



Syllabus

MAS 600 Pastoral Counseling Theory

Course Overview

Course Instructor

Name	Myra McFadden
Virtual Office Hours	Tuesdays and Wednesdays, 1- 4 pm
Telephone	(816)-255-0596
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Response Time Policy	I will gladly respond within 24 hours

Course Description

Because ministers are called upon to provide spiritual counseling for ministries and colleagues, a general understanding of how to do so with ease and confidence is needed. In this course students will explore the spiritual and psychological dimensions that present themselves in these situations. Four psychological theory models and Unity teachings and principles that support healthy pastoral care will be utilized to support the development of pastoral skills.

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

- Elisabeth Nesbitt Sbanotto, Heather Gingrich, Fred Gingrich. *Skills for Effective Counseling: Faith-Based Integration*. InterVarsity Press, 2016.
- Kristen Neff, PhD and Christopher Germer, PhD. *The Mindful Self-Compassion Workbook*, 2018.

Recommended Text/Readings/Resources

- Edward Wimberly. *Recalling Our Own Stories: Spiritual Renewal for Religious Caregivers*. San Francisco, CA, Jossey-Bass, 2019.

Other Required Resources

Videos by Instructor

- Integrated Affirmation Prayer
- Class Presentation Sample

Internet Videos

- [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”
- Gestalt Therapy and Techniques - https://youtu.be/gWw8m_01M_g
- [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 17, 2023
2. January 24, 2023
3. January 31, 2023

February

4. February 7, 2023
5. February 14, 2023
6. February 21, 2023
7. February 28, 2023

March

8. March 7, 2023
9. March 14, 2023
10. March 21, 2023