Pastoral Care and Guidance CU 3108
Spring Semester 2018

Saturday Class 1:00- 3:45 p.m.
January 20, February 17, March 17, April 14, May 5

Instructor: Maureen Bacchi, LCSW
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Course Description:
This course provides an introduction to the theory and practice of pastoral
guidance and counseling and offers a model for pastoral care conversations that
can serve as a reference for helping others. A helping model will be outlined in
class with supporting input from the primary text for the course. Special areas of
concern for diaconal ministry such as bereavement, marriage, and addiction issues
will receive focused attention. The content of the classes includes lecture,
discussion and practice of pastoral care conversations.

Required Text
Egan, Gerard. The Essentials of Skilled Helping: Managing Problems, Developing
Opportunists. Thompson Wadsworth: Belmont, CA, 2006

Requirements
Attendance is required for each class. Students who miss without consent of their
teacher will have their grades adjusted accordingly.

Students are required to write out their responses to the designated reflection
questions found in their reading assignments.

There will be a one 8-10 page integration paper due at the end of the semester. An
example of an integration paper will be presented in the second class and we will
discuss the expectation and grading of the paper at that time.

There will be no mid-term exam. The final grade will be determined from class
participation and the integration paper.
PASTORAL GUIDANCE AND COUNSELING – CU 3108  
Spring 2018

SCHEDULE OF READING ASSIGNMENTS AND LECTURES

The following is a schedule for lectures topics and readings

January 20 - Overview of Pastoral Care and Guidance, Clarification of Terms, the Essential Helping Model and Helping Skills

Read: Egan, pgs. 1-117. Exercises on p. 42, #1,2,6.  
Practice in Primary Empathic Listening Skills

February 17 – Pastoral Care and Families Across the Stages of Life, Managing Anxiety in Systems

Read: Egan, pages 117 – 166, Exercises p. 166  
Selected Readings given out in class.  
Practice in Listening Skills

March 17 – Pastoral Care and Bereavement Issues, Responding to Suicide, Listening Skills

Read: Egan, pgs. 166-203, Exercises p. 203  
Selected Readings given out in class  
Practice in Listening Skills

April 14 - Pastoral Care and Marriage Issues, Responding to Infidelity in Marriage, Continued Skill Building

Read: Egan 203-293  
Selected Readings given out in class

May 5 - Pastoral Care and Addressing Addictions. Resources for Mental Illness, Family Violence, Financial Help. Making a Referral for Counseling

Selected Readings given out in class
The Essentials of Skilled Helping
Managing Problems, Developing Opportunities
Gerard Egan

Diagram of the Skilled Helper Model

<table>
<thead>
<tr>
<th>STAGE 1</th>
<th>STAGE 2</th>
<th>STAGE 3</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Current Scenario</strong></td>
<td><strong>Preferred Scenario</strong></td>
<td><strong>Action Strategies</strong></td>
</tr>
<tr>
<td>The Story (What's going on?)</td>
<td>Possibilities (What do I want instead?)</td>
<td>Possible Actions (How many ways are there?)</td>
</tr>
<tr>
<td>Blind spots (What's really going on?)</td>
<td>Change Agenda (SMART goals)</td>
<td>Best fit strategies (What will work for me?)</td>
</tr>
<tr>
<td>Leveraging (Focusing/prioritizing)</td>
<td>Commitment (Check goals are “right”)</td>
<td>Plan (What next and when?)</td>
</tr>
</tbody>
</table>

Action Leading to Valued Outcomes
The Helping Dialogue - Communication Skills

From The Essentials of Skilled Helping

Rate yourself on the following skills using the following scale:
5=Very Effective, 4= Effective 3=Average, 2= Far, 1=Poor

TUNING IN

_____S-O-L-E-R: Squaring off, Open posture, Leaning Forward, Eye Contact, Relaxed
_____Observant of the non-verbal communication from the other

ACTIVE LISTENING

_____Listening to Stories, experiences and behaviors
_____Listening to points of view, intentions and proposals
_____Listening or Hearing opportunities and resources
_____Listening to Feelings, Emotions and Moods

RESPONDING SKILLS (Perceptiveness, Know How, Assertiveness@ what is explicit)

_____Respond Accurately to the speaker’s feelings
_____Respond Accurately to the speaker’s key experiences, behaviors, points of view
_____Responds Accurately to the speaker’s intentions, proposals and decisions
_____Use Empathic Highlights to check understanding of what is being said

(Beware of Distracting Questions, Cliches, Interpretations, Advice and Parroting)
PROBING AND SUMMARIZING

______ Offering Prompts, verbal and non verbal to encourage the speaker
______ Offering Probes to help the speaker take notice, explore, clarify, further define their an
      Issue. Includes Statements, Requests, Questions, Single Words or phrases

CHALLENGING SKILLS

______ Sharing Advanced Highlights – Empathy for what seems implicit from the speaker
______ Information Sharing – To assist in developing new perspectives
______ Offer Appropriate Self Disclosure – Selective and Focused
______ Immediacy – Speaking in the “here and now” about the relationships and events
______ Suggestions and recommendations – Pointing out possibilities, offering ideas
______ Confrontation – Offering observations of discrepancies in thinking and behavior
______ Encouragement – Affirmations, Feedback, expressions of confidence

In summary, what are my areas of strength in these skills…..

What are my areas in need of attention and development…….