

MN 170W Listening, Caring, and Assessment in Pastoral Care

Instructor: Jennifer Ohman-Rodriguez

Requirement Fulfilled: Elective

Hours/Credit/Grading: 1 Hour; Credit; Credit/No Credit (letter grade only in consultation with the Instructor)

DESCRIPTION

This course will focus on the significance of listening to both self and others in the act and art of pastoral care. This course will also provide frameworks for caring for self while caring for others during pastoral care and explore the scope, practice, and limitations of both assessment and referral in parish ministry. Finally, this course will articulate and define the ministry of pastoral care as the primary domain of the pastoral leader. In doing so it will differentiate pastoral care from the domain of pastoral counseling, a more specialized ministry to which not all are called nor have the requisite training, skills, and competencies to offer others. The fundamental pastoral care skills of listening to self and others, caring for self and others, and assessment and referral will be considered in this course.

Pastoral care elective, priority enrollment to first year CL students and open to others, one semester hour, Ohman-Rodriguez

OBJECTIVE: An introductory course to the foundational practices of spiritual care—listening, caring, and assessment.

PROCEDURES:

- Students will explore spiritual care resource websites listed in the syllabus and share with each other their findings during in class-time discussion.
- Students will explore spiritual practices supporting spiritual care and lead the class in one spiritual care practice.
- Students will engage with each other and with the instructor in class-time discussion of assigned readings based upon reflection questions prescribed in the course syllabus.
- Students will prepare and present a short reflection papers of 2-3 pages in length based on a book from the course's optional reading list.

EVALUATION:

Students will be evaluated on the basis of the participation in class-time discussion and on their integrative papers, according to criteria indicated in the course syllabus.

REQUIRED READING:

- *Atlas of the Heart* by Brené Brown,
- *God is Here* by Toba Spitzer, and

ONE book from this optional reading list:

- *Radical Compassion: Learning to Love Yourself and Your World with the Practice of RAIN* by Tara Brach
 - *Homecoming: Overcome Fear and Trauma to Reclaim Your Whole, Authentic Self* by Thema Bryant.
 - *Simple Self Care for Therapists: Restorative Practices to Weave Through Your Work Day* by Ashley Davis Bush
 - *Maybe You Should Talk to Someone* by Lori Gottlieb
 - *The Burnout Fix: Overcome Overwhelm, Beat Busy and Sustain Success in the New World of Work* by Jacinta M. Jiménez
 - *Healing Trauma: A Pioneering Program for Restoring the Wisdom of Your Body* by Peter A Levine.
 - *Compassion: A Reflection on the Christian Life* by Henri Nouwen, Donald McNeill, and Douglas Morrison.
 - *A Time to Mourn & A Time to Dance: A Love Story of Grief, Trauma, Healing & Faith* by Jennifer Ohman-Rodriguez
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