

COS 113: PASTORAL CARE FOR SPIRITUAL FORMATION
UPPER MIDWEST EXTENSION COURSE OF STUDY SCHOOL
MORNINGSIDE COLLEGE, SIOUX CITY, IOWA

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Course Description:

This course explores the caring presence and practices of the pastor as a form of spiritual leadership and formation. Skills of effective pastoral care are presented and practiced, including effective listening and response, awareness of cultural differences, timely intervention, and appropriate referral. Students are encouraged to reflect on their personal strengths, their need for growth in developing relational skills, their self-care, and the development of personal spiritual practices – all in the context of the community of faith.

Course Objectives:

1. To help develop the pastor's identity as a spiritual leader and caregiver, with emphasis on the need for continuing spiritual and professional growth.
2. Instruction, practice, and feedback in basic communication skills, including verbal and nonverbal communication.
3. Examination of basic methods for dealing with developmental issues and life crises, including appropriate referral to other sources of assistance.
4. Exploration of ethical issues, including confidentiality, personal and professional boundaries, and the pastor's legal responsibilities.

Required Text Books:

Kornfield, Margaret Zipse. *Cultivating Wholeness: A Guide to Care and Counseling in Faith Communities*. New York, Continuum International Publishing, 2000. (ISBN O-8264-1232-7)

Nouwen, Henri J. M. *Reaching Out: The Three Movements of the Spiritual Life*. Doubleday, 1986. (ISBN O-385-23682-4)

Savage, John S. *Listening and Caring Skills in Ministry: A Guide for Pastors, Counselors, and Small Groups*. Abingdon Press, 1996. (ISBN O- 0687017165)

Supplementary Resources:

(Not required texts, but recommended for your library.)

- Clinebell, Howard. *Basic Types of Pastoral Counseling, Completely Revised and Enlarged*. Abingdon Press, 1984. (ISBN0-687024927)
- Guenther, Margaret. *At Home in the World: A Rule of Life for the Rest of Us*. Seabury Books, 2006. (ISBN1-596270268)
- Justes, Emma J. *Hearing Beyond Words: How to Become a Listening Pastor*. Abingdon Press, 2006. (ISBN0-687494990)
- Killen, James L. Jr. *Pastoral Care in the Small Membership Church*. Abingdon Press, 2005. (ISBN0-687343267)
- Stairs, Jean. *Listening for the Soul: Pastoral Care and Spiritual Direction*. Augsburg Fortress Press, 2000. (ISBN0-800632397)

Written Material Rules:

Please see webpage on the website for Upper Midwest Extension Course of Study School at <http://www.iaumc.org/page.asp?PKvalue=1322>

This Written Work Due One Month Prior to Session One (September 12,13)

1. Paper on Henri J. M. Nouwen, Reaching Out.

Discuss Nouwen's description of the forming and maturing of a life lived in the Spirit of Jesus. Discuss the three movements Nouwen names and describe how these three are interconnected in the birthing, giving and receiving of hope, courage, confidence and healing. Which of these images engaged you in mind and in heart?

(Length: approximately 3 - 4 pages)

Look at your pastoral practice by answering these questions: What practices of yours have been helpful as you participate in each of the three movements of the spiritual life? What are some of the struggles you have in living in the Spirit of Jesus the Christ? Describe how you have participated in the feeding and/or challenging of some of the religious illusions Nouwen describes in your ministry.

(Length: approximately 4 pages)

2. Paper on Margaret Kornfield, Cultivating Wholeness.

Part One

Discuss how Kornfield describes a healing community. In light of this, how has your faith community lived out its potential as a healing community? What are some of the factors that have limited your faith community's potential as a healing community? Using Kornfield's guiding principles, images, and processes, how may you lead your church in cultivating a faith community life of healing and wholeness?

(Length: approximately 3 pages)

Part Two

Using the “Gardener” image used by Kornfield, name and discuss skills you have been and will be practicing. What is the Five Step Solution Focused Treatment model? What circumstances or situations in your faith community’s life might be addressed using this model? What do you see as your growing edge in using this model?
(Length: approximately 4 pages)

This Written Work to be Submitted at the Beginning of Session Two (October 17,18)

1. Watch the movie “Invictus” and write a review of it.

Name the biases and prejudices of the various characters. Name the healthy and unhealthy human coping mechanisms you see in the movie. Discuss the place of cultural sensitivity in the ministry of healing.
(Length: 2 pages)

2. A paper on John Savage, Listening and Caring Skills.

This paper must answer the following questions:

What are the eleven listening and caring skills Savage names and discusses?
What skills will you commit to learn and perfect in your pastoral care ministry?

What might your ministry look like when there is intentionality on your part in practicing these skills?

What consultation will you seek as you learn, practice and perfect these skills?

(Length: approximately 4 pages)

3. Write an 8 page spiritual autobiography.

A. Using at least five of the following themes to describe yourself:

Your birth story, describing surrounding family conditions

Major transitions and interruptions in the family

Health conditions of family members

Your mother’s life story that’s remembered and retold

Your father’s life story that’s remembered and retold

Relations between father’s and mother’s families

Values and rituals of relationships

Stories shared between members of the family and extended family

Positions and roles you assumed or were assigned

Rituals celebrating births, holidays, weddings, anniversaries

Relationship dynamics

Life cycles and crises (e.g. deaths) and how family coped

Conflicts and family’s way of dealing with them

Mental health and how family viewed and experienced it

- Religion and how family viewed and experienced it
Differences between your family of origin and your own marriage
- B. Describe your journey with God and the church, using the following themes:
- Your Christian formation (Who? What? How? Where?)
 - Your experience of being cared for or not.
 - What are some of the things with which you struggle in order to be a vessel of healing and wholeness?
 - What changes have occurred in the past three years in the way you relate with self, others, and God?

Grading System:

Written Work – 50%; Class Participation – 50%

Final Grade: A (90-100 points);
 B (80-89 points)
 C (70-79 points)
 D (60-69 points)
 Failure: below 60 points