

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

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**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, cultural, 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 cultural 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 family, cultural, and 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/or 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

Waters, Sonia E., Addictions and Pastoral Care, 2019

Bernstein, Albert, Emotional Vampires

#### Requirements:

**A.** Share with each other in the class and the groups. A journal on your small group is due **the last day of class** (May 24, 2019). (25%) Include (1) your contributions to the topics, (2) your observations of others' input, (3) your key growth and learning from the group, and (4) your emotional reactions to the other cultures in this group.

**B.** Turn in a **book review** on Oates, Care of Troublesome People or Behind the Mask on the third day of class (**May 23, 2019**). (25%)

**C.** A **book review** on Bernstein, Emotional Vampires is due two weeks after class (June 10, 2019). (25%)

**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 24, 2019). (25%)

#### 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:

### **May 21**

9:00 Introductions and Course Expectations

10:00 Understanding Pastoral Care, Pastoral Counseling, and Spiritual Guidance

11:00 Biblical, Theological and Cultural Foundations

12:00 Introductions to Discussion Labs

### **May 22**

9:00 Definitions of Basic personality terms

10:00 The Five Factor Model of Personality

11:00 Clinical Disorders

12:00 Lunch

12:30 Care and Childhood and Adolescents Disorders

2:00 Care and Adult Issues

3:00 Discussion Labs

### **May 23**

9:00 Substance Related Disorders

10:00 Faith, 12 Steps, and Addictions

11:00 Care and Psychotic Disorders (Schizophrenia, Paranoid, Delusions)

12:00 Lunch

12:30 Care and Mood Disorders (Depression & Anxiety)

1:00 Care and Trouble with Eating, Sleep, and

2:00 Impulse Control Disorders

3:00 Discussion Labs

### **May 24**

9:00 Care and Personality Issues: Antisocial, Borderline, Histrionic, Narcissistic, Avoidant,

10:00 Dependent, and Obsessive Compulsive

11:00 Global Assessment of Functioning

12:00 Lunch

12:30 Referral Counseling and Records

1:00 Final Discussion Labs

## **SELECTED BIBLIOGRAPHY**

American Psychiatric Association, Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition, Text Revised, 2013.

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.

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.

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.

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.

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.

Sue, David Wing and David Sue, Counseling the Culturally Diverse: Theory and Practice. 2013

Thornton, Edward, Being Transformed

Waters, Sonia E., Addictions and Pastoral Care, 2019

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](mailto: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.