



**School of Arts, Languages & Cultures, Faculty of Humanities
Course Unit Descriptor**

29.11.2017

GENERAL INFORMATION

Credit Rating	10
Course Unit Title	Pastoral Care and Counsel
Unit Code	261
Unit Level	2
Contact Hours	22
FHEQ Level	5
Teaching Period	Flexible delivery
Teaching Staff	Rev. Dotha N. Blackwood / Dr Martin P. Stokley
ECTS	5

EXTERNAL FACING COURSE UNIT OVERVIEW

The unit examines the world of counselling and caring from both Christian and secular perspectives, evaluates models of Christian and secular counselling and assesses a Christian response. Key terms are defined and distinctions explored. Specific life problems are discussed including death, bereavement and grief, relationships, mental health issues, depression and suicide. An underlying theme is the quality of the caring relationship which is built and how the carer's growth in self-awareness affects this relationship. Listening skills are practised, in which the personal qualities and self-awareness of the students may be recognised and developed. Life stages, human needs, and the place of the Christian pastor and community as central to these stages is considered. The unit helps students to identify resources and support systems available for the pastoral carer. Questions about referral, self-care, pastoral groups, secular resources and supervision are raised.

COURSE UNIT OVERVIEW

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AIMS

To introduce and explore the basic concepts of personal pastoral care and counsel so as to develop self-understanding and listening skills as applied by the Christian minister or pastoral worker in the local church or community setting.

LEARNING OUTCOMES

Knowledge and Understanding

By the end of this course students will be able to:

- Outline significant aspects of counselling theory

Intellectual Skills

By the end of this course students will be able to:

- Explain the relevance of human development for pastoral ministry
- Evaluate some expressions of counselling and care in the wider community

Practical Skills

By the end of this course students will be able to:

- Introduce and operate responsible patterns of pastoral care and counsel in a local church
- Apply basic skills of structured personal conversation in pastoral care

Transferable Skills and Personal Qualities

By the end of this course students will be able to:

- Integrate theological understanding gained in other units with pastoral care and counsel
- Cooperate well in a group

Employability Skills

Multifaceted problem solving skills and the capacity for listening and team work, as well as high ethical standards in personal and professional life, underpinned by a capacity for self-directed activity are skill gleaned in this unit. These are highly desirable qualities for many employment contexts.

SYLLABUS

1. Pastoral Care and Counselling in Context
2. Introduction to Listening Skills
3. The importance of relationship: Carl Rogers and humanistic counselling
4. The importance of the past and the unconscious: Freud / Psychodynamic counselling
5. The importance of the life cycle: Human Development
6. The importance of learning and thinking: CBT
7. The importance of belief: Models of Christian Counselling
8. Mental Health
9. Depression, Suicide and Relationships
10. Death and Bereavement
11. Practicalities: Structures, Resources and Referral

TEACHING AND LEARNING METHODS

Interactive lectures with small groups
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ASSESSMENT METHODS

Assessment task	Length	Weighting within unit
Formative: Examination of case studies on the concepts and theories presented	n/a	n/a
Summative: <ul style="list-style-type: none"> An essay A reflective journal 	2000 words 1000 words	75% 25%

FEEDBACK METHODS

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| <ul style="list-style-type: none"> Oral feedback in class Written feedback on summative written submissions within 15 working days |
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FEEDBACK METHODS

Available on which programme(s)?	BA in Theology
Available as Free Choice (UG) or to other programmes (PG)?	Available as a free choice (UG)
Pre-requisite units	n/a
Co-requisite units	n/a

RECOMMENDED READING

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| <p>Bland, Earl D. <i>Christianity & Psychoanalysis : A New Conversation</i>. (Downers Grove, Ill: IVP Academic, 2014). <i>EBSCOhost</i>, search.ebscohost.com/login.aspx?direct=true&db=e093mww&AN=684994&site=ehost-live.</p> <p>Greggo, Stephen P., and Timothy A. Sisemore. <i>Counseling and Christianity : Five Approaches</i>. (Downers Grove, Ill: IVP Academic, 2012). <i>EBSCOhost</i>, search.ebscohost.com/login.aspx?direct=true&db=e093mww&AN=579536&site=ehost-live.</p> <p>Hurding, R., <i>Five Pathways to Wholeness: Explorations in pastoral care and counselling</i>, (London: SPCK, 2013) <i>Perlego</i>, https://www.perlego.com/book/1469974/five-pathways-to-wholeness-explorations-in-pastoral-care-and-counselling-pdf</p> <p>Jones, Stanton L., and Richard E. Butman. <i>Modern Psychotherapies : A Comprehensive Christian Appraisal</i>. Vol. 2nd ed, (Downers Grove: Ill, IVP Academic, 2011). <i>EBSCOhost</i>, search.ebscohost.com/login.aspx?direct=true&db=e093mww&AN=577730&site=ehost-live.</p> <p>Lartey, Emmanuel, <i>Pastoral Theology in an Intercultural World</i>, (Eugene, OR: Wipf and</p> |
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Stock, 2006) *Perlego*, <https://www.perlego.com/book/1724632/pastoral-theology-in-an-intercultural-world-pdf>

McMinn, Mark R. *Sin and Grace in Christian Counseling : An Integrative Paradigm*. (Downers Grove, Ill: IVP Academic, 2008). *EBSCOhost*, search.ebscohost.com/login.aspx?direct=true&db=e093mww&AN=577757&site=ehost-live.

Nelson-Jones, R., *Basic Counselling Skills: A Helper's Manual*. 4th ed. (London: SAGE Publications, 2015). *Perlego*, <https://www.perlego.com/book/1431653/basic-counselling-skills-a-helpers-manual-pdf>

Watts, F., Nye, R., and Savage, S., *Psychology for Christian Ministry* (Abingdon: Routledge, 2003) *Perlego*, <https://www.perlego.com/book/1614126/psychology-for-christian-ministry-pdf>

SCHEDULED ACTIVITY HOURS

22 contact hours

PLACEMENT HOURS

N/A

INDEPENDENT STUDY HOURS

78 hours

ADDITIONAL NOTES

APPROVAL

Date approved by UGC

Valid from Date (Publishing Date)