

## Providence Theological Seminary

### CP 5214 Congregational Care & Counseling

Instructor: Dr. Al Thiessen

May 16-20, 2011 (Mon.-Fri.)

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8:30 a.m. to 4:00 p.m.

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## SYLLABUS

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### Course Description:

The course explores how congregational care and counselling can work cooperatively to advance the work of spiritual formation in the individual and in the community of faith. A working definition of congregational care will be developed which is grounded in historical practice, cognizant of psychotherapeutic influence and practical for contemporary congregations.

In addition to developing a working definition of congregational care, the course will also explore how systems theory impacts overall congregational health and how this affects the congregation's ability to deliver care. Practical structures for the delivery of congregational care will be considered as well as ways in which better synergy can be created between the congregational care function and the Christian counselling vocation. Students will also have a one day intensive communications course called CORE Communication.

### Course Objectives:

1. Students will be able to explain the nature and scope of congregational care.
2. Students will understand the nature of soul care and spiritual formation as the outcome of congregational care.
3. Students will explore systems theory as the context for congregational care and be able to analyze their own congregational setting.
4. Students will assess which care delivery systems might work best in their own ministry environment.
5. Students will learn some best practices for how congregational care and counselling can work cooperatively.

### Required Texts:

Benner, David G. (2003) 2<sup>nd</sup> ed. *Strategic pastoral counseling: A short-term structural model*. MI:Baker.

Kornfeld, Margaret (2000). *Cultivating wholeness: A guide to care and counseling in faith communities*. NY: Continuum.

Miller, Sharrod and Phyllis Miller. *CORE Pac*. Evergreen, Col.: Interpersonal Communications, Inc.

Richardson, Ronald W. (1996). *Creating a healthier church: Family systems theory, leadership, and congregational life*. MN: Augsburg Fortress.

**Requirements:**

**1. Pre Course Requirements: Required Reading and Discussion Questions:  
Due May 16, 2010 at 8:30 a.m.**

**A. Read the four required texts in entirety before first class. Submit a Reading Log stating the amount of each text read.**

**NOTE: Grade deductions for late submissions apply according to the percentages listed at the end of the syllabus.**

**B. Submit questions for group discussion from the required texts (*except for CORE Communication*) based on the following outline.**

Note: Students should be prepared to lead a group discussion and interact on any of the questions they have submitted. (Please bring **two** copies to class, one for the professor and one for student use during the week).

**Question Outline**

- Section 1  
*One Question:* Benner: Preface and Chapter 1 & Kornfeld: Chapter 1
- Section 2:  
*One Question:* Benner Chapter 2
- Section 3:  
*Two Questions:* Richardson: Whole Book
- Section 4:  
*One Question:* Kornfeld: Chapters 6 & 7
- Section 5:  
*One Question:* Kornfeld: Chapters 8 & 9

**2. Write your own parish/congregation story (7-10 pages maximum). DUE: Friday, June 17th 4:00 p.m. (Hard copy only)**

**Consider the following in writing this essay:**

- ❑ Describe briefly your home church or the one you currently attend (whichever is more familiar to you)—history, denominational affiliation, population distribution, location and other demographic characteristics of the church.
- ❑ Describe the “emotional system” embedded and operative in the church. If you are a member of the leadership (as a board member, deacon or elder, pastoral staff, etc.) it will be worthwhile to explore the emotional dynamics of

the group. Richardson's *Creating a Healthier Church* is a good resource for this project.

- Include a theological critique of your parish story. This means drawing from various resources or texts which describe a particular theology of the church. Examples might include the church as the household of faith (family metaphor), the church as priesthood of believers (gifted community metaphor), the church as fellow citizens (reconciling and uniting metaphor), etc. No one metaphor completely summarizes the theology of the church but your parish story may display one metaphor more than another. If so, use the metaphor which best describes it.

#### 4. Final Project: DUE: Thursday July 14th, 4:00 p.m. (Hardcopy only)

**Mental and Spiritual Health Workshop.** This is a two-step process.

1. Design a **5-session workshop** (10-15 pages) on a specific and relevant issue (e.g., grief or bereavement, addiction, depression, anxiety, sexual abuse, domestic violence, caring for the mentally ill, marriage seminar, communication skill development, strengthening families; **or** "age and stage" group specific programs such as children and adolescents of divorced parents, single parents, that can be used as a resource material for your church and community. This workshop should include the following components.

- Rationale: what is the relevance of this workshop
- Description of the Target Audience: who will attend and how might they benefit from this
- Objectives: what do you hope to accomplish in this workshop

2. Write a "sentence outline" of all points (which can be presented using power point presentation) that will be covered in each session. Also, include all handouts, titles of videos, and other printed or AV materials you plan to use. Make sure that the workshop is *creative enough* that it will sustain audience's attention, *simple enough* that it will be easily understood, and *practical enough* that it can be translated into concrete action.

#### Grading

|  |            |
|--|------------|
| Discussion questions and Participation | 25%        |
| Readings from assigned texts           | 10%        |
| Parish Story                           | 30%        |
| Workshop                               | <u>35%</u> |
|  | 100%       |

#### PLEASE NOTE:

- All counseling students must use the APA format for citing resources. Other students should follow the guidelines of Kate Turabian's *A Manual for Writers of Terms Papers, Theses, and Dissertation*, 6<sup>th</sup> Edition, or those set forth by the seminary.

□ **Papers/Assignments are due on the DATE they are DUE**

- Required Readings and Discussion Questions **must be turned** in on the first day of class. Students who have not completed their readings and questions by the first day of class, incur a **5 % reduction** in their participation grade. No submissions by the end of the week will result in a **further loss of 5%** from the participation grade.
- Any **post-course** paper/assignment submitted after the due date will incur a **2 % deduction** for every single day it is turned in late.
- Assignments must utilize proper grammar and sentence structure. While one of the assignments utilizes presentation format rather than a formal essay style, the need for proper grammar is still necessary since the instructor must understand what is being said. Editorial help is available on campus for students needing to access it. To avoid plagiarism, students needing editorial help are advised to submit their own rough drafts of their original thinking to a tutor/editor who can then advise the student of proper grammatical practice.
- Assignments must be submitted hardcopy unless other arrangements have been made with the instructor. Hardcopies can be turned in or mailed to the instructor's mailbox at Providence Theological Seminary. **Self addressed, stamped envelopes are required if off campus students wish to have assignments returned.**

**NOTE:**

- **Course extensions require pre-approval by the instructor, and must be submitted to the registration office. The registration office will advise students on the required fee for course extensions.**

**Recommended Bibliography:**

Anderson, R. S. (2001). *The shape of practical theology: Empowering ministry with theological praxis*. Downers Grove, Ill.: InterVarsity Press.

Baker, H. (1998). *Soul keeping: Ancient paths of spiritual direction*. Colorado Springs, CO: NavPress.

Balswick, J. K., & Balswick, J. O. (1997). *Families in pain: Working through the hurts*. Grand Rapids, Mich.: Fleming H. Revell.

Barry, W. A. (2001). *Letting God come close: An approach to the Ignatian spiritual exercises*. Chicago: Jesuit Way.

Barton, R. H. (2004). *Invitation to solitude and silence: Experiencing God's transforming presence*. Downers Grove, IL: InterVarsity Press.

- Barton, R. H. (2006). *Sacred rhythms: Arranging our lives for spiritual transformation*. Downers Grove, IL: InterVarsity Press.
- Benner, D. G. (1998). *Care of souls: Revisioning Christian nurture and counsel*. Grand Rapids, MI: Baker Books.
- Benner, D. G. (2002). *Sacred companions: The gift of spiritual friendship & direction*. Downers Grove, IL: InterVarsity Press.
- Benner, D. G. (2003). *Surrender to love: Discovering the heart of Christian spirituality*. Downers Grove, IL: InterVarsity Press.
- Benner, D. G. (2004). *The gift of being yourself: The sacred call to self-discovery*. Downers Grove, IL: InterVarsity Press.
- Benner, D. G. (2005). *Desiring God's will: Aligning our hearts with the heart of God*. Downers Grove, IL: InterVarsity Press.
- Benner, D. G., & Harvey, R. W. (1996). *Understanding and facilitating forgiveness*. Grand Rapids, MI: Baker Books.
- Benner, D. G., & Hill, P. C. (1999). *Baker encyclopedia of psychology and counseling* (2nd ed.). Grand Rapids, MI: Baker Book House.
- Bidwell, D. R. (2004). *Short-term spiritual guidance*. Minneapolis: Fortress Press.
- Boa, K. (2001). *Conformed to His image: Biblical and practical approaches to spiritual formation*. Grand Rapids, MI: Zondervan.
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- Brigman, K. (1984). Churches helping families: A study on the effects of religion on families and how churches can help strengthen families. *Family Perspectives*(18), 77-84.
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- Dawn, M. J., Peterson, E. H., & Santucci, P. (2000). *The unnecessary pastor: rediscovering the call*. Grand Rapids, Mich. Vancouver: W.B. Eerdmans; Regent College Pub.
- Demarest, B. (1999). *Satisfy your soul: Restoring the heart of Christian spirituality*. Colorado Springs, CO: NavPress.
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- Foster, R. J. (1992). *Prayer: Finding the heart's true home* (1st ed.). San Francisco: HarperSanFrancisco.
- Foster, R. J. (2005). *Devotional classics* (Rev. ed.). San Francisco, CA: HarperSanFrancisco.
- Foster, R. J., & Griffin, E. (Eds.). (2000). *Spiritual classic: Selected readings for individuals and groups on the twelve spiritual disciplines* (1st ed.). San Francisco: HarperSanFrancisco.
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- Gire, K. (1996). *Windows of the soul: Experiencing God in new ways*. Grand Rapids, MI: ZondervanPub.House.
- Gire, K. (1998a). *Reflections on the Word: Devotional: Meditating on God's word in the everyday moments of life*. Colorado Springs, CO: Chariot Victor Pub.
- Gire, K. (1998b). *Reflections on your life: Discerning God's voice in the everyday moments of life*. Colorado Springs, CO: Chariot Victor Pub.
- Gorsuch, N. J. (1999). *Pastoral visitation*. Minneapolis, MN: Fortress Press.
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- Hall, T. W., & McMinn, M. R. (2000). Christian spirituality: Theoretical and empirical perspectives. *Journal of Psychology & Theology, 28*, 251-320.
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- Johnson, J. (1998). *Listening to God: Using scripture as a path to God's presence*. Colorado Springs, Colo.: NavPress.
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