

Pastoral Care – Parish Lay Ministry Academy Fall 2023

Instructor: The Rev. Kristin Klade, MDiv BCC – k.r.klade@gmail.com

Required Texts

Merrington, Bill. *Pastoral Care: A Practical Guide*. Augsburg Books, 2020.

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:

Cadge, Wendy and Shelly Rambo. *Chaplaincy and Spiritual Care in the Twenty-First Century*. The University of North Carolina Press, 2022.

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

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

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

Evangelical Lutheran Worship, Pastoral Care: Occasional Services, Readings, and Prayers. Minneapolis: Augsburg Fortress, 2008.

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.

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

Sanders, Matt. *Interfaith Ministry Handbook: Prayers, Readings, and Other Resources for Pastoral Settings*. Berkeley: Apocryphile Press, 2017.

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

Depression:

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

Death, Dying, and End-of-Life Planning:

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, 6th Ed.* Naples: Quality of Life Publishing Co., 2016.

<https://theconversationproject.org/>

Cancer and Serious Illnesses:

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

Dunn, Hank. *Light in the Shadows: Meditations While Living with a Serious Illness, 2nd edition*. Quality of Life Publishing Co., 2005.

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.

Bracky, Jolene. *Creating Moments of Joy Along the Alzheimer's Journey: A Guide for Families and Caregivers, Fifth edition, Revised and Expanded*. Purdue University Press, 2016.

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.

<https://www.jameslwest.org/education/dementia-and-caregiver-education>

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.

Grief Care

Westberg, Granger E. *Good Grief: A Companion for Everyday Loss*. Minneapolis: Fortress Press, 2019.

Gerhardt, JR. *A Grief Received: What to Do When Loss Leaves You Empty Handed*. Minneapolis: Fortress Press, 2019.

Course Description

The pastoral care class will introduce pastoral theology and pastoral care theory for practical use in the parish and community.

Learning Outcomes

1. The student will demonstrate a basic 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 9, 2023

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 class time on October 14, 2023.

Please email to the teacher: k.r.klade@gmail.com

1. Read *Pastoral Care: A Practical Guide* by Bill Merrington 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 14, 2023

Students will present on the following topics taken from *Pastoral Care: A Practical Guide*

1. Part 1: The Basics
2. Part 2: Specific Skills
3. Part 3: Ministering Safely
4. Part 4: Pastoral Ministry in the church-linked Community
5. Part 5: Health Issues
6. Part 6: Understanding ourselves

Assignments: Due at the time of class on November 11, 2023

Please email to the teacher: k.r.klade@gmail.com

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 11, 2023

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. It is recommended that you choose a book about a topic that interests you from the suggested book list to read as you continue your education as Parish Lay Ministers. Please save your teacher's email and reach out to her anytime in the future if you need to debrief a difficult pastoral care situation or if you are seeking resources for a congregant who is in spiritual and emotional distress.