PT 551  Pastoral/Spiritual Care and Practice  
Spring 2019

INSTRUCTOR

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PURPOSE

To be a caregiver of another psyche or soul in times of everyday discernment, life transitions, trauma or crisis is a sacred and privileged call. As human beings our first instinct is to “fix” what is wrong and restore the comfort of the other and of ourselves. To be present with another’s suffering without imposing our own opinions, prejudices or agenda is a critical skill. The goal of this course is:

• to facilitate a level of self awareness conducive to caring without harm to the other
• to develop skills in the practice of pastoral/spiritual care
• to clarify the similarities and the differences in pastoral care, pastoral counselling and spiritual direction
• to learn the importance of a personal spiritual practice as self care

COMPETENCE OBJECTIVES

• Demonstrate awareness of self - personally, theologically and spiritually - in the pastoral/spiritual caring relationship
• Develop a clear sense of the scope of practice in the pastoral/spiritual professional role and its limitations
  • articulate an understanding of pastoral counselling and spiritual direction
  • demonstrate skills in active/embodied listening
  • develop awareness of and sensitivity to the dynamics of power and authority within a pastoral/spiritual care relationship
  • develop comprehension of and sensitivity to personal and professional boundaries
• Demonstrate knowledge of different approaches to Christian spirituality and practices
  • articulate an approach that facilitates student’s personal spiritual growth and development
FORMAT

This course is designed to include discussion of assigned reading and lectures, in-class experiential practice, student presentations and pastoral/spiritual care practice in the community. Assignments will be due throughout the semester as outlined in the syllabus (available the first day of class).

The PT551 class is scheduled for Monday mornings 9am -12 pm on Jan 21, Feb 4, Mar 11, Mar 25, Apr 8 and the Spring On Site Intensive weekend Feb 21-25. Due to the experiential nature of the course content, distance students must connect simultaneously with Monday morning class meeting times and must be present in person during the long weekend intensive classes.

TEXTS


Available at UBC Bookstore

EXPECTATIONS AND EVALUATIONS

1. All students in this course must have a current Police Record check on file with the Theological Field Education office at VST to take this course. It is your responsibility to bring or send evidence of that to the first class.
2. Attendance as specified by VST requirements: reading all required assignments before class, preparation of in-class reflections, presentations and discussions, and participation in in-class discussions, experiential practices and group reflections. In the small group, confidentiality and respect for differences will be two of the norms.
3. Beginning the week of January 28 each student will be expected to do a minimum of one hour of pastoral/spiritual conversation or visit each week; a minimum of 6 hours for the course. Guidelines will be provided about how to set up the required of pastoral/spiritual conversations or visits.
4. Students will submit 2 written verbatim reports to their small groups during the course.
5. Submit 2 brief journal reflections on personal insights gained through their experience in the course; due March 7 and April 4.
6. Students will collaborate with at least one other student to present one of the approaches to Christian spirituality to the class.
7. Each student will write an 8-10 page reflection paper in which they evaluate their ability to engage this learning process and their progress in developing the course competencies.
8. Evaluation is based on participation in class discussion and assignments, and on the final written assignment as outlined above. Guidelines will be given in class for all assignments.
SELECT BIBLIOGRAPHY

Collicutt, Joanna, *Thinking of You: A Resource for the Spiritual Care of People with Dementia*, BRF (Bible Reading Fellowship), 2017


Driskill, Joseph D., *Protestant Spiritual Exercises: Theology, History and Practice*, Morehouse 1999


