

**McMaster Divinity College
Pastoral Care with Troubled Persons**

G. Wade Rowatt, Ph.D.

rowattgw@gmail.com

May 21 – 24, 2019

Tuesday, May 21, 2019 – 9:00 am to 1:00 pm

Wednesday, May 22, 2019 – 9:00 am to 4:00 pm (1/2 hour lunch)

Thursday, May 23, 2019 – 9:00 am to 4:00 pm (1/2 hour lunch)

Friday, May 24, 2019 – 9:00 am to 2:00 pm (includes potluck lunch)

Course Description

This course is designed to investigate personality theories, personal stress, and coping behaviors from selected perspectives of psychology, culture, and biblical/theological foundations. Students will be requested to look at their own beliefs and thoughts in these areas in order to consider appropriate applications for pastoral care, pastoral counseling, and spiritual guidance. Lectures, video, role play, and case studies will provide students with the fundamentals of care and counseling with troubled persons who may display abnormal behavior or disturbing personality issues. In addition to formal pastoral counseling and informal caring conversations attention will be given to social media communications.

Specializations: Church and Culture, Counselling and Spiritual Care, Pastoral Studies

Objectives:

Knowing

1. To increase awareness of psychological and theological understandings of personality and abnormal behavior.
2. To acquaint students with current research on personality and abnormal behavior as a focus for pastoral care, pastoral counseling, and spiritual guidance.

Being

1. To develop a personal understanding of assumptions about and expressions of personality and abnormal behavior.
2. **To encourage opportunities for students to explore their own personality and behavior from a faith perspective.**

Doing

1. To develop the basic skills of pastoral care, pastoral counselling, and spiritual guidance with troubled persons.

Methods:

- A. Presentation of information and perspective on personality and abnormal behavior will be done by means of lectures, video clips, and interviews.

B. Students form themselves into discussion groups of three to five persons each in order to thrash out their understanding of personality and abnormal behavior in relationship to religious experience. Each student is to turn in a 5-10 page journal of their group observations, participation, and reflections.

C. Independent research will focus on one type of personality and abnormal behavior in one's family of origin for the past two generations.

D. Students will write a book reviews on the Wayne E. Oates, Care of Troublesome People or a selection from the bibliography if they have already read this text.

Required Texts

Oates, Wayne E., Care of Troublesome People or Behind the Mask

Bernstein, Albert, Emotional Vampires

Requirements:

A. Share with each other in the class and the groups. A journal on your contributions to the topics, your observations of others' input, and your reactions to the others in this group is **the last day of class** (May 24, 2019). (10%)

B. Turn in a book review on Oates, Care of Troublesome People or Behind the Mask. Fourth day of class (May 23, 2016). (30%)

C. A book review on Bernstein, Emotional Vampires is **two weeks after class** (June 7, 2019). (30%)

D. The independent reflection project can be a summary of a theory of personality as it applies to the patterns in your own family. Include axioms that guided your family in dealing with these patterns. How has this impacted your life and/or your pastoral care and counseling? Due **four weeks after class** (June 21, 2019). (30%)

Book Review Guidelines

1. Give the Author, Title, and Publication Data. Provide a brief statement of who **the author** is and his or her **background** 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**?

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?**

8. If you use other reviews, be clear about **giving credit** and citations

Class Schedule:

Day One

Introductions and Course Expectations

Understanding Pastoral Care, Pastoral Counseling, and Spiritual Guidance

Biblical and Theological Foundations

Organizing Labs

Day Two

Definitions of Basic personality terms

The Five Factor Model of Personality

Axis I Disorders

Care and Childhood and Adolescents Disorders

Care and Adult Issues

Discussion Labs

Day Three

Substance Related Disorders

Faith, 12 Steps, and Addictions

Care and Psychotic Disorders

(Schizophrenia, Paranoid, Delusions)

Care and Mood Disorders (Depression & Anxiety)

Discussion Labs

Care and Trouble with Eating, Sleep, and

Impulse Control

Day Four

Care and Personality Issues: Antisocial, Borderline, Histrionic, Narcissistic, Avoidant, Dependent, and Obsessive Compulsive

Discussion Labs

Global Assessment of Functioning

Referral Counseling and Records

Final Evaluations

SELECTED BIBLIOGRAPHY

American Psychiatric Association, Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition, Text Revised, 2000.

Bell, John, How to Deal with Difficult and Aggressive People, 2004.

Bernstein, Albert, Emotional Vampires, 2002.

Bernstein, How to Deal with Emotionally Explosive People, 2002.

Belinki, et.al. Women's Ways of Knowing

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

Bosco, Monica, Never Good Enough, 1999.

Burns, David, Feeling Good: The New Mood Therapy. New York: William Marrow, 1980.

Clinebell, Howard, Basic Types of Pastoral Counseling, 1996.

Collie, Robert M. The Obsessive –Compulsive Disorder: Pastoral Care, 1999

Draffen, Carrie-Mason, 151 Quick Ideas to Deal with Difficult People, 2007.

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

Ekman, Paul, Emotions Revealed, 2003

Fowler, James, Faith Development and Pastoral Care, 1987.

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

Godwin, Alan, How to Solve Your People Problems, 2008.

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

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

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

Lepper, John, When Crises Comes Home, 1992

Lerner, Harriet, The Dance of Anger. New York: Harper Perennial, 1989.

Andrew D. Lester, The Angry Christian. Louisville: Westminster John Knox, 2004.

_____, Coping with Your Anger

Loder, James, The Transforming Moment

J. Thomas Meigs, "Maintaining a Good and Healthy Anger," Review and Expositor, Vol. 98, No.4, Fall, 2001, pp. 503-533.

Wayne E. Oates, Anxiety and the Christian Experience, Westminster Press, 1955.

Oates, Behind the Mask, 1987.

Oates, Christ and Selfhood, 1961.

Oates, Coping With Difficult People, Oates Institute, 2007.

Ornstein, Robert, Psychology of Consciousness, 1972.

Paloutzian, Raymond F., Handbook of the Psychology of Religion and Spirituality, 2005

Pargament, Kenneth, The Psychology of Religion and Coping, 2001

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

_____, Pastoral Care, An Essential Guide, 2005

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

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

Samenow, Stanton E. Inside the Criminal Mind, 1984.

Simmons, Paul, Faith and Health, 2007.

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.

Thornton, Edward, Being Transformed

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

Jesse H. Wright and Monica R. Basco, Getting Your Life Back. New York: Simon and Schuster, 2001.

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

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 Bookstore, 5 International Blvd, Etobicoke, Ontario M9W 6H3: phone 416.620.2934; fax 416.622.2308; email 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

~ <https://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 its publications. It is expected that inclusive language will be used in chapel services and all MDC assignments. In reference to biblical texts, the integrity of the original expressions and the names of God should be respected, but you will need to use gender-inclusive language for humans, and you will need to quote from a gender-inclusive version such as the following: NRSV (1989), NCV (1991), TEV/GNB/GNT (1992), CEV (1995), NLT (1996), TNIV (2005), and the Common English Bible (CEB 2011).

D. Style

All stylistic considerations (including but not limited to questions of formatting, footnotes, and bibliographic references) must conform to the McMaster Divinity College Style Guidelines for Essays and

Theses <https://www.mcmasterdivinity.ca/sites/default/files/documents/mdcstyleguide.pdf>

Failure to observe appropriate form will result in grade reductions.

Disclaimer

This syllabus is the property of the instructor and is prepared with currently available information. The instructor reserves the right to make changes and revisions up to and including the first day of class.