

# Pastoral Theology 5572A - Fall 2011

## Crisis Counselling

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### A. Goal of the Course;

The purpose of this counselling course is to give you the opportunity to learn about appropriate intervention with persons in crisis. This learning will come from the course instructor, your peers, and from members of the community who have expertise in counselling. It is a privilege and a sacred trust to touch the lives of those whose spirits are wounded. To be a sensitive and compassionate presence to another means understanding their situation and being knowledgeable about one's own abilities, and woundedness, as well as collaborating with the resources within the local community.

It is hoped that this course will provide you with the opportunity to identify and enhance your own gifts, and to acknowledge and accept your own limitations, so that you will feel comfortable in referring persons in crisis to those who have the ability and experience to help.

### B. Schedule of Class Presentations: On separate hand out.

### C. Course Requirements;

An essential of this course is **Class Participation.**

You will be involved in dialoguing with our guest presenters, and in role -plays. Each student will be involved in a rotation of turns for acting as the **Presenter of prayer** at the beginning of class. The prayer is to be planned with the topic of the class in mind.

A **Book Report** of 3 pages is due by **October 11<sup>th</sup> 2011**. The Text book is "***Strategic Pastoral Counselling***" by **Davis Benner ISBN 10:0-8010-2631-8**

**List of Pastoral Resources** of the agencies and professionals in your home town. This paper is due by November 8<sup>th</sup> 2011.

**A Reflection Paper** on "My beliefs, my strengths, and my limitations as a Pastoral Counsellor" is due by November 22nd 2011. This paper is five pages long. In your writing, please draw from your experiences in your Pastoral Year and also bring in knowledge that you have gained throughout this course that will help you to be a more effective Pastoral Counsellor

**Theological Reflection:** During the penultimate class of the semester, you will give an oral Theological Reflection, referring to scriptural passages to which your reflection makes association.

## **Grading**

The grade for this course will be determined as follows;

Book Report	25%
List of Pastoral Referrals	10%
Reflection paper	35%
Class Participation	20%
Self assessment	10%

## University Policy on Plagiarism

Plagiarism: Students must write their essays and assignments in their own words. Whenever students take an idea or a passage from another author, they must acknowledge their debt by quotation marks and/or footnotes. Plagiarism is a major academic offence; See Scholastic Offence Policy in the Western Academic Calendar.

Plagiarism Checking: The University of Western Ontario uses software for Plagiarism checking. Students may be required to submit their written work in electronic form for plagiarism checking.

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### **Book Report Outline**

#### **1. Textbook**

*Strategic Pastoral Counselling* by David Benner - **ISBN 10;0-8010-2631-8**

#### **2. Content of the Book Report**

- (a) Your report should be a critical reflection on the subject matter of the book, not simply a summary of the book.
- (b) E.g. What in particular from this book will help you in your ministry?  
Was there anything in the book that you wished you had known about before an event in your family, or in your Pastoral Year.  
Make a general reflection on how you view the author's perspective from a Catholic perspective.

#### **3. Length**

Your paper should be three pages, typed and double spaced. Please us a title page to identify the book and author.

#### **4 Due Date: Tuesday October 11<sup>th</sup> 2011**

## **Pastoral Counselling 5572A**

### **Reflection Paper**

The Reflection Paper on the theme, "My Beliefs, My Strengths, and My Limitations as a Pastoral Counsellor" will include responses to the following questions;

1. What are your own beliefs regarding Crisis Counselling in light of your Theological Studies at the Seminary and your Pastoral Experience. How does the gospel tie in with your work as a Counsellor?

2. What has been your experience thus far in Counselling? What did you discover about the work of counselling and what did you discover about yourself?
3. As you look forward to the prospect of many people coming to you for counselling over the coming years in your parish ministry? What are some of your anxieties? What limitations do you recognize in yourself as you prepare for this ministry?
4. What are the key insights that you gained from this course that will help you in your ministry as Crisis Counsellor?
5. What are your personal strengths, what is it about yourself that will be most helpful to persons in crisis?

**This Reflection Paper will be 5 pages in length.**

The paper will be submitted in class on Tuesday November 22<sup>nd</sup> 2011

### **Pastoral Counselling 5572A**

#### **Crisis Counselling Pastoral Resources Paper**

An effective Pastoral Counsellor will be well acquainted with the resource persons and agencies with the parish area.

This particular assignment is part of your preparation for your ministry in your first parish.

Recall your Pastoral Year, and the various needs of the parishioners.

Enquire of other pastors and pastoral ministers as to which resources they turn to.

Make a personal visit to agencies so that you have some first-hand knowledge of what is offered at these places.

The Canadian mental Health Association is an agency which offers many services ranging from individual counselling to family counselling, workshops and support groups . Pick up some of their brochures and find out what is available.

Some areas, for example, in the local area, Information London publishes lists of helping agencies. Some Parishes may carry the local handbook.

Hospitals have a lot of valuable information.

School Boards offer listings of services to help families.

Respite care for families and persons with particular needs would be helpful.

The list of resources will be graded and will be used as part of your final mark for the Crisis Counselling Course.