



MAS 501 Pastoral Counseling I 2hrs/3units Summer 2008

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Prerequisites: None. Basic knowledge of Unity Principles is assumed for this course. SPD 571 Compassionate Communication is recommended.

Required Texts:

Brown, M. (2004) *The Unfolding Self: The Practice of Psychosynthesis*. New York: Allworth Communications, Inc.

Corey, G. (2004) *Theory of Counseling and Psychotherapy*. (7th ed.) Belmont, CA: Wadsworth

Pascal, E. (1992) *Jung to Live By: A Guide to the Practical Application of Jungian Principles in Everyday Life*. New York: Warner Books

Required Materials:

Microsoft Office Power Point software

Recommended Reading:

Nouwen, H. (1972) *The Wounded Healer*. New York: Doubleday

Menahem, S. (1995) *When Therapy Isn't Enough: The Healing Power of Prayer & Psychotherapy*. Winfield IL: Relaxed Books.

Course Description:

The course explores the spiritual and psychological dimensions of pastoral counseling in a Unity Ministry. We will study Unity's theological perspective on counseling, as well as various psychological counseling models. Integration of psychological theory with spiritual principles is emphasized. Various counseling methods will be explored in the context of the student's life experience and personal counseling style development.

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

Unit 1 July 14 thru Aug 4

Topics: Course Overview, Theological Foundations, Spiritual Counseling and Unity's Spiritual Counseling model, Overview of Pastoral v Psychological Counseling, and Historical Overview of Psychotherapy.

Reading Assignment:

- Posted Power Point on Spiritual Counseling Principles and The 5 Step Spiritual Counseling Model
- History of Psychology at http://en.wikipedia.org/wiki/History_of_psychology
- View archived on-site classes July 14 – Aug 4*

Written Assignment: Due Aug 18

Unit 2 Aug 6 thru August 25

Topics: Psychosynthesis and Jungian Psychoanalytic Theory

Reading Assignment:

- Brown: Chapters 1-3
- Pascal: Chapters 1-3, 5-8
- View archived on-site classes Aug 6- Aug 25*

Written Assignment: Due Sept 2

Unit 3 August 27 thru September 8

Topics: Existential/Humanistic perspective, Person Centered Therapy, Gestalt Therapy

Reading Assignment:

- Corey: Chapters 6-8
- View archived on-site classes Aug 27- Sep 8*

Written Assignment: Due September 17

Unit 4 September 10 thru September 17

Topics: Cognitive Behavioral Therapy, Integrative Counseling

Reading Assignment:

- Corey: Chapters 11, 15
- View archived on-site classes Sep 10- Sep 15*

Written Assignment: Due September 22, 2008

Final Paper (MDiv) is due by September 17, 2008

*On-site Class Schedule

Date	Topic
7/14	1) Course Overview 2) Theological Foundations
7/16	Spiritual Counseling
7/21	Pastoral v Psychological Counseling
7/23	Unity Counseling Model
7/28	Unity Counseling Model
7/30	Unity Counseling Model
8/04	Historical Overview of Psychotherapy
8/06	Jungian Psychoanalytic Theory
8/11	Jungian Psychoanalytic Theory
8/13	The Life & Work of CG Jung
8/18	The Life & Work of CG Jung
8/20	Exam (No Video)
8/25	Psychosynthesis
8/27	The Existential-Humanistic Perspective
9/01	No Class
9/03	1) Existential-Humanistic 2) Person Centered Therapy
9/08	Gestalt Therapy
9/10	Cognitive Behavioral Therapy
9/15	Integration & Review
9/17	Exam (No Video)

Assignments for the Master of Divinity Program

1. Read all assignments
2. Complete 4 Written Assignments (one for each Unit)
3. Participate in weekly Discussion Board topics making relevant and insightful contributions.
4. Write a term paper (approximately 10 pages/ minimum 3000 words) on one of the following systems of psychotherapy:
 1. Jungian Psychoanalytical Theory
 2. Psychosynthesis

3. Humanistic therapies and/or Person Centered or Gestalt Therapies
4. Cognitive Behavioral Therapy

Guidelines: 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 your pastoral counseling and indicate some of the benefits and challenges of so doing.

Grading:

4 Written Assignments	40, 30, 30, 20 pts	Total	120 pts
Discussion participation		Total	80 pts
Term Paper		Total	100 pts

- 270-300 points = A
- 240-269 points = B
- 210-239 points = C
- Below 210 = F

Assignments for the Certificate Program

1. Read all assignments
2. Complete 4 Written Assignments (one for each Unit)
3. Participate in weekly Discussion Board topics

Grading:

4 Written Assignments	45, 35, 35, 25 pts	Total	140 pts
Discussion participation		Total	60 pts

- 180-200 points = A
- 160-179 points = B
- 140-159 points = C
- 120-139 points = D
- Below 120 = F

Written Assignment Policy

All written assignments are to be emailed to the instructor. In the Subject box of your email please include your name, course identification and assignment number.

I will confirm receipt of your email. If you do not receive a confirmation within one week after you sent your assignment please send it again and call the instructor at the daytime number above.

A late written assignment may have the grade reduced as follows:

- Unit assignments: one point deducted for each day past the due date;
- Term Papers: three points deducted for each day past the due date.

Standards for Term Papers:

- Create a cover page which includes the course name, instructor's name, date due and your name.
- Double space.

- Cite all direct quotes or references.
- Include a bibliography with at least 3 resources in addition to the assigned texts.
- Use APA Standards for references and text citations.
- Number all pages at the bottom.
- Indicate word count at the end of the paper.

Evaluation of all written assignments is based upon the following factors (in order of relative importance):

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

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

Expectations of Students

Students are expected to read all assigned material and use the material and their own insights to make meaningful contributions to the course discussions. Discussion Board participation is essential to effective online learning. Participation should be respectful, confidential* and interactive. If the student will be absent from Discussion participation for a week or more for any reason, the student must contact the instructor. Discussion participation is mandatory for all students.

* Confidentiality means that any personal or sensitive information is shared in such a way as to protect the identity of the individual(s) involved and is not shared with anyone outside the context of this course.

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. For further information about academic honesty, please review the Unity Institute Catalog and 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 contact the instructor immediately. Any accommodation that is necessary and appropriate must be agreed upon in advance.

Selected Bibliography

Assagioli, R. (1976) *Psychoanalysis*. New York: Penguin

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- Campbell, J. (1971) *The Portable Jung*. New York: Penguin
- Ellis, A. & Harper, A. (1997) *A Guide to Rational Living*. N Hollywood, CA: Wilshire
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- Ferrucci, P. (1982) *What We May Be: Techniques for Psychological and Spiritual Growth Through Psychosynthesis*. Los Angeles: J.P. Tarcher
- Frankl, V. (1963) *Man's Search for Meaning*. Boston: Beacon
- Freedheim, D.K. (ed.) (1996) *History of Psychotherapy: A Century of Change*. Washington, D.C.: American Psychological Association
- Jung, C.G. (1963) *Memories, Dreams, Reflections*. New York: Random House
- June, C.G. (1933) *Modern Man in Search of a Soul*. San Diego: Harcourt Brace
- Maslow, A. (1968) *Toward a Psychology of Being*. New York: Van Nostrand Reinhold
- May, R. (1969) *Love and Will*. New York: Norton
- Miller, W. & Jackson, K. (1985) *Practical Psychology for Pastors*. Englewood Cliffs, NJ: Prentice-Hall
- Perls, F. (1969) *Gestalt Therapy Verbatim*. Moab, UT: Real People Press
- Poster, E. Polster, M. (1973) *Gestalt Therapy Integrated: Contours of Theory and Practice*. New York: Brunner/Mazel
- Rogers, C. (1951) *Client-centered Therapy*. Boston: Houghton-Mifflin
- Rogers, C. (1961) *On Becoming a Person*. Boston: Houghton-Mifflin
- Wicks, R. & Parsons, R. & Capps, D. (Ed.) (1985) *Clinical Handbook of Pastoral Counseling*. Mahwah, NJ: Paulist Press