

McMaster Divinity College
MS 3XS3 Schools of Therapeutic Intervention
G. Wade Rowatt, Ph. D.
June 1 – 5, 2015

McMaster Divinity College
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Monday 11:30 am–4:00 pm
Tuesday – Thursday 9:00-4:00 pm
Friday 9:00 am–12:00 noon

Course Description: Schools of Therapeutic Intervention

This course is designed to equip persons with knowledge and understanding of a variety of therapeutic approaches to caring with others. It will discuss insights and methods for use in counseling and therapy appropriate to each student's role and education. Basic theories of psychotherapy will be evaluated in relation to formal structures of caring within a psychology of religion context. Students will participate in discussion groups, role-play, and case evaluations.

Specializations: Counselling and Spiritual Care

Objectives:

Knowing

To examine research and clinical information about theology, theories, types, and process of schools of therapeutic intervention from a Christian context.

To explore the needs for pastoral psychotherapy at various traumas of the human life cycle.

Being

To develop positive attitudes toward the communities' and churches' responses to persons coping with life's' difficult situations

Doing

To go beyond the basic skills of pastoral care and listening in the context of a church vocation.

Methods:

- A. Presentation of information and modeling of basic counseling skills will be done by means of lectures, video, and role-plays.
- B. Students form themselves into small groups of three to five persons each and discuss the strengths and weaknesses of various therapeutic interventions.
- C. Independent library research will focus on readings, both assigned and elective, and the keeping of a reading journal derived from experiences in class.

Expectations:

Relax, observe, and participate.

- A. Care for each other in the discussion groups.
- B. A book review on Howard Clinebell, Growth Therapies, or Howard Clinebell and Sister Bridget Clare McKeever, Basic Types of Pastoral Counseling. **Due** the

- fourth day of class. (25%)
- C. A book review on Kenneth I Pargament on The Psychology of Religion and Coping. **Due** June 23rd. (25%)
- D. A research paper summarizing and evaluating a school of therapeutic intervention from your theological perspective. **Due** June 30th. (50%)

This paper should address:

- a. The major proponent(s) of the school
- b. The assumptions about the nature of persons
- c. The intervention skills of the approach
- d. Any research evaluating the effectiveness of this approach
- e. Your personal assessment of its usefulness for your life and/or work.

McMaster Course Policies

A. Textbook Purchase:

All required textbooks for this class are available from the College's book service, READ On Bookstore, Room 145, McMaster Divinity College. Texts may be purchased on the first day of class. For advance purchase, you may contact READ On Bookstores, 304 The East Mall, Suite 100, Etobicoke, ON M9C 5K1: phone 416-620-2934; fax 416-622-2308; e-mail books@readon.ca. Other book services may also carry the texts.

B. Academic Honesty:

Academic dishonesty is a serious offence that may take any number of forms, including plagiarism, the submission of work that is not one's own or for which previous credit has been obtained, and/or unauthorized collaboration with other students. Academic dishonesty can result in severe consequences, e.g., failure of the assignment, failure of the course, a notation on one's academic transcript, and/or suspension or expulsion from the College.

Students are responsible for understanding what constitutes academic dishonesty. Please refer to the Divinity College Statement on Academic Honesty ~ <http://www.mcmasterdivinity.ca/programs/rules-regulations>

C. Gender Inclusive Language:

McMaster Divinity College uses inclusive language for human beings in worship services, student written materials, and all of its publications. In reference to biblical texts, the integrity of the original expressions and the names of God should be respected. The NRSV and TNIV are examples of the use of inclusive language for human beings. It is expected that inclusive language will be used in chapel services and all MDC assignments.

Class Schedule:

June 1	Introductions and course expectations, Assessment of level of practice and experience Understanding Therapeutic Relationships, and Formation of Discussion Groups
June 2	Traditional Psychotherapies and Therapeutic Interventions Sigmund Freud Alfred Adler Karen Horney Discussion Groups
June 3	Carl Jung Carl Rogers and the Existentialists BF Skinner and Behaviorism Arron Beck and Cognitive Discussion Groups
June 4	Erick Berne and Transitional Analysis Fredrick Perls and Gestalt Therapy Holistic Health and Stress Management Murray Bowen and Family Systems Discussion Groups
June 5	Gender and Multi-cultural Issues Consultations and Supervision Evaluations Lunch together

Grading:	30%	Book Review
	30%	Second Book Review
	30%	Case Analysis
	10%	Counselling Skills

BIBLIOGRAPHY

Beattie, Melody, Codependent No More, 1987.

Borchert, Gerald and Andrew D. Lester, Spiritual Dimensions of Pastoral Care, 1985.

Clinebell, Howard and Sister Bridget Clare McKeever, Basic Types of Pastoral Care and Counseling. 2011

_____, Contemporary Growth Therapies, Abingdon Press, 1981.

_____, Well Being: A Personal Plan for Exploring and Enriching the Seven Dimensions of Life, 1991.

Corey, Gerald. Theories and Practices of counseling and Psychotherapym, Brooks/Cole, 2013.

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Doehring, Carrie, *The Practice of Pastoral Care: A Postmodern Approach*. Louisville: Westminster/John Knox Press. 2006.

Dunlap, Susan J., Counseling Depressed Women, 1997.

Egan, Gerald, The Skilled Helper, 2000.

Gilligan, Carol, In A Different Voice: Psychological Theory and Women's Development, 1982.

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Hill, Clair. Helping Skills, 2009.

Hiltner, Seward and Lowell Colston. The Context of Pastoral Counseling, 1961.

Ivey, Allen, Michael D' Andrea and Mary Ivey. Theories of Counseling and Psychotherapy: A Multicultural Approach, 2011.

Jackson, Walter, Codependency and The Christian Faith, 1987.

James, John W. and Frank Cherry, The Grief Recovery Handbook, 1988

Jones, Stanton L. and Richard Butman. Modern Psychotherapies: A Comprehensive Christian Appraisal

Jones-Smith, Elise. Theories of Counseling and Psychotherapy: An Integrated Approach (2nd ed.) 2011.

Lerner, Harriet, The Dance of Anger: A Woman's Guide to Changing the Patterns of Intimate Relationships, 1997.

Lester, Andrew D., The Angry Christian, 2003.

Marx, R. J. and S. W. Davidson. *Facing the Ultimate Grief: Coping with the Death of a Child*. Fredonia, Wisconsin: Champion Press, 2003.

Montilla, Esteban and Ferney Medina. *Pastoral Care with Latinos*, Minneapolis: Augsburg Fortress, 2006.

Oates, Wayne E., Confessions of A Workaholic, 1971.

_____, Pastoral Counseling, 1974.

Patton, John, Pastoral Counseling: A Ministry of the Church, 1984.

Pruyser, Paul W., The Minister as Diagnostician, 1976.

Rowatt, Wade, Adolescents in Crises: A Guidebook for Parents, Teachers, Ministers, and Counselors, 2001.

Seligman, Linda and Lourie Richenberg. Theories of Counseling and Psychotherapy: Systems, Strategies and Skills (4th ed.) 2013.

Sue, Derald Wing and David Sue. Counseling the Culturally Different (6th ed.) 2012.

Smolin, Ann and John Guinan, Healing After the Suicide of a Loved One, 1993.

Stillion, Judith M. and Eugene E. McDowell, Suicide Across the Life Span, 1996.

Wimberly, Edward P., Counseling African American Marriages and Families, 1997.

Wright, Jesse H. and Monica Ramirez Basco, Getting Your Life Back: The Complete Guide to Recovering From Depression, 2001

Wynn, J. C., Family Therapy in Pastoral Ministry, 1991.

Journals

Journal for the Scientific Study of Religion

Journal of Religion and Health

Journal of Pastoral Care

Book Review Format

1. Give the Author, Title, and Publication Data. Provide a brief statement of who **the author** is and his or her **qualifications** for writing this book.
2. State the **purpose** of the book and the **methodology** of the author.
3. How well did the author **accomplish the stated purpose**? Why?
4. **Summarize each chapter** in sentence form. Give **your brief understanding** of the main points.
5. What were the **strengths and weaknesses** of this book?
6. **How** would you hope to **use this** in your current and/or future ministry?
7. Would you **recommend** this book to others? **Who? Why?**

Contact Information

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