

MAS 501 Pastoral Counseling I 2 hrs/3 units
Mondays and Wednesdays 9.30-11.00am Summer 2008

Instructor Name	Robert Brumet
Office Hours	M 2- 3pm, Tu Th 9- 10 am; Other times by appointment. (Sign-up sheet is on my office door.)
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E-Mail	BrumetRJ@unityonline.org
Prerequisites	None. Basic knowledge of Unity principles is assumed for this course.
Required Texts	<p>Brown, M. (2004) <i>The Unfolding Self: The Practice of Psychosynthesis</i>. New York: Allworth Communications Inc.</p> <p>Clinebell, H. (1984) <i>Basic Types of Pastoral Care & Counseling: Resources for the Ministry of Healing & Growth</i> Nashville TN: Abingdon (This text is also used for MAS 503 Pastoral Studies)</p> <p>Corey, G. (2004) <i>Theory of Counseling and Psychotherapy</i>. (7th ed.) Belmont CA: Wadsworth</p> <p>Pascal, E. (1992) <i>Jung to Live By: A Guide to the Practical Application of Jungian Principles in Everyday Life</i>. New York:: Warner Books</p>
Recommended Reading (On library reserve)	<p>Menahem, S. (1995) <i>When Therapy Isn't Enough: The Healing Power of Prayer & Psychotherapy</i>. Winfield IL: Relaxed Books.</p> <p>Nouwen, H. (1972) <i>The Wounded Healer</i>. New York: Doubleday.</p> <p>Selected readings from bibliography as needed.</p>

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.

Class Schedule

Week	Date	Topic	Reading Assignment	Paper/Exam/Activity
1a	7/14	1) Course Overview 2) Theological Foundations	Handout	
1b	7/16	Spiritual Counseling	Handout	
2a	7/21	Pastoral v Psychological Counseling	1) Clinebell: p 13 - 45	
2b	7/23	Unity Counseling Model	Handout	
3a	7/28	Unity Counseling Model		
3b	7/30	Unity Counseling Model		
4a	8/04	Historical Overview of Psychotherapy	Handout http://en.wikipedia.org/wiki/Psychotherapies http://en.wikipedia.org/wiki/Psychotherapies#History	
4b	8/06	Jungian Psychoanalytic Theory	Pascal Ch 1- 3	
5a	8/11	Jungian Psychoanalytic Theory	Pascal Ch 5- 8	
5b	8/13	The Life & Work of CG Jung		Video
6a	8/18	The Life & Work of CG Jung		Video
6b	8/20	Mid-Term Exam		Mid-term Exam
7a	8/25	Psychosynthesis	Brown: Ch 1- 3	
7b	8/27	The Existential-Humanistic Perspective	Corey Ch 6	
8a	9/01	No Class		Labor Day
8b	9/03	1) Existential-Humanistic 2) Person Centered Therapy	Corey Ch 7	
9a	9/08	Gestalt Therapy	Corey Ch 8	
9b	9/10	Cognitive Behavioral Therapy	Corey Ch 11	
10a	9/15	Integration & Review	Review texts, handouts, and notes as needed	<u>Term Paper Due</u>
10b	9/17	Final Exam		Final Exam

Assignments for the Master of Divinity program:

1. Read assigned material and participate in classroom discussion as appropriate.
2. Write a paper (min 3k words / 10- 12 pages) on one of the following systems of psychotherapy:
 - Jungian Psychoanalytic Theory
 - Transpersonal Therapy and/or Psychosynthesis
 - Humanistic Therapies and/or Person Centered or Gestalt Therapy
 - Cognitive Behavioral Therapy

Write for a general Unity audience. The purpose of this paper is to educate the reader. Give an overview of the counseling method and a brief history of its development; assess what you believe are its strengths and weaknesses; compare it with Unity thought; show how it could be integrated into pastoral counseling and indicate some of the benefits and challenges of so doing. Paper is due 9/17.

3. Complete two examinations covering the topics studied in this course.

Grading

Assignment	Possible Points	Meets Learning Objective
Mid-Term Exam	100	1, 2
Final Exam	100	1, 2
Term Paper	150	1, 3
Class Participation	50	1, 2, 3

Final Grade Determination:

360 - 400 points = A
320 - 359 points = B
280 - 319 points = C
Below 280 points = F

Assignments for the Certificate program:

1. Read assigned material and participate in classroom discussion as appropriate.
2. Complete two examinations covering the topics studied in this course.

Grading

Assignment	Possible Points	Meets Learning Objective
Mid-Term Exam	100	1, 2
Final Exam	100	1, 2
Class Participation	25	1, 2, 3

Final Grade Determination

205 - 225 points = A
180 - 204 points = B
155 - 179 points = C
135 - 154 points = D
Below 135 points = F

Standards for Term Papers:

- Create a cover page which includes: Course name, instructor's name, date due and your name.
- Do not use a folder or binder.
- Double space.
- Cite all direct quotes or references.
- Include a bibliography.
- Use APA standards for references and text citations.
- Number all pages.
- Indicate word count at end of paper.
- Do not email term papers unless absolutely necessary.

Evaluation of the written assignment is based upon the following factors:

- Compliance with assignment parameters

- Depth of knowledge and insight.
- Comprehensiveness of response.
- Clarity in communicating ideas.
- Use of outside resource material
- Grammar, sentence structure, spelling. (Relaxed for ESL students.)

Papers which do not minimally comply with assignment parameters will be returned, un-graded to the student. This paper may be resubmitted after revision. Late assignment penalty may apply. If any question arises please talk with the instructor.

Expectations of Students

- Students are expected to read the assigned texts and handouts. Assigned materials may be read before or after the classroom presentation.
- Students are expected to behave in a manner which supports the educational process. This includes turning off all cell phones prior to entering the classroom.

Late Assignment Policy

Term papers received after the due date may be assessed a penalty of 3 % per day or 20% per week. Exams taken after the scheduled date may be assessed a penalty of 3 % per day or 20% per week.

Class Participation

A small portion of the final grade is based upon class participation. This grade is based primarily upon the quality of the student's participation in the classroom experience.

Attendance Policy

Attendance is not required, however, students are responsible for knowing the material presented in a class whether or not they are physically present in the classroom.

Incomplete grades

Instructor has the option of assigning the grade of "I" (Incomplete) in situations involving serious illness or emergency. To receive the grade of Incomplete, a student must petition the instructor before the end of the course, stating the reasons for the incomplete grade. Required forms may be obtained from the registrar. See student handbook for details.

Academic Honesty

Unity Institute assumes that all students desire to pursue their academic and transformational work with honesty and scholarly integrity. Cheating, plagiarism, facilitating academic dishonesty and misrepresentation of self or other students are prohibited. A breach of these standards will result in sanctions, ranging from course failure to dismissal from the program. For further information about academic honesty, please review the Unity Institute Student Handbook.

Special Concerns

If students have any special concerns and/or challenges that may affect their performance in this course, they are encouraged to speak with the instructor immediately so that any accommodations, if necessary, may be made.

Selected Bibliography

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- Brumet, R. (2002) *The Quest for Wholeness: Healing Ourselves, Healing Our World*. Unity Village MO: Unity Movement Advisory Council
- Campbell, J. (Ed.) (1971) *The Portable Jung*. New York: Penguin
- De Laszlo, V. (Ed.) (1993) *The Basic Writings of C.G. Jung*. New York: Random House
- Ellis, A. & Harper, A. (1997) *A Guide to Rational Living*. N. Hollywood CA: Wilshire
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- Frankl, V. (1963) *Man's Search for Meaning*. Boston: Beacon
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- Jung, C.G. (1963) *Memories, Dreams, Reflections*. New York: Random House
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- Wicks, R, & Parsons, R, & Capps, D. (Ed.) (1985) *Clinical Handbook of Pastoral Counseling* Mahwah NJ: Paulist Press