I. Course Description

This course is an introduction to and understanding of pastoral counseling. In it we will explore the relationship of spirituality, morality and the sacramental life of the Church to psychology and pastoral counseling. This course is a required prerequisite for Clinical Pastoral Education (CPE).

II. Course Rationale

_Pastores Dabo Vobis_ #58 states that the seminary “must seek really and truly to initiate the candidate into the sensitivity of being a shepherd, in the conscious and mature assumption of his responsibilities, in the interior habit of evaluating problems and establishing priorities and looking for solutions on the basis of honest motivations of faith and according to the theological demands inherent in pastoral work.” Learning how to apply these directives into the pastoral counseling setting is the central aim of this course.

III. Course Goals/Intended Outcomes

- Seminarians will be able to articulate and demonstrate an understanding of the basic counseling skills of pastoral counseling;
- Seminarians will develop an understanding of various approaches to counseling, including the differences in individual, couple and family counseling.
- Seminarians will cultivate an understanding of some of the common issues in counseling including, but not limited to, crises, addictions, trauma, sexual abuse, physical abuse and violence; and will have an awareness of the relationship between sexual issues and counseling.
- Seminarians will be able to employ various approaches to grief and loss.
- Seminarians will develop an awareness of the more serious psychological/mental illnesses such as mood disorders and personality disorders.
IV. Instructional Methods

1) Lecture
2) Discussion
3) Readings
4) Student Presentations
5) Role Plays

V. Texts (Required and/or Recommended)

Required Books:

Required Online Documents:
1. *Pastores Dabo Vobis* (sections on Pastoral Formation)
2. Program for Priestly Formation, 5th Ed. (sections on Pastoral Formation)
3. Other documents accessed through Google Drive

VI. Bibliography

Selected texts for Book Report:


Selected texts not for the book report assignment, but available for final project:


VII. Lecture, Presentation, and Reading Schedule

<table>
<thead>
<tr>
<th>Day and Date</th>
<th>Topic</th>
<th>Assignments</th>
<th>Reading Assignments</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Tuesday, 1/13</strong></td>
<td>Introduction and Course Overview</td>
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<tr>
<td><strong>Thursday, 1/15</strong></td>
<td>Framework of Pastoral Care</td>
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<td>PPF and Pastores Dabo Vobis sections on pastoral pillar</td>
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<tr>
<td><strong>Tuesday, 1/20</strong></td>
<td>Spiritual Direction and Counseling</td>
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<td>PR, Part I</td>
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<td><strong>Thursday, 1/22</strong></td>
<td><strong>Day of Penance</strong> NO CLASS</td>
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<tr>
<td><strong>Tuesday, 1/27</strong></td>
<td>Use of Self in Counseling and Importance of Relationship</td>
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<td>PR, Part II</td>
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<td><strong>Thursday, 1/29</strong></td>
<td>Cont’d</td>
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<td>Counseling Skills, Chp 1-3</td>
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<tr>
<td><strong>Tuesday, 2/3</strong></td>
<td>Redemptive Suffering in Pastoral Counseling</td>
<td></td>
<td>“God’s Answer to Suffering” Article, by Peter Krefft</td>
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<tr>
<td><strong>Thursday, 2/5</strong></td>
<td>Listening Helper Skills Resources List Due</td>
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<td>Counseling Skills, Chp 5 &amp; 6</td>
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<td><strong>Tuesday, 2/10</strong></td>
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<td>Chp 7 &amp; 17</td>
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<tr>
<td><strong>Thursday, 2/12</strong></td>
<td>Structuring a Conversation</td>
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<td>Counseling Skills, Chps 8-11</td>
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<td><strong>Tuesday, 2/17</strong></td>
<td><strong>Mardi Gras</strong> NO CLASS</td>
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<td><strong>Thursday, 2/19</strong></td>
<td>Understanding People and Problems</td>
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<td>Counseling Skills, Chp 12 &amp; 14</td>
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<td><strong>Tuesday, 2/24</strong></td>
<td>Healing Prayer</td>
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<td>Chp from “prayers for healing and guidelines for healing, School of Prayer, Healings of Jesus.</td>
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<td><strong>Thursday 2/26</strong></td>
<td>Handling Challenges</td>
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<td>Counseling Skills, Chp 15 &amp; 16</td>
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<td><strong>Tuesday, 3/3</strong></td>
<td>Introduce Diagnoses and pastoral applicability</td>
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<td>PR, Part III: Prologue - #3. “Pastoral Counseling</td>
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<tr>
<td>Date</td>
<td>Topic</td>
<td>Assignments</td>
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<tr>
<td>Thursday, 3/5</td>
<td>Book Report Presentations</td>
<td>Book Report Due</td>
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<tr>
<td>Tuesday, 3/10</td>
<td>Book Report Presentations</td>
<td>Book Report Due</td>
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<tr>
<td>Thursday, 3/12</td>
<td>Book Report Presentations</td>
<td>Book Report Due</td>
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<tr>
<td>Tuesday, 3/17</td>
<td>Depression</td>
<td>PR, Part III, 4-7. Kheriaty CPA paper</td>
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<td>Thursday, 3/19</td>
<td>Anxiety, OCD and Scrupulosity</td>
<td>PR, Part III, 8-11</td>
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<td>Tuesday, 3/24</td>
<td>Grief and Loss</td>
<td>“A Grief Observed” Lewis</td>
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<td>Tuesday, 3/31</td>
<td>Easter Break</td>
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<td>Thursday, 4/1</td>
<td>Easter Break</td>
<td>NO CLASS</td>
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<tr>
<td>Tuesday, 4/7</td>
<td>Marriage and Family Issues</td>
<td>PsychCentral EFT Article PR, Part III, 20-23</td>
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<td>Thursday, 4/9</td>
<td>Cont’d</td>
<td>Gottman Article PR, Part III, 24-26</td>
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<tr>
<td>Tuesday, 4/14</td>
<td>Personality Disorders</td>
<td>PR, Part III, 24-27</td>
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<td>Thursday, 4/16</td>
<td>Substance Abuse</td>
<td>PR, Part III, 28-31</td>
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<td>Tuesday, 4/21</td>
<td>Pornography</td>
<td>Okholm, Lust chp PR, Part III, 32-35</td>
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<td>Thursday, 4/23</td>
<td>Same-Sex Attraction</td>
<td>“Always our Children” USCCB Pastoral Letter PR, Part III, 36-40</td>
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<td>Tuesday, 4/28</td>
<td>Self-Care Tips</td>
<td>Part IV of “Pastoral Rule”</td>
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<tr>
<td>Thursday, 4/30</td>
<td>Last Day of Class, Recap Semester</td>
<td>Final Project Due</td>
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VIII. Course Requirements

1. Class attendance, completion of reading assignments, and participation in discussions and role plays

2. Resources List
a. Make a sheet of ten resources available in your (arch) diocese. Find respected counselors, psychiatrists, doctors, support groups, family ministries or other materials and list them. Include name of agency (or person), contact information, type of services offered, population served, and type of problems help. Work must be carried out independently among men from the same diocese.
b. If you with a religious community, approach the instructor about which area to focus on.

3. Book Report
   a. Select one of the recommended books in the Bibliography and write a summary of the text.
   b. Paper must include the following:
      i. Summarize the author’s main points and objectives
      ii. Your personal reactions,
      iii. A brief theological critique of the text
      iv. Pastoral application of the material
      v. Pastoral limitations of the text.
   c. There will be a sign-up during class to ensure that only two people are allowed to report on a particular book.
   d. Due date will vary as noted above. Assigning due dates will occur after all students have selected their book.
   e. Length: 5-7 pages; use NDS writing style guide

4. Book Presentation
   a. Pair up with the other person who wrote a report on the same book as you and deliver a joint presentation on the text.
   b. Presentations will be evaluated as follows:
      i. Clarity and organization of the presentation (introduction, rationale, logical development of points and conclusion)
      ii. Quality of the material presented (Did the presentation accurately cover the text?)
      iii. Presentation style (Was the lecture engaging for the class?)
      iv. Cover the same content criteria from the book report
      v. Use of visual aids or other supporting material
   c. Length: 15-20 minutes
   d. Completed on same date when book report is due.

5. Final Project
   a. Pick a character from a movie, tv show or book and imagine if that person was your parishioner and came to you for pastoral counseling. How would you help them? What would you do?
   b. Paper should examine the following:
      i. Describe your ‘parishioner?’ What is their presenting dilemma? Who are they? What is their family history, if available?
      ii. Describe the setting where you would meet with this individual? Your office, home visit, hospital, hospice, etc?
iii. How do you think your personality will match with theirs? How can you utilize your personality strengths to help this person? Consider your DISC profile from CLI workshop.

iv. Describe your style. How do you see your image as a pastoral counselor influencing this parishioner?

v. What is your goal? What would you want to see improve?

vi. How are you planning to achieve your goal?

vii. What spiritual issues need attention in this person?

viii. Are there other services that you would recommend for this individual? Sacraments? RCIA? Counseling? Support groups?

ix. Where do you potentially see yourself being effective with this situation and how will it be challenging? How do you know when you are over your head with this situation?

c. Be creative and think this through and how you would help this person pastorally. Consider everything that has been covered in this course
d. Paper must be 6-8 pages, not including reference list, and follow NDS writing style guide.
e. Paper must include 5-7 references.
f. Note: You must get approval for your “fictional parishioner” by the course instructor prior to writing your paper. You are welcome to contact him as soon as you get an idea on a character.

XI. Important Dates

1. Resource List Due: 2/5
2. Book Report and Presentation: 3/5, 3/10, or 3/12
3. Final Project Due: 4/30
(All dates are subject to change if circumstances warrant them.)

X. Evaluation Criteria

1. Attendance, reading and participation. 25%
2. Resources list 10%
3. Book report 15%
4. Book presentations 20%
5. Final project 30%

100%

XI. Attendance Policy

Notre Dame Seminary observes the following policy regarding class attendance: Regular class attendance is expected and required of all students who intend to receive credit for course work in the graduate school. Inevitably, extraordinary circumstances will arise that make class attendance impossible on occasion; therefore, a formula for determining regular attendance has been established as policy for the convenience of both seminarians and instructors. A student is
permitted to be absent from class no more than twice the number of times the class meets per week. (You are considered absent if you are not present when attendance is taken). Thus, if a student is absent for seven classes from a course that meets three times a week, the student is in violation of school policy in this regard. The normal penalty for such a violation is the grade FA (failure due to absence).

The number of absences includes those due to illness, late registration, or any other cause. Absence from class immediately before or after holidays and free weekends is considered a double cut. Only the Academic Dean may waive penalties for absence. In absences due to illness, you must inform the instructor and your formation advisor prior to the class.

XII. Academic Integrity

Seminarians of Notre Dame Seminary are required to commit themselves to responsible scholarship in every aspect of priestly formation, including academics. It is expected that every seminarian works and studies to the best of his ability for every course.

Seminarians also accept responsibilities and obligations as students, which include commitments to honesty, disciplined study, and integrity in their academic work. They will be expected to respect academic scholarship by giving proper credit to other people’s work, while at the same time preparing well for assigned materials and examinations in such a way that their academic integrity will never be questioned.

Those needing assistance with writing papers, or who would like tutoring, should contact the Academic Resource Center (ARC) for assistance. All students are encouraged to seek the direct assistance of their instructor whenever any questions arise regarding assignments, grading, course expectations, etc.

XIII. Disability Accommodation Policy

In accordance with the Americans with Disabilities Act, Notre Dame Seminary provides disability accommodations for students with identified and/or diagnosed disabilities. Students with disabilities need not inform their instructors about the nature of their disabilities, but they are responsible for contacting and providing appropriate documentation to the Academic Resources Center. Requests for accommodations must be made each semester for which the student wishes to receive service; the Academic Resources Center will then distribute a letter of accommodation to the faculty. It is the student’s responsibility to meet with each faculty member to discuss how his/her accommodation(s) may be met within each course. Notre Dame Seminary will attempt to meet reasonable accommodations requested. A reasonable accommodation is a modification to a non-essential aspect of a course, program, or facility which does not pose an undue burden and which enables a qualified student with a disability to have adequate opportunity to participate and to demonstrate his or her ability. Such accommodations are determined on an individual basis depending upon the nature and extent of the disability. For more information, contact the Academic Dean’s Office.
XIV. Extension Policy

Instructors are never obligated to grant a student’s request for a due-date extension on a paper/project if they judge the request to be without sufficient merit or not in keeping with the fair requirements articulated in the course syllabus.

XV. Audit Policy

For academic course audits at Notre Dame Seminary, the amount of work required of seminarians will be decided on a case by case basis by the instructor, the Academic Dean and the seminarian’s Formation Advisor.

XVI. Probation and Grading Policy

Passing grades for seminarians are A, B and C. A seminarian is put on academic probation for the following:

A seminarian who obtains a D+ or lower in any course is automatically placed on probationary status and must repeat the course in order to get credit for the course. Seminarians will be allowed to repeat a course only once and the course must be repeated at NDS. Seminarian status is then subject to review by the Dean.

A seminarian whose semester grade point average (GPA) in coursework is below a 2.30 at any time is placed on academic probation. Two or more consecutive semesters may subject the seminarian to be dismissed from academic formation at Notre Dame Seminary. To be removed from probationary status, the seminarian must complete a semester with a GPA of 2.30 or higher.

After each semester, the seminarian’s Bishop will receive a copy of his transcript and a review of the seminarians’ status.

If a seminarian fails to meet the passing grade point average requirement then he forfeits his eligibility for financial aid under Title IV Federal Regulations.

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<tr>
<th>Letter Grade Number</th>
<th>Quality Points</th>
<th>Grade Scale</th>
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<tbody>
<tr>
<td>A</td>
<td>4.00</td>
<td>100 – 94</td>
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<tr>
<td>A-</td>
<td>3.70</td>
<td>93 – 90</td>
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<tr>
<td>B+</td>
<td>3.30</td>
<td>89 – 88</td>
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<tr>
<td>B</td>
<td>3.00</td>
<td>87 – 84</td>
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<tr>
<td>B-</td>
<td>2.70</td>
<td>83 – 80</td>
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<tr>
<td>C+</td>
<td>2.30</td>
<td>79 – 78</td>
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<td>C</td>
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<tr>
<td>C-</td>
<td>1.70</td>
<td>73 – 70</td>
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<tr>
<td>D+</td>
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<tr>
<td>D</td>
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<tr>
<td>D-</td>
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See Academic Catalog for Grading Guidelines Policy Narrative.

XVII. Syllabus Contract

This syllabus *obliges* the student to adhere to all policy requirements and to fulfill all academic expectations herein stated; it also *entitles* the student to a reasonable opportunity to learn the material specified in the course description in order to accomplish for himself the educational goals of the course. In order to optimize the learning process the course instructor reserves the right to make reasonable adjustments to the syllabus requirements during the semester, in response to unforeseen developments or circumstances. All adjustments made must be communicated clearly to students.