



MAS 501 Pastoral Counseling I 2 hrs/3 units

Faculty	Robert Brumet MS
Office Hours	9.30- 10.30am M T W Th ; 3.45-4.30 pm T Th Other times by appointment- a sign-up sheet is on my office door.
Telephone	Office: 816-524-3550 ext. 2440 Home: 816 853 5721
E-Mail	BrumetRJ@unityonline.org
Required Reading	Corey, Gerald. <i>Theory and Practice of Counseling and Psychotherapy</i> , 7th* ed. Belmont CA: Wadsworth, 2004. (* You may use another edition; but be aware that chapter numbers may differ.) Sanford, John. <i>The Kingdom Within: The Inner Meaning of the Sayings of Jesus</i> . Ramsey NJ: Paulists Press, 1970. Pascal, Eugene. <i>Jung to Live By: A Guide to the Practical Application of Jungian Principles in Everyday Life</i> . New York: Warner Books, 1992.
Recommended Reading	Adams, Dalia. <i>Spiritual Counseling: The Role of the Client-Counselor Relationship</i> . Term Paper, Unity Institute, 2008. Maslow, Abraham. <i>Toward a Psychology of Being</i> . New York: Van Nostrand Reinhold, 1968. Menahem, Sam. <i>When Therapy Isn't Enough: The Healing Power of Prayer & Psychotherapy</i> . Winfield IL: Relaxed Books, 1995. Clinebell, Howard. <i>Basic Types of Pastoral Care & Counseling: Resources for the Ministry of Healing & Growth</i> . * Nashville TN: Abingdon, 1984. (*This text is also used for MAS 506: PastoralStudies)

Course Description:

This course explores the spiritual and psychological dimensions of pastoral counseling in a Unity ministry. We study Unity's theological perspective on counseling, as well as various psychological counseling models. Integration of psychological theory with spiritual principles is emphasized.

Learning Objectives

Upon completion of this course, students will be able to:

1. Explain the basic differences between spiritual counseling and psychological counseling.

2. Describe a variety of psychological counseling methods.
3. Compare and integrate the spiritual and psychological counseling methods.

The above objectives partially fulfill the following outcomes for the Master of Divinity and Certificate programs:

1. Provide spiritual counsel, establish rapport, and communicate empathy.
2. Perform pastoral care functions.

Assignments:

1. Read assigned material and participate in classroom discussion as appropriate.
2. Complete two in-class tests (11/05 and 12/ 10) covering topics studied in this course
3. Complete one take-home exam covering topics studied in this course. Due 12/10.

Selected Bibliography:

Assagioli, Roberto. *Psychosynthesis*. New York: Penguin, 1976.

Beck, Judith. *Cognitive Therapy: Basics and Beyond*. New York: Guilford Press, 1995.

Bennett, E. A. *What Jung Really Said*. New York: Schocken, 1983.

Brumet, Robert. *The Quest for Wholeness: Healing Ourselves, Healing Our World*. Unity Village MO: Unity Movement Advisory Council, 2002.

Campbell, Joseph, ed. *The Portable Jung*. New York: Penguin, 1971.

De Laszlo, V., ed. *The Basic Writings of C.G. Jung*. New York: Random House, 1993.

Ellis, Albert, and Harper, A. *A Guide to Rational Living*. N. Hollywood CA: Wilshire 1999.

Ellis, Albert, and Blau, Shawn. *The Albert Ellis Reader*. Secaucus NJ: Carol Publishing Group 1998.

Ferrucci, Piero. *What We May Be: Techniques for Psychological and Spiritual Growth Through Psychosynthesis*. Los Angeles: J.P. Tarcher, 1982.

Frankl, Victor. *Man's Search for Meaning*. Boston: Beacon, 1963.

Freedheim, D.K., ed. *History of Psychotherapy: A Century of Change*. Washington DC: American Psychological Association, 1996.

Jung, Carl. *Memories, Dreams, Reflections*. New York: Random House, 1963.

Jung, Carl. *Modern Man in Search of a Soul*. San Diego: Harcourt Brace, 1933.

May, Rollo. *Love and Will*. New York: Norton, 1969.

Miller, William, and Jackson, Kathleen. *Practical Psychology for Pastors*. Englewood Cliffs NJ: Prentice-Hall, 1985.

Perls, Fredrick.. *Gestalt Therapy Verbatim*. Moab UT: Real People Press, 1969.

Polster, Ervin, and Polster, Miriam. *Gestalt Therapy Integrated: Contours of Theory and Practice*. New York: Brunner/ Mazell, 1973.

Rogers, Carl. *Client-centered Therapy*. Boston: Houghton-Mifflin, 1951.

Rogers, Carl. *On Becoming a Person*. Boston: Houghton-Mifflin, 1961.

Wicks, Robert, and Parsons, Richard, & Capps, Donald, ed. *Clinical Handbook of Pastoral Counseling*. Mahwah NJ: Paulist Press, 1985.

Contact the faculty member for a copy of the complete syllabus.