



Nazarene Theological Seminary

1700 E Meyer Blvd • Kansas City, MO 64131 • 816/268-5400

Master's Degree Semester Course Syllabus, V. 3

COU/SPF675 Counseling and Spirituality

Fall 2011 Tuesdays 6:00-9:35pm

NOTE: A course syllabus will sometimes go through more than one version, reflecting scheduling updates and/or the addition of detail as the course unfolds. The document header indicates the version #. Students are responsible for the latest version of the syllabus which will be made available along with email notice on *Moodle*.

Essential Information

Please refer to the following resources for information essential for the successful completion of courses and degree programs at Nazarene Theological Seminary. Links to these resources are available in the Essential Information section at <http://support.nts.edu>.

- NTS Mission Statement & Purpose Degree Objectives
- Tips for online learning success
- NTS library services
- NTS textbook information
- Online technical requirements and Moodle support information
- NTS Student Handbook including statements on quality of work, plagiarism, and academic probation
- *Handbook for Inclusive Language*

Instructor Information

Professor: Charlotte Rosenak, Ph.D.

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Office Hours: by appointment

Course Description & Rationale

This course addresses the interface and integration of faith and psychology. Students will identify the spiritual dimensions in their pastoral counseling work, explore the role of spiritual practices in their counseling, and attend to their own spiritual growth and formation. The course can count toward the Certificate in Spiritual Formation and satisfies a requirement for the pastoral counseling specialization of the MDiv and the pastoral counseling emphasis in the MA Counseling program at MidAmerica Nazarene University. [Dr. Rosenak wishes to express appreciation to Rev. Dr. Douglas S. Hardy for the creation of the majority of the syllabus.]

Degree Objectives

Master of Divinity

1. Mature knowledge of God and self, attained through practices of Christian formation and personal discipline.
4. Cultivation of gifts, practical skills, and vocational identity as a minister of the Gospel of Jesus Christ through engagement in and reflection on the pastoral arts.

Course Outcomes

This course provides students with the opportunity to:

1. Define spirituality and its relationship to psychology, theology, and religious practice. (Assignments #2,3,4,5,6)
2. Identify the spiritual dimensions of their own lives, the lives of those whom they counsel, and the practice of counseling itself. (Assignments #2,3,5,6,7,8,9)
3. Strategize and implement personal spiritual practices. (Assignments #2,6,7,9)
4. Develop skills for counseling in a spiritually sensitive and respectful manner. (Assignments #3,4,5,6,8)
5. Articulate a Christian theology of pastoral counseling that exhibits capacity for engaging diverse religious and spiritual approaches and issues. (Assignments #3,4,5,8)

Church of the Nazarene COSAC Competencies

- Ability Statements CN20, CP13, CH7, CH8, CH9 found in the Church of the Nazarene *Handbook for Christian Ministries*, Course of Study Advisory Committee-USA Clergy Development (September 2005), available at <http://www.nazarenepastor.org/ClergyEducation/LinkClick.aspx?link=Resources/USAHB.pdf&tabid=74>

- Competencies for Integrating Spirituality into Counseling as identified by The Association for Spiritual, Ethical, and Religious Values in Counseling: A Division of the American Counseling Association, available at <http://www.aservic.org/resources/spiritual-competencies/>

Required Texts & Course Materials

Hall, Todd W. & Mark R. McMinn (Eds).(2003). *Spiritual formation, counseling, and psychotherapy*. New York: Nova Science. [ISBN: 9791590334538 290pp.]

Morgan, Oliver (Ed). (2007). *Counseling and spirituality: Views from the profession*. Boston: Lahaska Press / Houghton Mifflin. [ISBN: 978-0618474943 249pp.]

Sperry, Len. (2001). *Spirituality in clinical practice: Incorporating the spiritual dimension in psychotherapy and counseling*. Philadelphia: Taylor & Francis / Brunner-Routledge. [ISBN: 9781583910672 224pp.]

Topper, Charles. (2003). *Spirituality in pastoral counseling and the community helping professions*. Binghamton, NY: The Haworth Press. [ISBN: 9780789018489 158pp.]

Selected articles TBD.

Recommended Texts & Course Materials

Capps, Donald. (2008). *Jesus the village psychiatrist*. Westminster John Knox. [ISBN: 9780664232405]

Griffith, James L. & Melissa Elliott Griffith. (2002). *Encountering the sacred in psychotherapy: How to talk with people about their spiritual lives*. Guilford Press.

Helmeke, Karen B., & Catherine Ford Sori (Eds).(2006). *The Therapist's Notebook for Integrating Spirituality in Counseling (Volumes I & II)*. Binghamton, NY: The Haworth Press. [ISBN: 9780789032966 250pp.]

McMinn, Mark R. (1996). *Psychology, theology, and spirituality in Christian counseling*. Tyndale House.

Miller, Geri. (2002). *Incorporating spirituality in counseling and psychotherapy: Theory and technique*. Wiley.

Stevenson, Daryl H., Brian E. Eck, & Peter C. Hill. (Eds). (2007). *Psychology & Christian integration: Seminal works that shaped the movement*. Batavia, IL: Christian Association for Psychological Studies. [ISBN: 9780979223709 378pp.]

Ulanov, Ann Belford. (2007). *The unshuttered heart: Opening aliveness/deadness in the self*. Nashville: Abingdon. [ISBN: 9780687494668 244pp.]

Course Assignments & Requirements

1. Attend classes and participate in discussion.
2. Read the assigned texts according to the Class Schedule at the end of this syllabus as preparation for class discussion and resources for the Papers you will write. (Outcomes #1,2,3)
3. Experiential Exercise 1: Interview a minimum of 2 people about their definition & understanding of “spirituality”—one must be an adherent of a religion other than Christianity; another must consider his or herself “spiritual, but not religious”. Write up a 2-page summary. Due: September 27 (Outcomes #1,2,4,5)
4. Paper 1: “What is Spirituality?” In approximately 10-12 pages, provide a working definition of “spirituality”, explain its relation to religion & psychology, and describe how a client’s spirituality relates to issues that emerge in counseling. Due: October 11 (Outcomes#1,4,5)
5. Experiential Exercise 2: Interview a pastoral counselor about their definition & understanding of their vocation. Write up a 4-page summary. Try to point out similarities and differences in relation to other therapeutic and spiritual practitioners, and explain the role of the counselor’s spirituality in the practice of counseling. Due: November 1 (Outcomes #1,2,4,5)
6. Paper 2: “Integration of counseling and spirituality: A Thought Piece.” Elements of integration in counseling and spirituality include, but are not limited to, principles of love, hope and faith, God as an active source of strength and wisdom, prayer, Scripture study, forgiveness, and reconciliation. Write a 2-page essay on how you will use these and other elements of your faith when interfacing with clients /helpees. Due: November 15 (Outcomes #1,2,3,4)
7. Experiential Exercise 3: Compose a chart with three columns: “My Core Religious/Spiritual Beliefs”, “My Religious/Spiritual Practices”, and “My Core Counseling Practices”. Do a thorough self-assessment, matching up items in column 1 with those in columns 2 & 3 as much as possible. Due: November 29 (Outcomes #2,3)
8. Paper 3: “How Does a Christian Counselor Engage Spirituality in Clients?” In approximately 10-12 pages, articulate (a) a theology of Christian pastoral counseling that integrates your faith commitments with the ethical standards of the (pastoral) counseling profession, and (b) a

description of specific practice implications for counseling with religiously & spiritually diverse clients. Due: December 13 (Outcomes #2,4,5)

9. Paper 4: "Personal Spiritual Practices Plan." In 1-2 pages describe your personal strategy of spiritual practices for nurturing personal & professional health & well-being. Due: December 13 (Outcomes #2,3)

Distribution of Student Learning Hours

	Hours
Face-to-face Class Sessions	39
Online Participation in forums, groups, etc.	0
Reading	50
Writing	39
Other Assignments and Learning Activities	8
Exams & Quizzes	0
TOTAL	136

Method for Submitting Assignments

This course requires internet access to NTS *Moodle* for instructional information about assignments and electronic assignment submission. Do not send assignments to the professors via email.

Form and Style Expectations

All formal written documents are to be carefully proof-read for correct spelling and grammar before submission; it is the responsibility of the student to ensure "clean" copy, even if it means securing assistance. Students will observe Inclusive Language usage guidelines as found at <http://wcwim.org/other-resources/writing-resources/>. All research-based written documents are to utilize complete in-text source citation with accompanying bibliography or reference list, according to Turabian, Kate L. *A Manual for Writers of Research Papers, Theses, and Dissertations: Chicago Style for Students and Researchers, 7th edition*, Revised by Wayne C. Booth, et al. (Chicago: University of Chicago Press, 2007).

Inclusive Language

NTS is committed to the equality of women and men. Recognizing that people have often used the English language in ways that imply the exclusion or inferiority of women, NTS urges students, faculty, and staff to avoid sexist language in public discourse, in classroom discussions, and in their writings. All written work presented to meet course requirements must use gender inclusive language.

Policy Regarding Late Work

All written work is expected to be handed in by 11:00 PM – Central Time on the due date given. Late work will be marked down 10% for every week (or portion thereof) that it is late.

Course Grading

Attendance & Class Participation	11%
Experiential Exercises	27% (divided by 3)
Papers	62% (divided by 4)

Grading Scale:

A = 91 – 100

B = 81 – 90

C = 71 – 80

D = 61 – 70

Accordingly, NTS will make reasonable modifications to its programs and activities to accommodate otherwise qualified students with disabilities, unless such modifications would impose an undue burden on the operation of the particular program or activity or would fundamentally alter the nature or purpose of the program or activity. Students needing accommodations should contact the Office of the

Registrar. They also should contact the instructor no later than the end of the first class session to discuss learning needs and adaptive strategies that have been beneficial for the student in the past.

Class Attendance

Attendance and class participation is 11% of your total grade. If you must be absent due to extenuating circumstances, please contact me as soon as possible to discuss the situation. If you are absent four or more weeks of the semester, you may fail the class automatically.

Daily attendance records must be reported for those obtaining V.A. and Department of Education benefits. Students must make the professor aware if their attendance must be recorded.

Course Calendar

Date	Topic	Assignments (all due by 6:00pm)
September 13	Unit 1: What is “Spirituality”?	
September 20	Naming the Territory in its Diverse Expressions	Read: Morgan, chs. 1-4
September 27	Spirituality/Religion & Psychology	Read: Morgan, chs. 5-8 Experiential Exercise 1 Due
October 4	Spiritual Expressions, Issues, & Domains in Therapy	Read: Morgan, chs. 9-12
October 11	Unit 2: Who is a “Pastoral Counselor?”	Read: Sperry, Parts I & II Paper 1 Due
October 18	<i>Reading & Research Week—no class</i>	
October 25	The Vocation of Pastoral Counselor	Read: Sperry, Parts III & IV
November 1	The Spirituality & Spiritual Practices of the Counselor	Read: Topper, chs. 1-3 Experiential Exercise 2 Due

November 8	Collaboration with Other Religious & Spiritual Professionals	Read: Topper, chs. 4-7
November 15	Unit 3: How Does a Christian Counselor Engage Spirituality in Clients?	Read: Hall & McMinn, Part I Paper 2 Due
November 22	Spirituality & Theology	Read: Hall & McMinn, Part II
November 29	Integrative Approaches to Therapeutic Process & Spiritual Formation	Read: Hall & McMinn, Part III Experiential Exercise 3 Due
December 6	Diversity of Cultures, Religious Beliefs, & Religious Practices	Read: Hall & McMinn, Part IV
December 13	Course Retrospective	Paper 3 & Paper 4 Due