



MB BIBLICAL
SEMINARY

Pastoral Care DSC 605 TC

The mission of MB Seminary is to educate and equip men and women to help lead the church in reaching Canada and beyond with the Good News of Jesus Christ.

Instructor: Gloria J. Woodland, D.Min.
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Credit Hours: 3
Prerequisites: none
Course Term: March 4 – April 30, 2022
Instruction: Teaching Intensive at Willingdon Church

- March 4 (6:30pm-9:30pm)
- March 5 (8:30am-4:30pm)

Description

This class explores models of pastoral counseling in the context of pastoral/spiritual care ministry and will include:

- Integration of pastoral counselling as part of pastoral care.
- Empathetic listening and reflection skills.
- Overview of key issues and topics in pastoral counselling.
- Survey common mental disorders that those in ministry are likely to encounter - Mood Disorders/Depression, Stress/Anxiety, Substance Abuse, Chronic Mental Illness

Objectives

Upon successful completion of this course, you will be able to:

- Articulate a biblical, integrated, and holistic model of pastoral counselling in the context of pastoral care.
- Demonstrate reflective listening skills essential to good shepherding.
- Identify and reflectively process key issues that influence your pastoral care.
- Demonstrate familiarity with selected mental and emotional problems as well as the basic ethical principles of pastoral care, including knowing when to refer and seek supervision.
- Educate others about mental health issues and appropriate pastoral care.

The most effective learning takes place as you carefully process information through higher-order thinking skills. Your performance and evaluation in this course will be based on demonstrating your engagement and learning, not by simply repeating back basic facts. In all that you do in this class, you should always remember to use higher-order thinking skills, as described below:

- Comprehension: demonstrates the ability to grasp meaning, explain, and restate ideas,
- Application: demonstrates the ability to use learned material in new situations,
- Analysis: demonstrates the ability to separate material into component parts and show relationships between the parts,
- Synthesis: demonstrates the ability to put together the separate ideas to form a new whole, to

- establish new relationships, and
- Evaluation: demonstrates the ability to judge the worth of material against stated criteria.

Required Texts

- Allender, Dan & Longman, Tremper. The Cry of the Soul: How our Emotions Reveal our Deepest Questions about God. 1994/2015. Colorado Springs: Navigators. ISBN # 978 1576831809
- Johnson, Brad; Johnson, W.L. The Minister’s Guide to Psychological Disorders and Treatments. 2014 (2nd Edition). NY: Routledge. ISBN # 978 041571245
- One other text will be required for review and can be selected from the list of texts provided on the Populi platform for this course.

Schedule and Assignments

Week	Date	Assignments	DUE DATE For Submissions	% of Grade	Cumulative
	March 4 & 5, 2022	Course Intensive @ Willingdon MB Church (See schedule below)			
1	March 7 – 11	Discussion Group #1 Cry of the Soul Introduction and Chapters 1 to 3	_____	5%	5%
2	March 14 – 18	Submission on Cry of the Soul topical selection	March 18	15%	20%
3	March 21-25	Discussion Group #2 Cry of the Soul Chapters 10 & 11	_____	5%	25%
4	March 28 – April 1	Submit Case Study #1 Mrs. Brown	April 1	10%	35%
5	April 4 – 8	Discussion Group #3 – Case Study #2 Mr. Smith	_____	5%	40%
		Johnson & Johnson Text Response	April 8	10%	50%
6	April 11 – 15	Submission -Small Group Presentations	April 15	30%	80%
7	April 18 – 22	Discussion Group #4 Cry of the Soul chapters 16 & 17	_____	5%	85%
8	April 25 – 29	Book Review of choice	April 29	10%	95%
		Personal Development Reflection	April 30	5%	100%

Course Intensive (Willingdon Church)	
Friday, March 4, 2022	6:30pm-9:30pm
Session 1	<ul style="list-style-type: none"> • Being An Effective People Helper
Session 2	<ul style="list-style-type: none"> • Pastoral Counselling
Saturday, March 5, 2021	8:30am- 4:30pm
Session 3	<ul style="list-style-type: none"> • The Pastoral & The Psychological Integrating Theology & Psychology
Session 4	<ul style="list-style-type: none"> • The Benner Model
Session 5	<ul style="list-style-type: none"> • Mental Health Problems and Illness
Session 6	<ul style="list-style-type: none"> • Encouraging Expression • Prayer & Scripture in Counselling • Conclusion

Assignments and Evaluation

- **Willingdon Teaching Intensive:** March 4 & 5
- **Discussion Groups:** *
 - **Weeks 1, 3 & 7** The Cry of the Soul text discussions. In the discussion groups your leader will guide you in a discussion on the assigned chapters from the Allender and Longman text. Please have notes prepared to guide your contribution to the discussion. You should be prepared to discuss the assigned chapters based on the following questions:
 - What does the weeks reading say to you?
 - Have you encountered the theme or issue in your life and ministry? If so how does the material relate, or not? What insights are you gaining?
 - How might you apply your learning in life or ministry?
 - **Week 5** – Will be a Case Study discussion. The case study of Mr. Brown can be found in the material for Week 5 on the Populi course site. Prepare yourself in advance for the discussion, using the guidelines and direction given for the first case study, and the instructions on Populi.

Week 2 - Submission on Cry of the Soul Topical Selection*

Select one of the following topical sections from the text, Cry of the Soul (Allender and Longman). Write a minimum 3-page to a maximum 5-page response. As in the group discussions, be sure your reflection on the readings includes answers to the following questions:

- What does your selected topical reading say to you?
- Have you encountered the theme(s) or issue in your life and ministry? If so how does the material relate, or not? What insights are you gaining?
- How might you apply your learning in life or ministry?

*Choose one of the following for your topical selection:

- Anger – Chapters 4 & 5
- Fear – Chapters 6 & 7
- Envy & Jealousy – Chapters 8 & 9
- Contempt – Chapters 12 & 13
- Shame – Chapters 14 & 15

Week 4 - Submit Case Study #1 – Mrs. Brown

- Full case details for Mrs. Brown are located in the Populi Platform for the course. Review them carefully.
- Prepare and submit a case study on your time of pastoral counselling with Mrs. Brown. Please be sure to use the Benner Model. Be clear about your actions in each of the three stages.
- You are to craft (imagine or find a role player) the details of how you as a Pastoral Caregiver/Counsellor would have interacted with the client. You may bring to light, in the development of the case, family members or others who may be involved or impacted. You may create the details of your case based on one session or you may use multiple sessions. Be succinct in writing the issues presented, the agreed-on area of focus and the client's feelings, thoughts, and behaviors. Remember to explain the session(s) using the Benner Model; clearly showing how you followed the stages and how you disengaged and what next steps may be required. Please also specify how you included the use of prayer or scripture as a supportive tool in the session. A verbatim is not required, just a summation of the case and the process used in pastoral counselling.
- Please also include any comments on reflective practice and theological reflection that relate to the case.

Week 5 – Johnson & Johnson Text Response

The Minister's Guide to Psychological Disorders and Treatments

After reading the text, write a 1 to 2-page response for each of the following questions. Total pages required 4 – 5 maximum.

- 1- On pages, 11 & 12 Johnson & Johnson address the question, should those in ministry refer clients/congregants to only Christian Therapy & Therapists? Review the writings and reasons presented and comment on your agreement or disagreement with the position presented. Be sure to provide reasoning in support of your answer. (2 pages)
- 2- Chapter 7 focuses on Ministerial Triage. Recognizing that 'ministers are frequently the first professionals that suffering parishioners will allow into their private lives'; Johnson & Johnson stress that those in ministry need basic helping competencies and ability to make appropriate referrals. As your ministry can be the 'point of entry' to mental health services and that you will need to triage for further care, consider and reflect on the responsibility described and how it finds place or will impact your view of ministry. (2 pages)

Week 6 – Preparation of Small Group Presentation

Select a life issue, mental health problem or illness that would typically present in your current or future field of ministry.

Create a presentation that could be used to give a small group an understanding of the distress or disorder as well as a description of how it would present in those who are in your field of ministry.

Include:

- a full understanding of the distress or disorder
- key indicators and how you would assess - psychological and spiritual
- how to provide pastoral counsel in such situations
- resources that would be considered
- scriptures or components of faith that will be helpful in the situation
- a theological reflection/metaphor

Please remember as you prepare; this is a presentation that you can use with others. Your presentation should be approximately 20 mins in length.

Week 8

○ Book Review of Choice

Please select a text that is applicable to the topics of this course. A list of suggested texts is posted on the Populi course site.

In your review, be sure not to just restate content, but to speak about the content and how it resonated with you. What major points being were made? Do you agree or disagree with the author, and why? What was the impact of the text on you personally and how will you see yourself applying it in ministry?

This Book Review should be a minimum of 4 pages and a maximum of 6 pages.

○ Personal Growth Reflection

- Please write a personal reflection that addresses key points of learning for you, throughout this course. This will include learning of personal and professional or ministry application. What in the course has resonated with you and what is the impact on your life and ministry? You are free to write of any other developmental impacts or insights that have come to you. Please answer the question of how this course has helped prepare you to be a co-laborer with Christ in the ministry of pastoral care/counselling. Minimum of 2 pages – Maximum of 5 pages.

***Discussion Groups** (4 discussion groups x 5 = 20% of final grade)

During Weeks 1,3, 5 & 7, you will meet in a church-based or virtual discussion group to discuss and process the required readings and case study.

A designated leader from the church will facilitate the church-based discussion groups. The assessment of participation in discussion groups involves attendance and actual participation in the group sessions (both are worth 50% of the discussion group mark).

The discussion group leaders will use the following rubric to assess each group member's participation:

Excellent participation	47-50/50	The group member consistently engaged in the group conversations. The person did an excellent job listening to other group members and consistently added meaningful content to the conversations.
Great participation	43-46/50	The group member sometimes engaged in the group conversations. The person was somewhat attentive to the group conversation and would add relevant content periodically.
Good participation	40-43/50	The group member sometimes engaged in the group conversations. The person was somewhat attentive to the group conversation and would add relevant content periodically.
Fair participation	35-39/50	The group member did not often engage in group conversations. The person seemed out of touch with the group conversation and would rarely add relevant content.
Poor participation	<35/50	The group member rarely, if ever, engaged in the group conversations. The person seemed distant and uninterested in the group discussion and even other group members.

Course Evaluation

Near the conclusion of this course, you will be asked to complete a course evaluation. Because feedback is very important to us, the course evaluation is a required part of the course and is tied to the submission of your last assignment. The course evaluation will be integrated into the Populi classroom in Week 7.

Grading Scale

Letter Grade	Description	Grade Point	Meaning in Graduate Work
A+	Superior	4.30	Exceptionally well-reasoned, compelling development of position. Outstanding incorporation of personal vision as well as of references and resources. Strikingly appropriate examples. Extraordinary insight, critical analytical and evaluative ability, and creativity. Superlative style and language usage. Makes an original contribution and is potentially publishable.
A	Excellent	4.00	Well-argued and convincing development of position. Insightful incorporation of personal vision as well as of references and resources. Notably appropriate examples. Excellent insight, critical analytic and evaluative ability, and creativity. Impressive style and language use.
A-	Very Good	3.70	Thorough and plausible development of position. Skillful incorporation of personal vision as well as of references and resources. Very good examples. Very good insight, analytic and evaluative ability, and creativity. Commendable and fluent style and language usage.
B+	Proficient	3.30	Proficient development of position. Appropriate incorporation of personal vision as well as of references and resources. Relevant examples. Good quality insight, analytic and evaluative ability, and creativity. Clear and correct style and language usage.
B	Good	3.00	Competent development of position, but possibly with some gaps and/or limitations. Good incorporation of personal vision as well as of references and resources. Good examples. Reasonable insight, analytic and evaluative ability. Little creativity. Generally good style and language usage, but possibly with some minor flaws.
B-	Average	2.70	Average development of position, but with obvious gaps and/or limitations. Satisfactory incorporation of personal vision as well as of references and resources. Satisfactory examples. Reasonable insight, analytic and evaluative ability. Little creativity. Generally satisfactory style and language usage, but possibly with some minor flaws.
C+	Adequate	2.30	Adequate development of position with significant gaps and/or limitations. Some incorporation of personal vision as well as references and resources. Adequate use of examples. Very little creativity. Considerable number of issues related to coherence and style.
C	Acceptable	2.00	Limited development of position with a noticeable lack of consistency with personal vision or references. Limited integration with external sources. Acceptable analytic and evaluative ability. Numerous weaknesses in terms of clarity, coherence, and grammar.

C-	Needs Work	1.70	Passable but unimpressive development of position. Position not completely consistent with personal vision or references and resources not taken fully into account or examples are basic or not completely convincing or barely acceptable insight and analytic and evaluative ability. Adequate style and language usage, but with weaknesses in some respects (e.g., clarity, coherence, grammar). Overall quality shows noticeable deficiencies.
F	Below Standard	0.00	Unacceptable work at graduate level. Shows lack of understanding and/or competence in several of the criteria described above. This grade is a failing grade at the graduate level.

Assignment Grade Appeals

Students can appeal their grade to the course instructor by stating in writing their reasons for contesting the grade. Deadline for such appeals is one week after the student has receipt of grade. Formal course grade appeals can be made directly to Dr. Brian Cooper, Director of Student Development, briancooper@mbseminary.ca.

Web Support-Student Portal — <https://mbseminary.populiweb.com>

All students at MBS will receive a MBS-Populi username and password. This is determined at the time of an online application. If you have any difficulty with your password or your login credentials, please contact Keith Reed, Director of Ministry Support, (keithreed@mbseminary.ca).

Course Intensive/Campus Closure

In the event of deteriorating weather conditions or other emergency situations, every effort will be made to communicate information regarding the cancellation of classes to your church host and contact.

Paper Formatting

Students are required to adhere to the Turabian Notes (Bibliography) format for all papers. Consider the [Purdue Owl](#) website for information or,

Turabian, Kate, L. *A Manual for Writers of Research Papers, Thesis, and Dissertations*, 9th ed. Chicago, IL: The University of Chicago Press, 2018.

Academic Integrity and Avoiding Plagiarism

As Christian scholars pursuing higher education, academic integrity is a core value of the entire MB Seminary community. Students are invited into this scholarly culture and required to abide by the principles of sound academic scholarship at MBS.

Equity of Access

It is the responsibility of a student with a learning disability to inform the MB Seminary Director of Student Development (briancooper@mbseminary.ca) of that fact **before the beginning of a course** so that necessary arrangements may be made to facilitate the student's learning experience. To repeat: To ensure that instructors know to accommodate a student who has a learning access issue, the student must inform the Director of Student Development of a disability before the beginning of the class. After that is too late.