

SYLLABUS
886: PASTORAL SPIRITUAL COUNSELING
Distance Learning
FACULTY: Noel Kilgarriff, PsyD
Date Revised: 6/15/10

This course is available as a distance-learning course. It will introduce students to pastoral spiritual counseling, especially to the current insights and issues in the field. Development of a personal understanding and approach to pastoral spiritual counseling is a goal in this course, in a manner consistent with the student's own spiritual orientation. We will focus on the role, gifts, skills of the counselor, exploring the process of self-transcendence and rooting pastoral spiritual counseling in this process. We will learn to understand in an empathic manner the spiritual and psychological developmental issues and processes of the counselee. Finally, we will explore the interaction and caring relationship between counselor and counselee as vital and central to the holistic healing process. Counseling ethics for the pastoral spiritual counselor will be addressed.

FACULTY BIOGRAPHY

Dr. Kilgarriff is a Clinical Psychologist and graduate of the Illinois School of Professional Psychology in Chicago, with a specialty in Health Psychology. He received his Bachelor degree in Social Science from the University College, Dublin, Ireland, his Licentiate in Sacred Theology (STL) from the University of Fribourg, Switzerland. For twenty years, he was a member of a religious order and worked in West Africa in pastoral development and seminary formation as an ordained priest in the Catholic Church. He graduated with a Masters in Pastoral Studies in Spiritual Direction and an MA in Pastoral Counseling from Loyola University Chicago. He is currently working as a psychologist, consultant, and spiritual director at Faith Counseling Center, a pastoral counseling center in the Phoenix/Scottsdale area of Arizona. He specializes in grief, trauma, addictions, health, and spiritual growth concerns.

FACULTY CONTACT INFORMATION

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COURSE DELIVERY STYLE & PLAN OF ACTION

This course includes distance assignment and conference calls. Students are expected to:

1. Contact the Instructor by email.
2. Obtain the required textbooks and other materials.
3. Read the Syllabus, Outline of Assignments, and Assignment Schedule and clarify any questions you have on your individual plan of action for the course.

Submit all of your assignments and attend all telephone conferences acc

LEARNING OUTCOMES

Students will:

- Discuss the process of pastoral spiritual counseling from a holistic perspective in which self-transcendence is central.
- Explain the role, focus, and approach of the counselor in the process.
- Discuss the developmental and growth stages of the counselee.
- Explain the counseling skill set and how and when to use it, in order to facilitate the counselee's growth and healing.

- Explain the central importance of the therapeutic relationship between counselor and counselee as essential elements of the transformative healing process.
- Discuss the ethical and professional issues of pastoral spiritual counseling.

Required Materials and Texts:

1. Conn, Walter. The Desiring Self: Rooting Pastoral Counseling and Spiritual Direction in Self-Transcendance, Paulist Press, 1998. Available at on-line bookstores.
2. Cooper-White, Pamela. Many Voices: Pastoral Psychotherapy in Relational and Theological Perspective, Fortress Press, 2007. Available at on-line bookstores.
3. Prendergast, John, et al. Sacred Mirror: Non Dual Wisdom and Psychotherapy, Paragon House, 2003. Available at on-line bookstores.
4. Wosket, Val. Egan's Skilled Helper Mode: Developments and Applications in Counseling, Routledge, 2006. Available at on-line bookstores.

Suggested Supplemental Texts:

- Bennet-Goleman, Tara. Emotional Alchemy: How the Mind can Heal the Heart, Three Rivers Press, 2002
- Cozad Neuger, Christie. Counseling Women: A Narrative, Pastoral Approach, Fortress Press. 2001
- Duncan, Barry, Miller Scott, & Sparks, Jacqueline. The Heroic Client: A Revolutionary Way to Improve Effectiveness Through Client-Directed, Outcome-Informed Therapy, Jossey-Bass, 2004
- Dayringer, Richard. The Heart of Pastoral Counseling: Healing Through Relationship, Haworth Press, 1998
- Dittes, James. Pastoral Counseling: The Basics, John Knox Press, 1999
- Lebacqz, Karen, Driskoll, Joseph. Ethics & Spiritual Care: A Guide for Pastors, Chaplains & Spiritual Directors, Abingdon Press, 2000
- Epstein, Mark. Thoughts Without a Thinker. Psychotherapy from a Buddhist Perspective, Basic Books, 1995
- Prendergast, John (Ed.). Listening from the Heart of Silence: Non-Dual Wisdom and Psychotherapy, Volume 2, Paragon House, 2007
- Wicks, R., Parsons, R., & Capps, D., eds. Clinical Handbook of Pastoral Counseling. Volumes 1-3, Integration Books/ Paulist Press, 1993

HOLOS FACULTY-STUDENT COMMUNICATIONS POLICY

Students and instructor communicate frequently via email, and phone conferences create a collegial forum for sharing ideas among class participants. Telephone conferences and calls with instructors are the student's expense. Faculty should inform students of any times that they are not available for email or phone communication. Students should inform instructors if they will not be available for scheduled phone conferences. Students should allow three days for a response after emailing an instructor. If you have not received a response after three days, re-send the email, call the instructor and leave a voice message. If you have still not received a response after two more days, forward your email communications with the instructor to the Dean of Faculty. Further action will be determined by the Dean of Faculty.

ASSIGNMENT FORMATS

- All written assignments must be **Microsoft Word** documents sent by email as attached files.
- All papers should be **double-spaced**.
- **FONT:** Times or Times New Roman.
- **E-MAIL SUBJECT LINE:** Always include your name and the Assignment number in the subject line of your E-mail and on the title page of your assigned papers.
- **END NOTES:** All referenced material must be cited using endnotes. Include the Author's name, the publication name, the publisher, the date of publication, and the page number.
- **FILE NAME:** **When you “save” your document**, you **MUST** use the following format to name your Word file: Or your file will be returned so that you can add the proper file name and format: The document you attach to your e-mail should be in the following format:

SmithJ_887#1.doc. (Last Name, First Initial_Course #, Assignment#.doc) Use Times, Times New Roman, or Helvetica fonts, 12 pt. and cite all referenced material using *Chicago Manual of Style* endnotes.

OUTLINE OF ASSIGNMENTS & PERCENTAGE OF COURSE

(Approximate minimum number of pages to read and write is listed. Reading of entire texts is often beneficial. The required texts provide the key information on the three assignments. Add other texts as you see fit. It is OK to write a bit more, if necessary).

Assignment #1: Scholarly paper with personal reflections	20%
Assignment #2: Scholarly paper with personal reflections	20%
Assignment #3: Scholarly paper with personal reflections	20%
Conference Call #1: 1 Hour	13%
Conference Call #2: 1 Hour	13%
Conference Call #3: 1 Hour	13%

DETAILS OF ASSIGNMENTS

In history, we humans have tried to come to understand the interplay of three elements: a)our personal human experience, deep within each one of us, b)our communal experience, through traditions of faith and culture, and c)written texts(scripture), often sacred, holding key elements that preserve our deepest values and truths. It is in the “trialogue” of integrating these three that we reach our fullest harmonization, fulfillment, and transcendence. In history, when individuals and communities neglected one or more poles of this triad, extremes, schisms, heresies, intolerance emerged. I hope that this course will help you in a trialogue of your personal life experience, texts, and relationships, especially within the context of pastoral spiritual counseling. You will be introduced to texts that are based on the thoughts of those who want to share their own integration, often from traditions that may differ from your own. My goal for you is that you develop your own personal synthesis as a pastoral counselor. I encourage you to take what you find helpful, look beyond the elements that you may disagree with, and sift out the valuable nuggets of wisdom that you can take in the elaboration of your own personal integration.

ASSIGNMENT #1

Due Date: November 1, 2010

Percentage of Grade: 20%

Learning Outcomes of Assignment: Students will:

- Discuss the process of pastoral spiritual counseling from a holistic perspective in which self-transcendence is central.
- Explain the role, focus, and approach of the counselor in the process.

It is my hope that this course will help focus you on your personal experience as a pastoral counselor, coming to know yourself and your deep experience of body, heart, mind, imagination and spirit. Each of these impacts what you bring to the counseling relationship. Reading and

Required Texts and/or Materials: Conn, Cooper-White, Prendergast, Wosket.

Assignment Description: Focus: Personal Identity of Pastoral Counselor. Scholarly paper with personal reflections: Write 12 pages, including notes and references. Read the four required texts.

ASSIGNMENT #2

Due Date: December 6th, 2010

Percentage of Grade: 20%

Learning Outcomes of Assignment: Students will:

- Discuss the developmental and growth stages of the counselee.
- Explain the counseling skill set and how and when to use it, in order to facilitate the counselee's growth and healing.

Required Texts and/or Materials: Conn, Cooper-White, Prendergast, Wosket. Val.

Assignment Description: Focus: The Issues of the Counselee. Scholarly paper with personal reflections: Write 12 pages, including notes and references. Read the four required texts.

ASSIGNMENT #3

Due Date: January 3, 2011

Percentage of Grade: 20%

Learning Outcomes of Assignment: Students will:

- Explain the central importance of the therapeutic relationship between counselor and counselee as essential elements of the transformative healing process.
- Discuss the ethical and professional issues of pastoral spiritual counseling.

Required Texts and/or Materials: Conn, Cooper-White, Prendergast, Wosket.

Assignment Description: Focus: Relationship Issues between Pastoral Counselor and Counselee.

Scholarly paper with personal reflections: Write 12 pages, including notes and references. Read the four required texts.

PHONE CONFERENCE #1

Phone number: Instructor will email you one week beforehand the details of Phone Number to call and Scheduled Times, with day, date, time, and time zone.

Date: November 9, 2010

Percentage of Grade: 13%

Required Texts and/or Materials: References Assignment #1

PHONE CONFERENCE #2

Phone number: Instructor will email you one week beforehand the details of Phone Number to call and Scheduled Times, with day, date, time, and time zone.

Date: December 14, 2010

Percentage of Grade: 13%

Required Texts and/or Materials: References Assignment #2

PHONE CONFERENCE #3

Phone number: Instructor will email you one week beforehand the details of Phone Number to call and Scheduled Times, with day, date, time, and time zone.

Date: January 11, 2011

Percentage of Grade: 13%

Required Texts and/or Materials: References Assignment #3

FINAL ASSIGNMENT:

Complete and return the course evaluation form you will receive a course evaluation form in August and February. You will receive notification of your final course grades only after you have submitted an evaluation for all courses you completed this semester. Students who plan to take an Incomplete in a course must wait until finishing a course before returning the evaluation form for the course.