

## Semester 2, 2021

### About this Unit

*'Bear one another's burdens, and so fulfill the law of Christ.'* (Gal 6:2)

Any pastoral ministry will engage with people in the midst of their suffering. This Pastoral Skills and Methods Unit is aimed at equipping Christ's body to respond to those in need. This subject will engage students in the theology, research and purposes of pastoral care. The emphasis is on equipping students with a God-centred approach to pastoral care that is practical, transferable and research aware. It will explore the application of pastoral care across a variety of concerns including ministering to those experiencing grief, marital struggles, mental health concerns, disability and others. The course will challenge students to cultivate attitudes, skills and knowledge in:

- Developing pastoral relationships for care
- Understanding the impact on the whole person
- Responding to needs within the scope of pastoral care
- Engaging in a team
- Reflective and ethical practice for the ministry context

*Shaped by His word: serving His world*

## INFORMATION ABOUT THIS UNIT

### Important Academic Information

Please be aware of the requirements and policies about [lecture attendance](#), [study load](#), [late submission of assignments](#), [passing this unit](#), and [plagiarism](#).

### Teaching Staff Contacts

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### Additional Information

<b>Start Date</b>	12/07/2021	<b>End Date</b>	12/11/2021
<b>Credit Points</b>	12	<b>Census Date</b>	20/08/2021
<b>Co / Pre-Requisites</b>	N/A		
<b>Contact Hours</b>	39	<b>Non-contact hours</b>	Approx. 7 per week
<b>Moderation</b>	This unit is at times moderated by the ACT. See <a href="#">ACT Moderation Policy</a> for more info.		

### Assessment Summary

Assessment Item	Details	Due Date	Weighting
<b>PC003-712</b>			
Theological Response	1000 words	26/07/2021	20%
Reflective Skills, Attitudes and Knowledge Development Journal	2500 words	28/10/2021	35%
Case Study Project	3000 words	08/11/2021	45%
<b>PC003-812</b>			
Theological Response	1000 words	26/07/2021	20%
Reflective Skills, Attitudes and Knowledge Development Journal	2500 words	28/10/2021	30%
Case Study Project	3500 words	08/11/2021	50%

### Unit Learning Outcomes and Content

See the ACT website for unit learning outcomes and content:

- <https://www.actheology.edu.au/unit/PC003-712/>
- <https://www.actheology.edu.au/unit/PC003-812/>

## UNIT TIMETABLE

Week	Date	Topic
1	July 12	<b>Pastoral Care and Theology</b> <ul style="list-style-type: none"> <li>• Introduction to the aims and methods of Pastoral Care</li> <li>• Theology of Pastoral care, Christian community and the presence of God</li> <li>• <i>Introducing Assessment One</i></li> </ul>
2	July 19	<b>A Framework and Connection</b> <ul style="list-style-type: none"> <li>• Introducing a framework for pastoral skills and methods</li> <li>• Connection and relational skills</li> <li>• Case study Depression</li> </ul>
3	July 26	<b>Understanding oneself and others. principles and processes</b> <ul style="list-style-type: none"> <li>• Suffering, normality and flourishing</li> <li>• Anthropology</li> <li>• Understanding questions and attitudes</li> <li>• <i>Introducing Assessment Two</i></li> </ul>
4	Aug 2	<b>Understanding oneself and others. principles and processes</b> <ul style="list-style-type: none"> <li>• The social and physical person</li> <li>• Understanding the mind</li> </ul>
5	Aug 9	<b>Understanding oneself and others.</b> <ul style="list-style-type: none"> <li>• The inner person and the Spirit</li> <li>• Applying understanding tools</li> </ul>
Mission Exposure Week – No Lectures		
6	Aug 23	<b>Responding. Tools and interventions in pastoral care.</b> <ul style="list-style-type: none"> <li>• Jesus and Pastoral Care</li> <li>• The Pastoral Care tool kit</li> <li>• Responding to the whole person as a pastoral carer, pastoral counsellor or coach</li> </ul>
7	Aug 30	<b>Engaging Help – The Whole Church</b> <ul style="list-style-type: none"> <li>• Community resources for pastoral care and Referral</li> <li>• Supervision</li> <li>• Servant leadership in pastoral care.</li> </ul>
8	Sept 6	<b>Evaluation &amp; Managing a case in a ministry context</b> <ul style="list-style-type: none"> <li>• Evaluation</li> <li>• Mechanics of care in ministry settings</li> </ul>
9	Sept 13	<b>Pastoral Care Scenarios</b> <ul style="list-style-type: none"> <li>• Mental Health disorders</li> </ul>
10	Sept 20	<b>Pastoral Care Scenarios</b> <ul style="list-style-type: none"> <li>• Relationships</li> <li>• Marital struggles and divorce</li> <li>• Preparing a case</li> </ul>
	Sep 27	Mid-Semester Break
	Oct 4	Public Holiday
11	11 Oct	<b>Pastoral Care Scenarios</b> <ul style="list-style-type: none"> <li>• Dying, death and bereavement; the grief process</li> <li>• People with disabilities and their carers</li> <li>• <i>Introducing Assessment Three</i></li> </ul>

12	18 Oct	<b>Pastoral Care Scenarios</b> <ul style="list-style-type: none"> <li>• Suicide</li> <li>• Addictions</li> </ul>
13	25 Oct	<b>Pastoral Care Scenarios</b> <ul style="list-style-type: none"> <li>• Domestic Violence</li> <li>• Adjustment problems</li> <li>• Closing the course</li> </ul>
	Nov 1	Study Week
	Nov 8	Exam Week

**Skills Practice Partners**

A primary purpose of this course is to develop pastoral skills which require practice in a safe setting. From week 2 students will meet together in twos outside of class to engage in skills practice for an hour or agreed upon time. This will inform the Skills Journal - Assessment 2. Further information will be provided in week 2.

# ASSESSMENT OUTLINE FOR PC000-712

This applies to students who are enrolled at Bachelor level.

<b>Assessment 1</b>	<b>Item</b>	Theological Response (1000 words)
	<b>Details</b>	<p><b>Part 1:</b></p> <p><i>A theologically sound church, faithful in their preaching of the gospel and heavily invested in evangelism and discipleship have started to look into creating a vision statement for pastoral care at the church and creating a pastoral care team. A senior member of the congregation approaches the pastor and asks, "Why are we taking on another ministry and what does this have to do with God's call to make disciples? What can we do anyway? We're not trained professionals."</i></p> <p>Write a theologically based response, engaging with secondary literature that discusses the aims and methods of pastoral care.</p> <p><b>Part 2 (20 words):</b> Based on your response, produce a vision statement for the church's pastoral care practice</p>
	<b>Due Date</b>	26 July 2021 4pm (Week 3)
	<b>Weighting</b>	20%

<b>Assessment 2</b>	<b>Item</b>	Reflective Skills, Attitudes and Knowledge Development Journal (2500 words total)
	<b>Details</b>	<p>Students will engage in a skills-based record of practice and reflective journal around pastoral care attitudes, skills and knowledge. Responses will include:</p> <p><b>Skills</b></p> <ul style="list-style-type: none"> <li>• Skills practice task</li> <li>• Record of practice</li> </ul> <p><b>Reflection</b></p> <ul style="list-style-type: none"> <li>• Self-reflection of attitudes and skills including discussion of ethical practice</li> <li>• Critical engagement</li> <li>• Biblical interaction and evidence-Based resource engagement (1 item)</li> </ul> <p><i>Journal entries will cover five areas of attitudes, skills and knowledge development over the course of the semester (500 words each):</i></p> <ol style="list-style-type: none"> <li>1. <i>Connecting</i></li> <li>2. <i>Understanding</i></li> <li>3. <i>Responding</i></li> <li>4. <i>Engaging help</i></li> <li>5. <i>Evaluating practice and planning</i></li> </ol> <p>The format for this will be provided in class in Week 3.</p>
	<b>Due Date</b>	Thursday, 28 <sup>th</sup> October, 5:00pm

	<b>Weighting</b>	35%
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<b>Assessment 3</b>	<b>Item</b>	Case Study Project (3000 words)
	<b>Details</b>	<p>Choose a scenario in which a person is seeking pastoral care support in response to:</p> <ul style="list-style-type: none"> <li>• <i>Mental health concerns</i></li> <li>• <i>Living with a disability</i></li> <li>• <i>Pre-marriage/marital conflict/divorce</i></li> <li>• <i>Death/dying and grief</i></li> <li>• <i>Other area of interest as discussed with Lecturer</i></li> </ul> <p><u>Part 1 (500 words):</u> Engaging with relevant literature on the scenario/diagnoses, outline the possible impact on the whole person, including:</p> <ul style="list-style-type: none"> <li>• social participation and environment</li> <li>• physical being i.e. health, behaviour, etc</li> <li>• mind i.e. cognition, thinking, mood etc.</li> <li>• heart i.e. sense of value, identity/purpose</li> <li>• relationship with God</li> </ul> <p>Interact with Scripture where relevant.</p> <p><u>Part 2 (500 words):</u> Interacting with Scripture and secondary literature, discuss possible outcomes of pastoral care in response to a concern in each of the above-mentioned areas (e.g. where could they be?).</p> <p><u>Part 3 (2000 words):</u> In light of part 1 &amp; 2 outline an approach of pastoral care from a pastoral carer and their church for a person in this situation, drawing on appropriate literature. Demonstrate an understanding of the following (as relevant):</p> <ul style="list-style-type: none"> <li>• Professional, safe and ethical practice</li> <li>• Whole church response including training and equipping</li> <li>• Referral</li> <li>• Church policy</li> <li>• Caring for carers</li> </ul>
	<b>Due Date</b>	Monday, 8 <sup>th</sup> November, 9:00pm
	<b>Weighting</b>	45%

# ASSESSMENT OUTLINE FOR PC003-812

This applies to students who are enrolled at Masters level.

<b>Assessment 1</b>	<b>Item</b>	Theological Response (1000 words)
	<b>Details</b>	<p><b>Part 1:</b></p> <p><i>A theologically sound church, faithful in their preaching of the gospel and heavily invested in evangelism and discipleship have started to look into creating a vision statement for pastoral care at the church and creating a pastoral care team. A new believer hears that the plan will include supporting people with mental health concerns and suggests, "The Bible doesn't say anything about mental health. Why is the church getting involved? Is it even ethical? Wouldn't the support be best left to the professionals?"</i></p> <p>Write a theologically based response, critically engaging with secondary literature that analyses the aims and methods of pastoral care.</p> <p><b>Part 2 (20 words):</b> Based on your response, produce a vision statement for the church's pastoral care practice</p>
	<b>Due Date</b>	26 July 2021 4pm (Week 3)
	<b>Weighting</b>	20%

<b>Assessment 2</b>	<b>Item</b>	Reflective Skills, Attitudes and Knowledge Development Journal (2500 words total)
	<b>Details</b>	<p>Students will engage in a skills-based record of practice and reflective journal around pastoral care attitudes, skills and knowledge. Responses will include:</p> <p><b>Skills</b></p> <ul style="list-style-type: none"> <li>• Skills practice task</li> <li>• Record of practice</li> </ul> <p><b>Reflection</b></p> <ul style="list-style-type: none"> <li>• Self-reflection of attitudes and skills including discussion of ethical practice</li> <li>• Critical engagement</li> <li>• Biblical interaction and evidence-based resource engagement (2 items)</li> </ul> <p><i>Journal entries will cover five areas of attitudes, skills and knowledge development over the course of the semester (500 words each):</i></p> <ol style="list-style-type: none"> <li>6. <i>Connecting</i></li> <li>7. <i>Understanding</i></li> <li>8. <i>Responding</i></li> <li>9. <i>Engaging help</i></li> <li>10. <i>Evaluating practice and planning</i></li> </ol> <p>The format for this will be provided in class in Week 3.</p>

	<b>Due Date</b>	Thursday, 28 <sup>th</sup> October, 5:00pm
	<b>Weighting</b>	30%

<b>Assessment 3</b>	<b>Item</b>	Case Study (3500 words)
	<b>Details</b>	<p><i>Choose a scenario in which a person is seeking pastoral care support in response to:</i></p> <ul style="list-style-type: none"> <li>• <i>Unemployment and work-related stress</i></li> <li>• <i>Long term illness e.g. cancer</i></li> <li>• <i>Alcoholism or drug dependence</i></li> <li>• <i>Domestic violence or abuse</i></li> <li>• <i>Other area of interest as discussed with Lecturer</i></li> </ul> <p><u>Part 1 (500 words):</u> Engaging with relevant literature on the scenario/diagnoses, outline the possible impact on the whole person including:</p> <ul style="list-style-type: none"> <li>• social participation and environment</li> <li>• physical being i.e. health, behaviour, etc</li> <li>• mind i.e. cognition, thinking, mood etc.</li> <li>• heart i.e. sense of value, identity/purpose</li> <li>• relationship with God</li> </ul> <p>Interact with Scripture where relevant.</p> <p><u>Part 2 (500 words):</u> Interacting with Scripture and secondary literature, critically evaluate possible outcomes of pastoral care in response to a concern in each of the above-mentioned areas (e.g. where could they be?).</p> <p><u>Part 3 (2500 words):</u> In light of part 1 &amp; 2 outline an approach of pastoral care from a pastoral carer and their church for a person in this situation, interacting with appropriate literature. In your answer critically interact with two models of pastoral care. Demonstrate an understanding of the following (as relevant):</p> <ul style="list-style-type: none"> <li>• Professional, safe and ethical practice</li> <li>• Whole church response including training and equipping</li> <li>• Referral</li> <li>• Church policy</li> <li>• Caring for carers</li> </ul>
	<b>Due Date</b>	Monday, 8 <sup>th</sup> November, 9:00pm
	<b>Weighting</b>	50%

## READING MATERIALS

\* Books marked with an asterisk are on the Frozen Shelf in the library.

### Prescribed text

- Warlow, J. *The Cure for Life: Part 1 – God Centred Transformation*. Gold Coast: Ocean Reeve, 2017.
- Warlow, J. *The Cure for Life: Part 2 – God Centred Relationships*. Gold Coast: Ocean Reeve, 2018.

### General texts

- Benner, D. *Strategic Pastoral Counseling*. Grand Rapids: Baker Academics 2003.
- Scalise, Eric T., and Tan, Siang-Yang. *Lay Counseling, Revised and Updated: Equipping Christians for a Helping Ministry*. Grand Rapids: Zondervan, 2016.

### Topic texts

- Scholar, A. *A Third Book*. Oxford: Oxford University Press, 2015.
- Baab, Lynne M. *The Power of Listening: Building Skills for Mission and Ministry*. Lanham: Rowman & Littlefield, 2014.
- Beeley, Christopher A. *Leading God's People: Wisdom from the Early Church for Today*. Grand Rapids: Eerdmans, 2012.
- Clinebell, Howard. *Basic Types of Pastoral Care and Counseling: Resources for the Ministry of Healing and Growth*. 3rd ed. Nashville: Abingdon Press, 2011.
- Collins, Gary R. *Christian Counselling: A Comprehensive Guide*. 3rd ed. Nashville: Thomas Nelson, 2007.
- Crabb, Larry. *Understanding People: Why We Long for Relationship*. Grand Rapids: Zondervan, 2013.
- Grcevich, Stephen. *Mental Health and the Church: A Ministry Handbook for Including Children and Adults with ADHD, Anxiety, Mood Disorders, and Other Common Mental Health Conditions*. Grand Rapids: Zondervan, 2018.
- Holeman, V. T. *Theology for Better Counseling: Trinitarian reflections for Healing and Formation*. Downers Grove: IVP, 2012.
- Nash, Paul, Katherine Darby, and Sally Nash. *Spiritual Care with Sick Children and Young People*. 2015.
- Nikles, D. and S. *Cycles of Transformation*. 2nd ed. Brisbane: Dawen, 2010.
- Nolasco, Rolf. *Compassionate Presence: A Radical Response to Human Suffering*. Eugene: Cascade Books, 2016.
- Pembroke, Neil. *Renewing Pastoral Practice: Trinitarian Perspectives on Pastoral Care and Counselling*. Aldershot; Burlington: Ashgate Pub. 2006.
- Petersen, Bruce. L. *Foundations of Pastoral Care*. Kansas City: Beacon Hill Press, 2007.
- Shelp, E. E. and R. H. Sunderland. *Sustaining Presence, A Model of Caring by People of Faith*. Nashville: Abingdon, 2002.
- Tautges, P. *Comfort Those Who Grieve: Ministering God's Grace in Times of Loss*. Leominster: DayOne, 2009.
- Warlow, J. *The CURE for Life: Part 3 - The Biblical Foundations*. Gold Coast: Ocean Reeve, 2021.
- Wilder, J., *Renovated: God, Dallas Willard, and the Church That Transforms*. Navpress: Colorado Springs, 2020

## GRADUATE OUTCOMES FOR THIS UNIT

See [BST Graduate Attributes](#) in the Student Handbook on Moodle.

Attribute	Emphases of Unit			Comment
	Strong	Moderate	Light	
<b>Passionate discipleship</b>	✓			God-centred Pastoral care is a response that comes from the understanding of Christ's work on our behalf. A God-centred, loving response to the pain of others reflects a mature understanding of God's response to our suffering.
<b>Sound knowledge of Bible</b>		✓		The work of God in the Bible is foundational for the approach to pastoral care. This unit will encourage students to develop their theological reasoning for engaging in pastoral care as a whole church.
<b>Humility and faithfulness</b>	✓			The basis of quality pastoral care requires the humility that comes from understanding Christ's work. This includes understanding one's limitations and acknowledging one's own struggles, yet responding in loving faithfulness to the struggles of others.
<b>Communicating the Gospel</b>		✓		Many of the pastoral care skills taught in this unit will be beneficial for sharing the hope of the gospel to those who are in need.
<b>Commitment to mission</b>	✓			Pastoral care is a foundational response to the needs of those who are suffering across geography, culture and gender. An understanding of basic pastoral skill and methods is necessary for those entering ministry locally or overseas.
<b>Commitment to team ministry</b>	✓			This unit emphasises the significance of the body of Christ for ministering, as a community, to those who are suffering.
<b>Basic ministry skills</b>	✓			Pastoral skills and methods will provide both the theoretical underpinnings and the opportunity to develop skills in the area including, listening, understanding a variety of situations and working in a team.
<b>Commitment to lifelong learning</b>	✓			Pastoral care skills and methods provides a framework for ongoing evaluation of attitudes, skills and knowledge and the importance of accessing support for oneself. This unit has an integrated reflection component.