

Pastoral Care – Lay Academy 2021  
The Rev. Kristin Klade – k.r.klade@gmail.com

### Required Texts

Doehring, Carrie. *The Practice of Pastoral Care: A Postmodern Approach*. Westminster John Knox Press, 2015.

Lipsky, Laura van Dernoot. *Trauma Stewardship: An Everyday Guide to Caring for Self while Caring for Others*. Berrett-Koehler Publishers, 2009.

### Suggested Readings

#### General Pastoral Care:

Roberts, Stephen B. (Ed.). *Professional Spiritual and Pastoral Care: A Practical Clergy and Chaplain's Handbook*. Woodstock: Skylight Paths, 2011.

Dykstra, Robert C. *Images of Pastoral Care: Classic Readings*. Danvers: Chalice Press, 2005.

Kujawa-Holbrook, Sheryl A. & Karen B. Montagno. *Injustice and the Care of Souls: Taking Oppression Seriously in Pastoral Care*. Minneapolis: Fortress Press, 2009.

Long, Thomas G. *What Shall We Say? Evil, Suffering, and the Crisis of Faith*. Cambridge: Wm. B. Eerdmans, 2011.

Stone, Howard W. *Strategies for Brief Pastoral Counseling*. Minneapolis: Augsburg Fortress, 2001.

Culbertson, Philip. *Caring for God's People: Counseling and Christian Wholeness*. Minneapolis: Fortress Press, 2000.

#### Depression:

Stone, Howard W. *Depression and Hope: New Insights for Pastoral Caregiving*. Minneapolis: Fortress Press, 1998.

#### Death and Dying:

Verhey, Allen D. *The Christian Art of Dying: Learning from Jesus*. Grand Rapids: Wm. B. Eerdmans Publishing Co., 2011.

Dunn, Hank. *Hard Choices for Loving People: CPR, Feeding Tubes, Palliative Care, Comfort Measures, and the Patient with Serious Illness*, 6<sup>th</sup> Ed. Naples: Quality of Life Publishing Co., 2016.

#### Cancer and Serious Illnesses:

Bowler, Kate. *Everything Happens for a Reason: And Other Lies I've Loved*. New York: Random House Trade Paperbacks, 2019.

Kuner, Susan, Carol Orsborn, Linda Quigly, & Karen Stroup. *Speak the Language of Healing: Living with Breast Cancer without Going to War (New Approach to Breast Cancer)*. Nashville: Red Wheel, 1999.

Gawande, Atul. *Being Mortal: Medicine and What Matters in the End*. New York: Picador, 2017.

Kalanithi, Paul. *When Breath Becomes Air*. New York: Random House, 2016.

#### Dementia, Alzheimer's, and Aging:

Boss, Pauline. *Loss, Trauma, and Resilience: Therapeutic Work with Ambiguous Loss*. New York: W. W. Norton & Company, 2006.

Koenig, Harold, and Andrew J. Weaver. *Pastoral Care of Older Adults*. Minneapolis: Fortress Press, 2000.

Swinton, John. *Dementia: Living the Memories of God*. Grand Rapids: Eerdmans, 2012.

Boss, Pauline. *Loving Someone Who Has Dementia: How to Have Hope While Coping with Stress and Grief*. San Francisco: Jossey-Bass, 2011.

#### Addiction:

Nelson, James B. *Thirst: God and the Alcoholic Experience*. Louisville: Westminster John Knox Press, 2004.

#### Children & Youth :

Grossoehme, Daniel H. *The Pastoral Care of Children*. New York: Routledge, 1999.

Sanders, Cody J. *A Brief Guide to Ministry with LGBTQIA Youth*. Westminster: John Knox Press, 2017.

## **Course Description**

The pastoral care class will introduce pastoral care theology and theory for practical use.

## **Learning Outcomes**

1. The student will demonstrate an understanding of pastoral theology, pastoral care theory, and spiritual assessment.
2. The student will practice active/reflective listening, self-awareness, and differentiation of self in the caregiving relationship.
3. The student will receive feedback regarding their caregiving style and areas for potential improvement and ongoing practice/study.
4. The student will reflect on how they plan to steward difficult stories and trauma they may encounter in the caregiving role.

## **Session One: September 18, 2021**

1. Introduction to Pastoral Theology and Pastoral Care Theory.
2. Introduction to Spiritual Assessment.
3. Discuss strategies for active/reflective listening, self-awareness, and differentiation of self in pastoral caregiving.

Assignment: Due at the time of class on October 16, 2021.

Please email to the teacher.

1. Read *The Practice of Pastoral Care: A Postmodern Approach* and craft a 5-10 minute presentation in the format of your choice summarizing one of the chapters (to be assigned during the first class). Please note your biggest takeaway from the chapter and at least one question or critique you have regarding the content.

## **Session Two: October 16, 2021**

Students will present on the following topics taken from *The Practice of Pastoral Care: A Postmodern Approach*.

1. Intercultural Care: Trust and Theological Accountability
2. Basic Ingredients of Caregiving Relationships
3. Embodied Listening
4. Establishing a Caregiving Relationship
5. Theological Themes and Reflexivity
6. Narrative Themes of Loss, Violence, and Coping
7. Systemic Assessment
8. Planning Care: Liberative Spiritual Integration

Assignments: Due at the time of class on November 20, 2021  
Please email to the teacher.

1. Write out a pastoral care scenario: either a personal story that you are comfortable sharing, or a fictional story. Examples might include times when you had a crisis of faith or were experiencing illness, trauma, or an ethical dilemma. If you would like to present a parishioner's story or a story that includes information about another person, please use a pseudonym and be sure all details that could potentially identify that person are removed. The suggested length is 500-1000 words. This will be shared in small groups in our next class.
2. Read *Trauma Stewardship: An Everyday Guide to Caring for Self while Caring for Others* and answer the following questions in writing:
  - a. In your own words, what is trauma stewardship and why is it important?
  - b. How will you recognize a trauma exposure response in yourself?
  - c. What are some strategies of trauma stewardship you can imagine utilizing in your life as a minister?

### **Session Three – November 20, 2021**

1. Students will share their pastoral care scenarios in groups of two and will practice providing pastoral care to one another. Students will give each other feedback and we will debrief as a group. We will work on identifying areas where ongoing consideration/education may be beneficial.
2. Students will share their responses to *Trauma Stewardship: An Everyday Guide to Caring for Self while Caring for Others*.
3. We will discuss the limits of pastoral care and the importance of making timely referrals to other professionals, such as counselors, when necessary.

Assignment: none.