

## PCS531 Pastoral Counseling I 教牧協談 I (3 units)

Fall, 2016

8/29/16 to 12/16/16 Mondays 12:20pm-3pm

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### Course Description 課程內容:

This course is designed to develop basic counseling skills for pastoral counselors. Topics include: biblical basis of pastoral counseling, theories of integration between Christianity and psychology, reflective listening skills, relationship building and cultural competency.

### Course Objectives 課程目標:

Area	Outcome	Assignments
Ministerial Skills	Learn basis listening skills to help people process feelings and thoughts in counseling.	Attendance & Small Group Participation (10%)
	Articulate effective and ineffective processes occurring in counseling.	Role Play Presentation and Case Analysis (30%)
Spiritual Life & Character	Relate themes from reading to spirituality and personal growth.	Assignments based on Required Texts (20%)
Theological Understanding	Understand and articulate different views on integration between Christianity and psychology.	Integration Paper (20%)
Cultural Preparedness	Appreciate and understand how culture affects interaction patterns.	Cultural Awareness Paper (20%)

### Course Requirements & Grading 作業:

1. Attendance and Small Group Participation (10%)
  - a. Attend lectures and participate in discussions and role play practices.
  - b. In addition to lectures, students are required to attend 8 small group sessions to practice counseling skills.
  - c. Students are allowed to miss one class or small group without penalty. Thereafter, 10% of attendance grades will be deducted per one absence. Missing 20 minutes of class counts as ½ of an absence. When possible, please inform the instructor prior to absence.

2. Assignments based on Required Texts: Read the required texts and respond to questions by applying concepts learned to your life and ministry.
  - a. **Assignment 1** (10%; 800-1200 words; **Due 9/12**): 鮑 Ch.1-4 從每章的經文研讀或思考要點，每章選 1 題，詳細作答。Answer one question from Ch.1 to Ch.4 of Baldwin.
  - a. **Assignment 2** (10%; 800-1200 words; **Due 9/26**) : 鮑 Ch.5-6 從每章的經文研讀或思考要點，每章選 1 題，詳細作答; 黃 Ex. 18 (p. 69-71); 鮑 Ch.7 練習一、二全部。Answer one question from Ch.5 to Ch.6, Ex. 18 in Huang and Exercises 1-2 in Baldwin Ch.7.
3. **Integration Paper** (20%; 1200-1500 words; **Due 10/17**)
  - a. Read Hsu text 許惠善, 聖經中有心理學嗎?
  - b. Reflect on your thoughts after reading. Which integration position do you agree with the most and why? Please give an example of how your preferred integration perspective can be applied to a case or an issue. Which position do you disagree with and why? How does the understanding of the different positions affect your work in counseling?
  - c. What is one thing you can do to ensure you are practicing in accord with Christian counseling ethics?
4. **Cultural Awareness Paper** (20%; 1500-2000 words; **Due 11/14**)
  - a. Read Nouwen text 盧雲, 負傷的治療者 and answer these questions:
    - Do you recognize the “核子人 Nuclear Man” and “無根的一代” in today’s congregation? How can you relate to people with these traits?
    - How do the wounds you carry affect or help you in your role of a counselor?
  - b. How did your own cultural upbringing affect your role as a counselor? Reflect on a cross-cultural encounter which has brought insight or a wider perspective on your cultural understanding.
5. **Role Play Presentation & Analysis** (30%)
  - a. Each student is to videotape a counseling session with a classmate and demonstrate basic listening skills (e.g. empathy, validation, probing, etc.).
  - b. Student will write an analysis paper (1200-1500 words, **Due 12/5**) to:
    - Summarize main points of the session

- Analyze the segment by pointing out:
  - Strengths and weaknesses
  - Other possible approaches
  - Cultural issues present
- c. Students will present (10 minutes of video role play and 5 minutes of discussion) the session in class.

**Please note:**

1. All written work must be ORIGINAL; plagiarism is a very serious offense, and may lead to course failure and disciplinary actions. Some examples of plagiarism include: copying directly from an article from the website or from a book/article, taking someone else's idea as your own, not citing sources properly, etc. Students must write in their own words, and cite references where appropriate. Please see the instructor if the student needs help in this area.
2. As a counseling class, discussions may include confidential materials. While sharing of personal stories is encouraged, problems may arise if information shared is not kept confidential. Please be discreet with the information shared in the class and do not discuss details of someone else's disclosure without his/her permission.
3. All late assignments will result in a letter grade deduction for being handed in one week late (and thereafter). Assignments not completed by the end of the course will result in course failure.
4. **You may turn in assignments in traditional font 繁體字 in Chinese or in English.**
5. **Email all assignments to [amylin@les.edu](mailto:amylin@les.edu) and put in "subject" line your name in English and assignment title. For example: AmyLin\_Assign#1.**

**Grading 成績評分：**

1.	Attendance & Small Group Participation	10%
2.	Assignments based on Required Texts	20%
3.	Integration Paper	20%
4.	Cultural Awareness Paper	20%
5.	Role Play Presentation & Case Analysis	30%
	Total	100%

**Required Text 教科書:**

1. 邱豔芳 (譯) (1998)。友誼式協談。台北市：校園書房。(Baldwin, C. L., 1988)

2. 張小鳴 (譯) (2005)。 *負傷的治療者：當代牧養事工的省思*。香港：基道。  
(Nouwen, H. J.M.)
3. 許惠善 (2007)。 *聖經中有心理學嗎？ 基督信仰與心理學的四種對話模式*。  
台北市：校園書房。
4. 黃惠惠 (2007)。 *助人歷程與技巧*。(二版)。台北市：張老師文化。

**References (Not Reserved):**

5. 尹妙珍 (譯) (2002)。 *心靈關顧：修正基督徒的培育和輔導觀念*。香港：基道。  
(Benner, D. G., 1998)
6. 王文秀等 (譯) (2015)。 *諮商與心理治療倫理：準則、研究與新興議題*。心理。  
( Welfel, E. R., 2015 )
7. 台北依納爵靈修中心 (譯) (2010)。 *同行：基督徒助人者的基本諮商輔導技巧*。  
台北市：光啟文化。(Ferris, M., 1993)
8. 李娛香等 (譯) (2007)。 *構解牧養輔導：構築願景, 解析困局, 助你重回正軌的短期輔導竅門*。  
香港：基督教文藝。(Kollar, C. A., 1997)
9. 張本聖 (譯) (2016)。 *ACT 實務工作者手冊：認知行為治療及接受與承諾治療的結合*。  
台北市：張老師文化。( Ciarrochi, J. & Bailey, A., 2008 )
10. 張佩英 (譯) (2016)。 *情緒的秘密:認識自己，不再害怕失控*。台北市：  
上智。( Bennett, A.& L., 2011 )
11. 陳天祥 (2015)。 *觸摸看不見的上帝--從心理學探索基督信仰*。香港：基道。
12. 陳永財 (譯) (2004)。 *默默相伴：給關顧者的指引和默想操練*。香港：基道。  
(Butler, S. A., 1999)
13. 陳永財 (譯) (2011)。 *俗世中的安息日操練：停止.休息.擁抱.享受*。香港：學生福音團契。  
(Dawn, M. J., 1989)
14. 陳若愚主編 (2015)。 *建立生命的基督教輔導--教會中的牧養關懷*。基督神學院。
15. 黃凱津 (譯) (2016)。 *突破服事倦怠*。校園書房出版社。( Sanford, J. A., 1992 )

16. 薛豐旻 (譯) (2016)。傷痛是生命背包中的必然，但絕非永遠的行囊：認識內在傷痛與負面情緒的關聯。道聲。(Hawkey, R., 2013)
17. 謝秋玉 (2015)。醫治記憶。基督教以琳書房。
1. Beedoe, J.(2016). *Pastoral Care and Counseling in Large/Mega Congregations: Black Caribbeans' Perception of Care in Cultural Diversity*. UPA.
2. Dayringer, R. (1998). *The Heart of Pastoral Counseling* (Rev. Ed.). New York: The Haworth Pastoral Press.
3. Epperly, B. (2014). *A Center in the Cyclone: Twenty-first Century Clergy Self-Care*. Lanham: Rowman & Littlefield
4. Johnson, E. L. (2010). *Psychology and Christianity: 5 Views* (2<sup>nd</sup> Ed.) Downers Grove, IL: InterVarsity.
5. Johnson, R.(2016). *Grief and Loss: The five stages of grief and healing (Grief Recovery, Depression, Bereavement, Grief therapy, Grief counseling)*. CreateSpace Independent Publishing Platform.
6. McClure, B. J. (2010). *Moving Beyond Individualism in Pastoral Care and Counseling: Reflections on Theory, Theology, and Practice*. Eugene, OR: Cascade Books.
7. Miller, A. P. (2013). *Pastoral Care and Counselling*. Raleigh, NC: Lulu Enterprises.
8. Nesbit Sbanotto, E. A., Gingrich, H. D. & Gingrich, F. C. (2016). *Skills for Effective Counseling: A Faith-Based Integration (Christian Association for Psychological Studies Books)*. IVP Academic.
9. Pearce, M.(2016). *Cognitive Behavioral Therapy for Christians with Depression: A Practical Tool-Based Primer (Spirituality and Mental Health)*. Templeton Press.
10. Rustenbach, R. (2011). *A Guide for Listening and Inner-Healing Prayer: Meeting God in the Broken Places*. Colorado Springs, CO: NavPress.

**Course Calendar** 課程進度:

Wk	Date	Topic/Reading Assignment	Written Work Due Date	Small Group Practice
1	8/29	Biblical Foundation of Pastoral Counseling (鮑 Ch. 1-4)		
2	9/5	Labor Day Holiday		
3	9/12	Theories of Integration 1	<b>Assignment 1 Due</b>	
4	9/19	Theories of Integration 2 (許惠善 all)		黃 Ex.5-7 (p.41-43)
5	9/26	View of Human Nature (鮑 Ch.5-6)	<b>Assignment 2 Due</b>	黃 Ex. 9-10 (p.52-57)
6	10/3	Characteristics of a Counselor		黃 Ex.12-13 (p.59-61)
7	10/10	Counseling Ethics		黃 Ex.19 (p.71)
8	10/17	Relationship Building 建立關係 (黃 Ch.1-4)	<b>Integration Paper Due</b>	黃 Ex.26,28 (p.92-95)
9	10/24	Reflective Listening 1 (鮑 Ch. 7, 黃 Ch.5, 6)		黃 Ex. 30 (p. 115)
10	10/31	Advanced Level of Listening (盧雲 all)		Prepare Role Play
11	11/7	Cultural Competency (鮑 Ch. 12)		Prepare Role Play
12	11/14	Role Play Demonstration	<b>Cultural Awareness Paper Due</b>	
13	11/21	Role Play Demonstration		
14	11/28	Role Play Demonstration		
15	12/5	Role Play Demonstration	<b>Case Analysis paper</b>	