

# Syllabus

## MAS 600 Pastoral Counseling Theory

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### Course Overview

#### Course Instructor

<b>Name</b>	Myra McFadden
<b>Virtual Office Hours</b>	Tuesdays and Wednesdays, 1- 4 pm
<b>Telephone</b>	(816)-255-0596
<b>E-Mail</b>	myra@unitykcnorth.org
<b>Response Time</b>	I will gladly respond within 24 hours
<b>Policy</b>	

#### Course Description

Because ministers are called upon to provide spiritual counseling for their ministries and colleagues, it is wise to have a general understanding of how to do so with ease and confidence. In this course students will explore spiritual and psychological dimensions that most often present themselves in these situations. Various psychological theory models will be explored, and Unity teachings and principles that support healthy pastoral care will also be presented. Through our class study students will be able to provide spiritual counseling with greater knowledge and understanding that will serve them well.

#### Course Learning Objectives

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

1. Have a basic understanding of spiritual counseling and how it applies to ministry.
2. Recognize the value of self-awareness, openness, and personal growth as it applies to the role of spiritual counselor.
3. Have a working knowledge of psychological counseling techniques that can be integrated into a spiritual counseling model.
4. Discover new tools that will improve their abilities to provide pastoral counseling to others.

#### 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.
- Kristen Neff, PhD and Christopher Germer, PhD. *The Mindful Self-Compassion Workbook, 2018*. (New and not added correctly.)

- 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**

- [Found in Lion’s Roar: Buddhist Wisdom for our time] *Three Methods for Working with Chaos* by Pema Chodron, November 4, 2020.
- [Christianity Today] *“Pastors, Counseling, and Mental Health: 6 Guidelines for Pastors to Consider”* by Sarah Rainer, PsyD.
- [PositivePsychology.com] *“10 Person-Centered Therapy Techniques Inspired by Carl Rogers”*
- [Exploring Your Mind] – *“5 Gestalt Techniques for Personal Growth”*
- [PositivePsychology.com] – *“19 Narrative Therapy Techniques, Interventions + Worksheets*

**Live Collaborate Class Sessions:**

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

**January**

1. January 4, 2022
2. January 11, 2022
3. January 18, 2022
4. January 25, 2022

**February**

5. February 1, 2022
6. February 8, 2022
7. February 15, 2022
8. February 22, 2022

**March**

9. March 1, 2022
10. March 8, 2022