

Seattle University
School of Theology and Ministry
901 12th Street, Hunthausen Hall
Seattle, WA 98122-1090

Fall Quarter 2006

STMC 572.01—Pastoral Diagnosis

Hunthausen Rm. 100
Wed. 1:30 p.m. to 4:20 p.m.

Rev. Keith A. Brehob, SJ, PhD, LICSW

Hunthausen Hall 221
Office Hours: Wednesdays 10:00 a.m. to
noon, 4:30-5:00 p.m., or by appointment.

Resources & Texts

American Psychiatric Association. *Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition, Text Revision (DSM-IV-TR)*. Washington, D.C.: Author, 2000.

Jordan, Merle R. *Taking On the Gods: The Task of the Pastoral Counselor*. Nashville: Abingdon Press, 1986/88.

Linn, Matthew, Sheila F. Linn, and Dennis Linn. *Healing Spiritual Abuse and Religious Addiction*. New York: Paulist Press, 1994.

Ramsy, Nancy J. *Pastoral Diagnosis: A Resource for Ministers of Care and Counseling*. Minneapolis: Augsburg Fortress Pub., 2003.

Wiger, Donald E., and Debra K. Huntley. *Essentials of Interviewing*. New York: John Wiley & Sons, Inc., 2002.

Description

In this course, Pastoral Counselors in training (PCT) become familiar with the basic principles and methods of mental health assessment and diagnosis appropriate and necessary for master's level clinical practice. The readings and academic assignments required for successful completion of this course are designed to systematically train students in methods of conceptualizing, assessing, and differentially diagnosing the mental and emotional status of clients through the use of the DSM-IV-TR (2000) and complementary classification tools. Current categories of mental disorder diagnosis and related treatment strategies are presented in the context of multicultural, spiritual, and theological understandings of the human person and the multiple pastoral roles and multiple counselor tasks needed for professional, clinical pastoral counseling in the modern Church and world.

This course is designed to meet the core content, coursework equivalency requirement in the area of mental disorder "Assessment/Diagnosis" of the mental health counselor education and licensing guidelines for Washington State. (WAC 246-809-221, last updated 5/20/05).

Goals and Objectives

- Pastoral Counselors in training will examine their personal thoughts, feelings, beliefs, and experiences associated with the professional process of mental health “diagnosis.” By the end of the quarter, the PCT will have developed the professional knowledge and skills needed to develop a personalized style of Pastoral Diagnosis that is (a) congruent with her/his personality, (b) complementary to his/her religious faith and spirituality, and (c) demonstrates the appropriate and ethical use of the DSM-IV-TR categories and procedures.
- By the end of this quarter, Pastoral Counselors in training will have reviewed all diagnostic classifications listed in the DSM-IV-TR with special emphasis placed on those conditions often encountered in pastoral contexts (e.g., anxiety disorders, mood disorders, substance-related disorders, and personality disorders).
- Through required readings, in-class experiences, pastoral interviews, and professional report writing, Pastoral Counselors in training will be exposed to, become familiar with, and use appropriately the specialized vocabulary of mental health professionals.
- By the end of this quarter, Pastoral Counselors in training will possess the basic skills necessary for conducting a time-limited diagnostic interview with an individual adult, organize the data obtained in the interview using the pastoral diagnostic skills learned in the course, and write a professional psycho-social-spiritual assessment report that includes a multiaxial diagnosis of their interviewee using standard DSM-IV-TR classifications and format.

Requirements

Attendance: Class sessions are the primary means by which the instructor and the Pastoral Counselors in training can share the material introduced in the assigned readings and other activities. Therefore, attendance at all sessions of the course is essential. If you know you will need to miss more than one class session during this quarter, please think seriously about taking this core course at a different time.

Spiritual Assessment Interview & Report (Due October 4): Conduct a 60-90 minute spiritual assessment interview with an adult and write a 3-5 page report which communicates the most important spiritual, religious, and relational dynamics of your client. Acceptable formats and procedures will be discussed in class (Arial, 11 pt, single spaced, 1 inch margins, one side of the paper only).

Mental Disorder Presentation: Choose one mental disorder classification found in the DSM-IV-TR and plan a 10 minute presentation in class that communicates to your PCT colleagues the diagnostic features of the disorder; associated biological, theoretical, spiritual/religious, or cultural features of the disorder; etiology of the disorder if known, and the incidence of the disorder in the general population. Communicate to the instructor in writing the clinical classification that you would like to research and present, no duplicates. Your research should include a complete understanding of the DSM-IV-TR classification of the disorder you choose, secondary sources such as books and Internet websites, as well as two professional journal articles. The format of the class presentation is at the discretion of the PCT but should clearly communicate your ideas to

your colleagues. The presentation will be followed by 5 minutes of questions and answers from the class.

Pastoral Counseling Dictionary (Due November 15): Construct a working Pastoral Counseling Dictionary of new words, phrases, concepts, or theories that you find interesting and helpful as you journey through this course. Before the last day of class, communicate to the instructor in electronic form (i.e., e-mail attachment or CD-ROM) at least 20 entries to your personal dictionary. You need not wait until you have collected all 20 words and definitions. The instructor will collect, edit, and post the collective dictionary on the university website so that all members of the class can benefit from your work.

Pastoral Diagnosis Interview & Report (Due December 6th): Using standard “best practices” mental health interviewing and DSM-IV-TR diagnostic classifications, conduct a 90-120 minute comprehensive bio-psycho-social-spiritual assessment interview with an adult and write a 4-7 page report which communicates the most important psychosocial, relational, spiritual, and religious dynamics of your client. Acceptable formats and procedures will be discussed in class (Arial, 11 pt, single spaced, 1 inch margins, one side of the paper only).

COURSE CALENDAR

Session One (September 20): Introduction to Pastoral Diagnosis

Readings for Session One

- Course Syllabus (bring printed copy to class).
- Merle R. Jordon, *Taking On the Gods*, Chapters 1 & 2.

Assignments Due for Session One

- Be prepared to discuss these questions: (a) According to Jordon, what is the task of the pastoral counselor?; (b) Do you agree/disagree with Jordon’s understanding of the ministry of pastoral counseling?, and (c) What have been some of the “gods” in your own life and ministry that needed to be taken on?

Session Two (September 27): Spiritual Assessment in Pastoral Counseling

Readings for Session Two

- Linn, et.al., *Healing Spiritual Abuse & Religious Addiction*, pp. 1-41, 139-141 (skim the remaining chapters).
- Merle R. Jordon, *Taking On the Gods* (skim remaining chapters).

Assignments Due for Session Two

- Be prepared to discuss the questions on pp. 139-141 of *Healing*.
- Be prepared to share around this question: According to your faith tradition, what is “healthy” spirituality/religion and what is “unhealthy” spirituality/religion?
- By this date you should have a person to interview for your spiritual assessment report.

Session Three (October 4): Pastoral Diagnosis—Getting Started!

Readings for Session Three

- Ramsay, *Pastoral Diagnosis*, pp. 1-31.

Assignments Due for Session Three

- Spiritual Assessment Report Due (20% of course grade).

Session Four (October 11): Pastoral Diagnosis—Roles & Tasks

Readings for Session Four

- Ramsay, *Pastoral Diagnosis*, pp. 32-107, 199-204.

Assignments Due for Session Four

- By this date you should have registered with the instructor the “mental disorder” that you will present to the class.
- Do you have a client to interview for your Pastoral Diagnosis Report? You can use the same person that you interviewed for the Spiritual Assessment Report but there must be a least one week between the two interviews.

Session Five (October 18): The Art and Science of Clinical Diagnosis

Readings for Session Five

- DSM-IV-TR, pp. xxx-37.
- Wiger & Huntley, *Essentials of Interviewing*, pp.199-209.

Assignments Due for Session Five

- Pastoral Counseling Dictionary items? You can email all or part of your dictionary items to instructor in the next few weeks; all 20 items are due on the day of our ninth class.

Session Six (October 25): The Diagnostic Interview

Readings for Session Six

- Wiger & Huntley, *Essentials of Interviewing*. Focus on chapters 1, 2, 6, 7, and 8.

Assignments Due for Session Six

- Mental Disorder Presentations 1, 2, & 3 (You will be assigned a presentation number by the instructor).

Session Seven (November 1): Mood Disorders & Anxiety Disorders

Readings for Session Seven

- DSM-IV-TR, “Mood Disorders” & “Anxiety Disorders”

Assignments Due for Session Seven

- Mental Disorder Presentations 4, 5, & 6.

Session Eight (November 8): Personality Disorders

Readings for Session Eight

- DSM-IV-TR, "Personality Disorders."

Assignments Due for Session Eight

- Mental Disorder Presentations 7, 8, & 9.

Session Nine (November 15): Substance Abuse & Dependence

Readings for Session Nine

- DSM-IV-TR, "Substance-Related Disorders."

Assignments Due for Session Nine

- Mental Disorder Presentations (all remaining).
- All 20 items of your personal Pastoral Counseling Dictionary.

Session Ten (November 29): Report Writing & Treatment Planning

Readings for Session Ten

- Wiger & Huntley, *Essentials of Interviewing*, Chapter 9.
- "How to Develop a Treatment Plan," pp. 4-8, *The Complete Adult Psychotherapy Treatment Planner*, Hoboken, NJ: John Wiley & Sons, Inc.

Assignments Due for Session Ten

- Be prepared to evaluate the course verbally and in writing and to ask any unanswered questions regarding Pastoral Diagnosis.
- **Pastoral Diagnosis Report due anytime between today and December 6th at 1:30 p.m., a hard copy in my mailbox at Hunthausen Hall, 2nd floor. You may send the report thru Angel or E-mail on two conditions: (a) you follow HIPPA regulations and have no identifying information in the report, and (b) you confirm that I received the file. Until confirmation of receipt from me, an electronic submission has NOT be received.**

Evaluation/Grading

Grading for the required reports and assignments will be assessed according to Seattle University's Grading System: A = Superior Performance; B = Good Performance; and C = Minimal Performance for graduate courses. Your final grade will be based on your participation and cumulative growth in achieving the goals and objectives of this course and the STM program in which you are enrolled.

Each requirement for this course will be weighted as follows:

- 10% Pastoral Counseling Dictionary;
- 20% Active participation & presence in course exercises and discussions;
- 20% Mental Disorder Presentation;
- 20% Spiritual Assessment Interview & Report;
- 30% Pastoral Diagnosis Interview & Report.

Bibliography

(Supporting Bibliography will be presented in class)