STMC 559 PASTORAL COUNSELING PRACTICUM V: INTEGRATING SPIRITUALITY AND PSYCHOTHERAPY Seattle University School of Theology and Ministry: Pastoral Counseling Fall 2008

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Course Description:

This course is a practicum, so three of the four hours are in group supervision. The Special Topic to be addressed in lecture and discussion in the fourth hour is *Integrating Spirituality and Psychotherapy: The Pastoral Counseling Specialty*. The course will touch on what is included in The American Association of Pastoral Counseling (AAPC)'s criteria for Pastoral Counseling Foundation in the areas of Pastoral Theological Method and Theology of Psychotherapy.

Also included will be focus on the faith of the client, the faith of the therapist, religious practice and psychological coping, and issues of purpose/ultimacy/meaning in psychotherapeutic treatment.

Course Objectives:

By the end of the course the student will:

Have an increased clinical competence, at a level close to appropriate for licensed practice;

Have an understanding and an ability to professionally articulate the uniqueness of the specialty of pastoral counseling and psychotherapy.

Be able to articulate the psychological and theological theory and assumptions that undergird and guide his/her own practice of pastoral counseling.

Required Texts:

Cooper-White, Pamela. Shared Wisdom. Fortress Press, 2004.

Kissel Wegela, Karen. How to be a Help Instead of a Nuisance. Shambhala, 1996.

Kleinman, Arthur. Patients and Healers in the Context of Culture. University of California Press, 1980

Optional Texts:

Grant, Brian. A Theology for Pastoral Psychotherapy: God's Play in Sacred Spaces. Haworth Pastoral Press, 2001.

Kornfeld, Margaret Zipse. *Cultivating Wholeness: A Guide to Care and Counseling in Faith Communities*. Continuum International Publishing Group, 1998.

Miller, Alice. Drama of the Gifted Child. Basic Books, 2008.

Ulanov, Ann and Barry. Religion and the Unconscious. The Westminster Press, 1975.

Schedule of Topics:

The first session, be prepared to describe your clinical placement and your range of clients. **Also be prepared to present a case for supervision.**

We will address topics including:

What is "pastoral counseling"? Says Who? Ministry or Therapy?

Uniqueness of pastoral counseling: content? process? motivation? Assumptions?

Vs "Christian Counseling"

Integration or Interface of Psychotherapy and Spirituality/Faith/Religion

Hope, Forgiveness, and Gratitude

Contemporary Psychology of Religion

Faith/Religion and Coping Faith/Religion and Ultimacy

Visions of Mental Health, Healing, Wholeness (Cultural, Feminist)

Pastoral Counseling and Inclusivity, Justice

Paper: The Pastoral Counselors's own Integration Theory

The final paper will be a description of the student/pastoral counselor's personal theory, assumptions, and understanding that inform his/her own practice of pastoral counseling and psychotherapy. It will include his/her own personal theology that informs practice and his/her own understanding of the integration of religion/faith/spirituality and pastoral counseling practice. It will present a case used to illustrate the theory and practice.

The paper will be 12-15 pages and due on November 3, with copies for all other class members and instructor. Each class member will present his/her paper to the class, with 90 minutes for presentation and discussion November 3, 10, 17, or 24. Papers can be revised during this time, and a final copy given to instructor at beginning of the last class period, December 1.

The paper will have these elements:

Client Information:

- 1. Basic biographical data
- 2. Presenting problem, diagnosis and psychodynamic understanding
- 3. Treatment plan and course of therapy up to now

Client's Theology:

- 1. The client's religious affiliation, professed belief system, and spiritual experience.
- 2. The client's operational faith and apparent assumptions.

Therapist's Theology:

- 1. A description of your own theology, system of belief, faith
- 2. An exploration of how this theology/faith is present in your work as a pastoral counselor, comfortably and conflictually.

Theology and the Therapeutic Relationship:

- 1. An explication of how your understanding of the therapeutic process reflects your theology.
- 2. An explication of how your religious orientation or system of belief interfaces with that of the client.
- 3. An explication of how the therapeutic relationship serves to clarify, challenge or expand the client's and your own religious orientation or belief.

Grading Criteria:

Demonstration of Clinical Skills & 50% of grade

Use of Supervision

Class Participation 20%

Integration Paper 30%

BIBLIOGRAPHY: INTEGRATION OF SPIRITUALITY & PSYCHOTHERAPY

Psychology of Religion

Hood, Spilka, Hunsberger, & Gorsuch. The Psychology of Religion. Guilford ,1996.

Ulanov, Ann & Barry. Religion and the Unconscious. Westminster Press, 1975.

Ulanov, Ann. Finding Space: Winnicott, God, and Psychic Reality. Westminster John Knox, 2001.

Pargament, Kenneth. The Psychology of Religion and Coping. Guilford, 1997.

Emmons, Robert A. The Psychology of Ultimate Concerns. Guilford, 1999.

Religion and Mental Health:

Koenig, Harold G. Handbook of Religion and Mental Health. Academic Press, 1998.

Theology of Pastoral Counseling/ Psychotherapy:

Grant, Brian W. A Theology for Pastoral Psychotherapy: God's Play in Sacred Places. Haworth Pastoral Press, 2001.

Pastoral Counseling Practice:

Cooper-White, Pamela. Shared Wisdom. Fortress Press,

Kornfeld, Margaret. Cultivating Wholeness. Continuum Publishing Co, 1998.

Schlauch, Chris R. Faithful Companioning: How Pastoral Counseling Heals. Augsburg Fortress, 1995.

Spirituality/Religion and Psychotherapy: Presence, Relig Issues, Meaning:

Boehnlein, James K.(Ed). Psychiatry and Religion. American Psychiatric, 2000.

Lovinger, Robert. Working with Religious Issues in Therapy. Aronson, 1984.

Miller, William (Ed.) Integrating Spirituality into Treatment. American Psychological Association, 1999.

Richards, P. Scott and Bergin, Allen. *A Spiritual Strategy for Counseling and Psychotherapy*. American Psychological Association, 1997.

Shafranske, Edward P. (Ed.) *Religion and the Clinical Practice of Psychology*. American Psychological Association, 1996.

Steere, David A. Spiritual Presence in Psychotherapy. Bruner/Mazel, 1997.