

MODELS OF PASTORAL COUNSELING

IPS 517

Fall, 2008

T 1:00 pm - 3:30 pm

WTC – LT-914

Dr. Jerome Wagner

DH 616

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Office Hours: Before and after class; or by appointment

COURSE DESCRIPTION

Models of counseling act like paradigms that inform therapists about what is important to focus on in their clients and what is healing, restorative, and growth-inducing in therapy. Each model says something about what normal and abnormal functioning looks like and how therapy helps a person move from unhealthy to healthy functioning. Pastoral counseling draws on both psychological and spiritual traditions to create a psychologically informed spirituality and a spiritually based psychology. This survey course will explore representative paradigms from three broad traditions in Western psychology and the spiritual dimensions of these approaches: psychoanalytic (which includes the models of drive, ego, object-relations, and self), behavioral-cognitive, and humanistic-existential-transpersonal. We will also look at multi-cultural, feminist, and integrative counseling approaches. We will reflect on: Who do you think you are (as a pastoral counselor)? What do you think you're doing? Who do you think you're doing it with? What makes you think it works? What is pastoral about what you're doing?

COURSE SCHEDULE

Aug. 26	Introduction to Models of Counseling and Psychotherapy	TMCP 1; IO/OI 1; SOP 1
Sept. 02	Psychoanalytic Model	TMCP 2; IO/OI 2, 3; SOP 2, 5
Sept. 09	Ego Model	IO/OI 4, 5
Sept. 16	Object Relations Model	IO/OI 6, 8; SOP 7
Sept. 23	Self Model	TMCP 3; IO/OI 7
Sept. 30	Adlerian Model	TMCP: 4
Oct. 07	Mid Term Break	
Oct. 14	Reality Therapy and Behavioral Model	TMCP: 8, 9

Oct. 21	Cognitive Model	TMCP 10; SOP 4
Oct. 28	Rational-Emotive-Behavioral Model	TMCP 11
Nov. 04	Person-Centered Model	TMCP 6; SOP 9
Nov. 11	Existential Model	TMCP 5; SOP 6
Nov. 18	Gestalt Model	TMCP 7
Nov. 25	Multi-Cultural, Feminist Model	IO/OI 9, 10
Dec. 02	Integrative Models	TPCP 15; SOP 8, 10, 11, 12, 13

COURSE TEXTS

Required

Berzoff, J., Melano Flanagan, L, Hertz, P. (2002). *Inside out and outside in*. Northvale, N.J.: Aronson. ISBN 0-7657-0342-4 [IO/OI]

Fall, K., Holden, J., Marquis, A. (2004). *Theoretical models of counseling and psychotherapy*. (7th ed). New York, N.Y.: Brunner-Routledge. ISBN 1-58391-068-9 [TMCP]

Sperry, L. & Shafranske, E. (2005). *Spiritually oriented psychotherapy*. Washington, D.C.: American Psychological Association. ISBN 1-59147-188-5 [SOP]

COURSE REQUIREMENTS

- 1) Regular class attendance, class preparation by reading the required materials, and class participation are expected.
- 2) For each model, learners will write a 3-4 page paper summarizing what that theory says about *healthy functioning, unhealthy functioning, and therapeutic intervention*. Learners will then give their reflection on the *pastoral implications* of the model. Each summary paper is due the day the model will be covered in class. Late papers will be reduced one letter grade. [Proof-setting: use Times New Roman Font, 12 point type, 1 or 1 ½ line spacing, and leave no more than 1 inch margin on top, bottom, and sides.]

**HEALTHY
FUNCTIONING**

**UNHEALTHY
FUNCTIONING**

**THERAPEUTIC
INTERVENTION**

**PASTORAL
IMPLICATIONS**

**PSYCHOANALYTIC MODEL
EGO MODEL
OBJECT RELATIONS MODEL
SELF MODEL
ADLERIAN MODEL
REALITY THERAPY MODEL
BEHAVIORAL MODEL
COGNITIVE MODEL
REBT MODEL
PERSON-CENTERED MODEL
EXISTENTIAL MODEL
GESTALT MODEL
INTEGRATIVE MODEL**