



SCHOOL FOR MINISTRY
The Episcopal Diocese of San Diego

Pastoral Care

SYLLABUS

Fall Semester 2021

Instructor: Joe Mayer, LCSW
Saturdays, 10:15 a.m. – 12:15 p.m.

**** Classes will be held via Zoom ****

Join Zoom Meeting

<https://us02web.zoom.us/j/85616306457?pwd=Z3pJN1F3ZTR6UmVmczRJbGZ6MzVkUT09>

Course Description:

This training provides a survey of pastoral care, focusing on the theoretical and therapeutic knowledge, skills, capacities, and resources or providing safe, effective, and ethical pastoral care. Participants will learn ways to provide care both in congregational contexts and in contexts that go beyond the congregation.

Course Mission:

Pastoral Care Specialist training is a non-certifying program designed for pastors and faith leaders, lay pastoral caregivers, and students who desire to strengthen professional and personal identity, spirituality, and pastoral care practice. It integrates the resources of one's faith tradition with current theoretical understandings and practical skills.

Course Objectives:

(a) Development of an understanding of pastoral care to individuals, families, congregations and to those impacted by larger societal issues of injustice; (2) Expanded capacity to empathize with people to whom the pastoral caregiver ministers; (3) Strengthening of a personal commitment to self-development and self-care; (4) Improved capacity to engage in theological reflection on the praxis of pastoral care; (5) Increased capacity to function within one's scope of practice and to refer when necessary..

Procedures and Grading:

An individual's participation in class discussion on the weekly themes according to the syllabus, the writing of papers of reflection on these themes and the readings assigned on these themes will be the basis of all grading.

Part One:

6 weeks

Introductions to Pastoral Care--The Unifying Goal of Wholeness--Aug. 21

Reading: Clinebell, chapter 2, pages 21-31

The Four Pastoral Functions Part 1: Healing and Sustaining---Aug. 28

Reading: Clebash and Jaekle, Part 1, pages 32-49

The Four Pastoral Functions Part 2: Guiding and Reconciling---Sep. 11

Reading: Clebash and Jaekle, part 2, pages 49-66

[Reflection Paper Due: Sessions 2 & 3]

Guidelines for Pastoral Diagnosis Part 1---Sep 18

Reading: Pruyser, chapter 5, pages 60-69

Guidelines for Pastoral Diagnosis Part 2---Sep 25

Reading: Pruyser, chapter 5, pages 69-79

Couples: Working with Couples as Primary Unit of Development---Oct 2

Reading: Clinebell, chapter 12
[Reflection Paper Due: Sessions 4 & 5]

**Part Two:
6 weeks**

Families: Working with Family as the Primary Unit of Development---Oct 9

Reading: Clinebell, chapter 13

Pastoral Care in Times of Crisis and Issues of Grief and Loss---Oct 16

Reading: Clinebell, Chapters 7, 9
[Reflection Paper Due: Sessions 6 & 7]

Life-Cycle Issues: Aging and Older Adults---Oct 23

Reading: Koenig: Chapters 11, 13, 14

Multicultural and Contextual Considerations in Pastoral Care---Oct 30

Reading: Lartey: Chapters 3 & 8 and Clinebell Chapter 17

Pastoral Care in Real Life: When to Refer and Whom to Refer to---Nov 13

Reading: Clinebell Chapter 16
[Reflection Paper Due Session 10]

Avoiding Burnout: Issues for Self-Care---Nov 20

Reading: Clinebell Chapter 19,
Reflection Paper Due: Sessions 11 (2 pages) and 12 (2 pages)

Book List:

Clebsh, William A. and Charles R. Jaekle. *Pastoral Care in Historical Perspective*. Lanham, MD: Jason Aronson Inc., 1994.

Clinebell, Howard. *Basic Types of Pastoral Care and Counseling: Resources for the Ministry of Healing and Growth*. Nashville TN: The United Methodist Publishing House, 2011.

Lartey, Emmanuel. *In Living Color: An Intercultural Approach to Pastoral Care and Counseling*. London: Jessica Kingsbury Press, 2003.

Pruyser, Paul W. *The Minister as Diagnostician: Personal Problems in Pastoral Perspective*. Louisville, KY: The Westminster Press, 1974

Koenig, Harold G. and Weaver, Andrew J. *Pastoral Care of Older Adults*. Philadelphia, PA: Fortress Press, 2000.