.Div., Ph.D.
<b>Virtual Office Hours</b>	Tuesdays, 5 – 6 pm CT and by appointment.
<b>Telephone</b>	(727) 742-3669
<b>E-Mail</b>	<a href="mailto:revdrdalia@gmail.com">revdrdalia@gmail.com</a>
<b>Response Time Policy</b>	Telephone / Text: 24 hours Email: 48 hours

### Course Description

One of the roles of ministers is to offer counsel to congregants and peers. Students will explore the spiritual and psychological dimensions of pastoral counseling in a Unity ministry. It includes the Unity theological perspective on counseling, as well as various psychological counseling models. Emphasis is on integration of psychological theory with spiritual counseling practice.

### Course Learning Objectives

Upon completion of this course, learners will be able to:

1. Describe the goals of spiritual counseling
2. Explain the basic differences between spiritual counseling and psychological counseling.
3. Explore psychological counseling techniques that can be integrated into a spiritual counseling model.
4. Examine the role of the counseling relationship in spiritual counseling

### Required Text/Readings

- Howard Clinebell. *Basic Types of Pastoral Care and counseling: Resources for the Ministry of Healing and Growth*. (3rd edition) Nashville TN: Abingdon, 2011.
- Gerald Corey. *Theory of Counseling and Psychotherapy*. (7th edition) Belmont CA: Wadsworth, 2004.\*
- Carl Rogers and Peter Kramer. *On Becoming a Person: A Therapist's View of Psychotherapy*.

New York: Houghton Mifflin Company, 1989, 1995.

- Tami Simon (Ed.). *The Self-Acceptance Project: How to Be Kind & Compassionate Toward Yourself in Any Situation*. Boulder, CO: Sounds True, 2016.

\* **A note on the Corey textbook:** Other editions of this book may be used by the student. Various editions of this book may have different chapter numbers for the same topic. Please read the chapter that relates to the appropriate topic.

### Recommended Text/Readings/Resources

- Christopher Germer, Ronald Siegel, & Paul Fulton (Eds.). *Mindfulness and Psychotherapy*. New York: The Guilford Press, 2005.
- Sam Menahem. *When Therapy Isn't Enough: The Healing Power of Prayer & Psychotherapy*. Winfield IL: Relaxed Books, 1995.
- Edward Wimberly. *Recalling Our Own Stories: Spiritual Renewal for Religious Caregivers*. San Francisco, CA, Jossey-Bass, 1997.

### Other Required Resources

- Maslow Hierarchy of Needs:  
[http://en.wikipedia.org/wiki/Maslow%27s\\_hierarchy\\_of\\_needs](http://en.wikipedia.org/wiki/Maslow%27s_hierarchy_of_needs)

### Live Collaborate Class Sessions:

**Tuesdays, 7:00 pm to 8:30 pm ~ All times Central Time (CT) Zone**

#### January 2019

1. January 8, 2019
2. January 15, 2019
3. January 22, 2019
4. January 29, 2019

#### February 2019

5. February 5, 2019
6. February 12, 2019
7. February 19, 2019
8. February 26, 2019

#### March 2019

9. March 5, 2019
10. March 12, 2019