

St. Peter's Seminary/King's University College at
The University of Western Ontario

Pastoral Counseling 5272B

The Art of Pastoral Care and Spiritual Direction

Instructors:

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Course Description:

This course aims to assist students in developing their awareness of the need for empathy, understanding and fitting pastoral responses to the sufferings experienced by others they will encounter in pastoral ministry. Through dialogue and role play scenarios, students will be aided in developing their pastoral presence in accompanying others through struggle and pain. As well, through reflection on the goals and methods of spiritual direction, the course aims at equipping students to grow in competence and confidence to serve as spiritual directors for those who seek them out for this role of service amidst their unfolding spiritual journey.

Goals:

This course will assist students' growth in the following areas of knowledge, skill and attitudes.

Knowledge:

1. To grow in understanding and appreciation of the relationship between Pastor, Patients and their Families, during times of illness.
2. To learn the tools for fostering holistic healing during times of suffering and illness.
3. To understand the goals and means of fostering a supportive and meaningful spiritual direction relationship with future parishioners.
4. To learn tools for discerning the movements of Spirits in the ongoing spiritual journey and to assist directees to respond to these movements (especially in moments of decision and desolation.)

Skills:

1. To develop skills of active listening in pastoral visits.
2. To develop a keen sense of the Patients', and their Families' needs during times of illness
3. To develop an active / contemplative posture in engaging with spiritual directees
4. To recognize ways directees need further healing and prayer, and to develop a sense of comfort in introducing prayer into the circumstance of the direction session.
5. To recognize the significance of Scripture in the life of directees and to develop an ability to sense the appropriateness of suggesting Scriptural passages for directees' reflection.

Attitudes:

1. To prepare participants for their upcoming CPE programme.
2. To develop a sense of confidence and comfort in visiting Health Care Institutions.

3. To develop an attitude of trust and resolve that the Holy Spirit is the true Spiritual Director of souls, and that each person has been given the natural gifts to sense the Spirit's promptings within.
4. To develop a sense of reverence for the experience of each directee as being genuine for them, and to foster a desire to assist their understanding of how the Holy Spirit is speaking to them through these experiences, drawing them into union with the Church.
5. To recognize that one is not left on his/her own as a spiritual director, but that through supervision and consultation one can gain further expertise for support in this ministry.

Assessment: [See appended Outline of Assignment for further details]

Class Participation: Worth 20% of the course grade.

Assignment 1: A half page summary of research at a hospital.

Submitted in class on **January 20th**. **Worth 10% of the course grade.**

Assignment 2: A one page, double-spaced account of a conversation with a priest about his On-call hospital experience. Submitted in class on **February 3rd**.

Worth 10% of the course grade.

Assignment 3: A two to three page (double spaced) paper, on the question: "What have I discovered about myself in this course?" Submitted on **Tues. February 24th**.

Worth 25% of the course grade.

Assignment 4: A Verbatim Report taken from your meeting with one student-(from the PD / CPM program) for two spiritual direction sessions, To be submitted **by noon**

on Tues. March 31st. **Worth 10% of the course grade**

Assignment 5: A 5 to 7 page integration paper on the book *Drinking from a Dry Well* by Thomas Green. To be submitted at the beginning of class on **Tues. April 7th**.

Worth 25% of the course grade.

Required Reading:

Part I: Pastoral Care

Patton, John, *Pastoral Care, An Essential Guide*, (Nashville : Abingdon Press, 2005), **pgs 21-48.**

-- to be read prior to Jan. 13th.

Westberg, Granger, *Good Grief* (Rock Island, IL: Augustana Press, 2010)

-- to be read prior to Jan. 27th.

Part II: Spiritual Direction

Green, Thomas, *Drinking from a Dry Well*, (Notre Dame, IN: Ave Maria Press, 2001).

Several Handouts will also be given on specific issues regarding Spiritual Direction

Outline of Class Themes

Part I: Modules on Pastoral Care

<u>Date</u>	<u>Theme</u>
Jan. 6th	What is Pastoral Care? Review of the Goals and Expectations of the Course. <ul style="list-style-type: none">• The New Reality in Health Care.• Implications for Patients, Visitors, Spiritual Care providers.• The Patient's perspective; What is it like to be the patient?• Preparing for the visit; Orientation etc.
Jan. 13th	The Visit <ul style="list-style-type: none">• Images of Pastoral Care; The Wounded Healer, The Intimate Stranger, Diagnostician,• The call comes. Get details; Your anxiety; The need to pray.• The visit; Fear, Rejection, Anger, Gratitude. Small talk.
Jan. 20th	Why Suffering? <ul style="list-style-type: none">• Cultural attitude to suffering• Why? Is it really necessary?• "Patient/ Patience: Presence/Present"• The paradigm shift.
Jan. 27th	Death and Dying <ul style="list-style-type: none">• Loss, and Despair, Grief and Mourning• Preparing patients for death,• Regrets, anger and stages. Story telling• Caring for the disenfranchised
Feb. 3rd	Role Play and Discussion <ul style="list-style-type: none">• Putting it all into practice
Feb. 10th	Preparing for CPE <ul style="list-style-type: none">• History and description of CPE.• Guest Alex Ross will answer questions and reflect on his experience at University Hospital.

- Feb. 24th The Journey of Spiritual Transformation**
- Reflection on the Journey
 - New directions and salvation found in unexpected places
 - Spiritual Growth through hardship
 - Psalms and Lamentations

Part II: Modules on Spiritual Direction

<u>Date</u>	<u>Theme</u>
March 3rd	a) Review of the Themes, Goals and Expectations of this Part of the Course; Model of “Spiritual Direction Triads” used throughout these classes. b) Foundations for Spiritual Direction: <ul style="list-style-type: none"> • The Goal and Dynamics of Spiritual Direction • Expectations of the Directee / developing a Covenant • The Initial Direction Session
March 10th	a) Types of Individuals who seek Direction b) The Approach of the Spiritual Director <ul style="list-style-type: none"> • Attitude and perspective of the Director • Fostering a Contemplative attitude in the life of the Directee • Asking the right kinds of Questions • Attentiveness for cues that can lead deeper
March 17th	a) Qualities of a Good Spiritual Director b) Issues Directees may surface during direction c) Spiritual Direction and the Discernment of Spirits <ul style="list-style-type: none"> • Recognizing the movements of the spirits • The Indicators of Consolation and Desolation • Ignatian Method for Making a Major Decision (re-visited)
March 24th	a) Spiritual Direction as a Channel of Healing <ul style="list-style-type: none"> • Healing of Memories and Family Issues • Journeying with Survivors of Abuse • Integrating Prayer within the Direction Session • The use of Scripture in and following the Direction Session b) Group Practicum: Journeying with “the revolving directee”
March 31st	a) Sharing and Interaction regarding Students’ Verbatim Reports b) Supervision of the Spiritual Director c) Knowing and following the Will of God: Wisdom from St. Francis de Sales

April 7th

a) **Journeying with Directees during times of Desolation**

- Students' reflections on their reading of *Drinking from a Dry Well*
- Re-visiting St. Ignatius' *Three Reasons Desolations May be Experienced*
- Encouraging Directees re. "What to do" during times of Desolation

b) **Leading Directees on Retreat (St. Ignatius' 19th Annotation)**

c) **Course Conclusions and Further Resources on Spiritual Direction**

University Policies on Written Assignments:

1. Policies regarding Submission of Assignments and Tests

- a. It is the responsibility of the student to organize his or her work so that the assignments can be completed on time.
- b. Assignments are to be handed in at the class on the due date. Assignments may not be dropped off at King's or submitted electronically.
- c. For a serious reason, a student may be granted an extension. On the form provided, the student is to write a brief explanation of the reason for the extension. This is to be signed by the teacher, with the extended date noted. A copy of the extension notice is given to the Dean.
- d. Any medical reasons will be confirmed by proper documentation as approved by the Dean's Office.
- e. A penalty of 10% of the value of the assignment will be deducted for each day it is overdue without permission.
- f. No electronic devices will be allowed during tests or the examination, unless approved in advance by Student Services at the University or King's. (This refers to students with disabilities who have permission to use a word processor to write their exams/tests.)
- g. Students who miss tests will negotiate a "make-up" date with the professor. Any medical reasons will be confirmed by proper documentation as approved by the Dean's Office.

2. Internet References

If references are given from internet sites the exact designation of the site must be given **along with** a hard copy of the page from which the quote is taken or to which the reference is made.

3. Academic Offenses

- a. "Scholastic offenses are taken seriously and students are directed to read the appropriate policy, specifically, the definition of what constitutes a Scholastic Offense, at the following web site: <http://www.uwo.ca/univsec/handbook/appeals/scholoff.pdf>."
- b. "All required papers may be subject to submission for textual similarity review to the commercial plagiarism detection software under license to the University for the detection of plagiarism. All papers submitted for such checking will be included as source documents in the reference database for the purpose of detecting plagiarism of papers subsequently submitted to the system. Use of the service is subject to the licensing agreement, currently between The University of Western Ontario and Turnitin.com (<http://www.turnitin.com>)."

4. MLA Style

The MLA Style (Modern Language Association) is to be used in writing your papers: in the Bibliography/Works Cited and in the quotations in the text.

The Art of Pastoral Care and Spiritual Direction

Outline of Assignments

Part I: Modules on Pastoral Care

Assignment 1: Research at a local hospital, or in your own hometown, the circumstances of the Pastoral Care Department, regarding information available to visitors regarding Patient Directory, and the amount of Pastoral Care available to Patients.

**A half page summary of your research will be submitted in class on January 20th.
Worth 10% of the course grade.**

Assignment 2: Meet with a priest who has done some On-Call at one of the Hospitals. Ask about the joys and dreads, and his reflection on this Ministry.

**A one page, double-spaced account of this conversation, including the ways that this conversation has been enlightening. To be submitted in class on February 3rd.
Worth 10% of the course grade.**

Assignment 3: A **two to three page (double spaced) paper**, on the question: “What have I discovered about myself in this course thus far: my strengths, my weaknesses, my growing edges, as I go forward?” Use the following questions to help your reflection / writing:

1. Reflecting on past visiting of the sick, is there anything I would change in the future?
2. Do I still have some reservations with regard to visiting patients in Institutions (e.g. Hospitals, Retirement Homes)?
3. Am I more likely to volunteer to visit Institutions on my Pastoral Year?
4. Is there any part of my own story that will be helpful in my Pastoral Ministry, in understanding the situation of the patient?
5. What has changed in my attitude to Hospital Visiting?

This paper is to be submitted on Tues. February 24th. Worth 25% of the course grade.

Part II: Modules on Spiritual Direction

Assignment 4: Meet with a volunteer (from the PD / CPM formation program) for two spiritual direction sessions, giving them the opportunity to talk with you about their journey in the formation program / prayer / experience of call / fruits of their study (relating all this to their growth in union with God.)

For a segment of one of your spiritual direction sessions, write a Verbatim Account of your dialogue with them about their experience of prayer or discerning God’s presence and call. Use the **Verbatim Outline** as a template for your personal Verbatim Account, noting *their* statements, *your* statements, and your *inner stirrings* as you listen and respond to their sharing.

This Verbatim Account is **to be submitted by noon on Tuesday, March 31st**. These Accounts will be copied in time for the evening class, so that all the members of the class will be able to read and reflect on what you have written. Therefore, punctuality is essential.

Worth 10 % of the course grade

Assignment 5: Written reflection on the book *Drinking from a Dry Well* by Thomas Green. Write a **5 to 7 page integration paper** depicting what you have gained from this book on the following aspects that will be useful in your future ministry as a spiritual director:

- Prayer and its elements and processes of growth
- Recognizing, understanding and responding to *Darkness* in one's prayer and spiritual journey.
- Discernment of God's Will in the director's life (and helps toward that discernment)
- The relationship between detachment (of possessions, spiritual experiences and personal will) and growth in union with God.

This Assignment is **to be submitted at the beginning of class on Tuesday, April 7th**.

Worth 25% of the course grade

Class Participation (throughout entire course): **Worth 20% of the course grade.**