

PC-226 Spirituality of Pastoral Care and Counseling
Wesley Theological Seminary
July 20 to July 29; Zoom and Blackboard Learning Modules

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Course Description

This course explores the intersection between spirituality and pastoral care and counseling. We will focus on disciplines/practices that foster spiritual awareness and responsive ministry. Participants and the instructor will cooperatively create the intellectual, spiritual, and emotional space for learning and integrating spiritual disciplines into care ministries of the church. The course will follow a “retreat model” of learning with both group interactions and presentations on Zoom, and personal reflective engagement and practice through the Blackboard learning system.

Required Course Texts:

Holmes, Barbara. *Joy Unspeakable: Contemplative Practices of the Black Church*. 2nd Edition. Fortress: Minneapolis, 2017. ISBN#: 978-1-5064-2161-2.

Stairs, Jean. *Listening for the Soul: Pastoral Care and Spiritual Direction*. Minneapolis: Fortress Press, 2000. ISBN #: 978-0-8006-3239-7.

Recommended/Supplemental Text

Bidwell, Duane R. *Short-Term Spiritual Guidance*. Minneapolis: Fortress Press, 2004. ISBN#: 978-0-8006-3658-9.

Course Goals

- To increase participants’ ability to articulate and understand common characteristics and dynamics of human spiritual life
- To expose participants to a range of spiritual practices, and the pastoral theological and scientific support for these practices
- To increase participants’ understanding of, comfort with, and ability to articulate and analyze their own spiritual experience.
- To deepen participants’ intellectual and experiential knowledge of spiritual resources available for growth and care, especially in contexts of trauma
- To prepare participants to assist others when they seek help with assessing and responding to needs and problems in their spiritual life.

This course meets the following program goals for the M.Div. degree at Wesley Seminary:

III. Ministerial and Public Leadership

Goal: Students will hone their own skills for ministry and enable the ministry and leadership of others.

Students will demonstrate:

- skill in practicing the arts of ministry and church leadership;

IV. Personal and Spiritual Formation

Goal: Students will strive toward deeper integration intellectually, morally, emotionally and spiritually.

Students will demonstrate:

- increasing awareness of emotional and psychological process in relation with others

Assignments

1) Pre-Class Writing Assignment

- Due by 10 am on Tuesday, July 20
- 5 pages total (or approx 1500 words)

This preclass assignment has two parts:

- a. Name and discuss two intersections between pastoral caring and contemplative spiritual practices. Draw upon the required assigned readings in your response.
- b. Name and discuss one practice that has sustained you and/or your congregation during this time of twin pandemics with covid-19 and systemic racism. Draw upon the required assigned readings in your response.

2) Post Class Assignment

The final course assignment will be discussed in class. The assignment will be no more than five pages (1500 words) and **due by Thursday, August 26 at noon EDT.**

Evaluation

PreClass Assignment:	25 percent
Discussion Board/Participation:	45 percent
Post Class Assignment:	30 percent

COURSE OUTLINE

Topics that intersect throughout the course include: **body care and science informed practices for spirituality and care.** There will be guest **Zoom lectures by Dr. Eva Lew, MD and Master Frank Chan on the topic of qigong practice; and Dr. Storm Swain, Ph.D. on trauma theory and the practice of pastoral care.**

Daily spiritual and body practices are required for this course in addition to Blackboard discussion board posts.

Tuesday, July 20, 2021 (Zoom)

Introduction of Course and Participants, Groundwork for Care

Wednesday, July 21, 2021

Pastoral Identity and Listening

Thursday, July 22, 2021 (Zoom)

Contemplative Practice and Care

Friday, July 23, 2021

Healing Care for Individuals and Communities

Monday, July 26, 2021

Suffering Bodies and Different Kinds of Silence

Tuesday, July 27, 2021 (Zoom)

Credible Practices for Ministry

Wednesday, July 28, 2021

Short-term Spiritual Guidance and Care

Thursday, July 29, 2021 (Zoom)

Covenant Spirituality and Care

School and course policies:

Plagiarism

Plagiarism is regarded as a serious offense and will result in substantial penalties, including the possibility of academic dismissal. The Faculty regards the following as forms of plagiarism or dishonesty:

- Copying from another student's paper
- Giving or receiving unauthorized assistance to or from another student during an examination
- Using unauthorized material during an examination
- Borrowing and presenting as one's own (i. e., without proper attribution) the composition or ideas of another.

Disabilities Policy

If you have a physical, psychological, or learning disability and might require accommodations in this course, please contact Rev. Dr. W. Antoni Sinkfield, Associate Dean for Community Life: wsinkfield@wesleyseminary.edu.

Class Attendance Policy

Please make every effort to attend every class. More than one unexcused absence from this intensive class will result in a lower participation grade for the course.