

CL680: Short Term Pastoral Counseling: A Narrative Approach

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Office Hours: By appointment
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COURSE DESCRIPTION

This course is designed to teach a method of pastoral counseling that can be used effectively, in either parish or specialized care and counseling contexts, to help people who are seeking assistance with personal and relational distress. It is based on the assumption that religious leaders need to engage in forms of counseling that maintain good role boundaries (because they often occupy multiple roles); that provide effective help in a short period of time; that demystify the nature of the counseling process; that empower counselees to reshape their lives in preferred directions; and that take seriously the prophetic and social justice dimensions of ministry.

COURSE OBJECTIVES

1. To understand pastoral counseling in terms of its appropriate goals and processes and to distinguish the work of pastoral counseling from that of pastoral care.
2. To develop a pastoral theology that works to be engaged with and to provide support for the ministry of pastoral counseling.
3. To learn the theoretical framework for pastoral counseling grounded in postmodernist, post-structuralist Narrative counseling theory.
4. To learn appropriate skills for the competent practice of Narrative-based, short-term pastoral counseling.

COURSE EXPECTATIONS

1. Regular class attendance. Since this is an intensive course, each day of class is equivalent to a week in a regular semester. It is important not to miss classes -- much of the work cannot be made up because of the practice component. Missing more than two class sessions will seriously jeopardize the student's ability to pass the course.
2. Completion of assigned readings and papers/projects on time. We will often engage in small and/or large group discussion of the day's readings so please come prepared to actively participate in those discussions.
3. One-page reading reflection papers on each day's readings. These papers should help you organize your ideas for that day's discussion. You should include the key point(s) that you identified in the readings and any clarifications, questions, and/or critiques that you would like to see addressed in our conversations.
4. Full participation in class activities, including the various skill practicing that will be a part of many of our class sessions.
5. Successful completion of an in-class midterm exam.

6. You have a choice of final assignment, which should be mailed to me one week after the class sessions end. You will be given a case study on the last day of class. You are asked to discuss the work of Narrative pastoral counseling in light of that case as if you are the pastoral counselor in the situation. Comment upon how you are approaching the situation and what assumptions and principles you bring to the work.

Then, **in option number one**, you should create an imaginary verbatim of a counseling session (assume that this is your second meeting) that demonstrates effective pastoral counseling using a Narrative approach. The verbatim should be approximately 5 pages long, single-spaced (with a double space to separate each speaker's entry). After the verbatim, comment upon the counseling exchange, noting the key Narrative principles and maps you were using and why. Also discuss insights you gained about the use of Narrative practices in this exercise. Note where you think the work went well and where you think things could have gone better (and why). Finally, discuss the theological/spiritual dynamics that you see informing your work and how those shaped your counseling practice.

If, **instead**, you choose **option number two**, you will discuss your case in the same way as described above but rather than preparing a verbatim, you (and a classmate) may role play (and videotape) the counseling session (about 25 minutes). Then write your commentary about the session (as above) and send me the write-up as well as the DVD or videotape. In both options, you should attach your original case to the write-up.

6. D. Min. students will write a research paper (mailed to me three weeks after the last class session) discussing the postmodern, post-structural, and liberationist assumptions that undergird Narrative Therapy and the implications of these assumptions for pastoral counseling. How do these elements that are fundamental to Narrative therapy challenge and/or support traditional assumptions of our field (identify what you would claim to be some of the traditional assumptions of our field). The paper should be 15 pages, double-spaced.

Grading Procedures for Masters degree students

Reflection papers and participation in discussions – 20%

Practice sessions participation – 20%

In-class midterm exam – 25%

Final case discussion and verbatim/role play – 35%

Grading Procedures for D.Min. students

Reflection papers and participation in discussions – 20%

Practice sessions participation – 20%

In-class midterm exam – 20%

Final case discussion and verbatim/role play – 20%

Research Paper – 20%

REQUIRED TEXTS (also on reserve in the library)

Cook, Richard and Irene Alexander (editors). *Interweavings: Conversations Between Narrative Therapy and Christian Faith*. CreateSpace Publishers, 2008. ISBN: 1440449741. \$22.00.

Madigan, Stephen. *Narrative Therapy*. APA Books, 2010. \$24.95

White, Michael. *Maps of Narrative Practice*. W. W. Norton, 2007. ISBN: 0393705161. \$26.95.

RECOMMENDED TEXTS (also on reserve in the library)

Monk, Gerald, John Winslade, Kathie Crocket, and David Epston. *Narrative Therapy in Practice: An Archaeology of Hope*. Jossey-Bass Publishers, 1996. ISBN: 0787903132.

SUPPLEMENTAL TEXTS (also on reserve in the library)

Morgan, Alice. *What is Narrative Therapy*. Dulwich Centre Publications, 2000. ISBN: 0957792905. (can be quickly ordered from narrativebooks.com)

Winslade, John and Gerald Monk. *Practicing Narrative Mediation*. Jossey-Bass Publishers, 2008. ISBN: 078799474X.

Winslade, John and Gerald Monk. *Narrative Counseling in Schools, 2nd ed.* Corwin Press, 2006. ISBN: 1412926211.

REQUIRED ARTICLES ON RESERVE (in the library)

“Saying Hullo Again” in *Selected Papers of Michael White, 1989* by Michael White.

“Dancing with Death” by Lorraine Hedtke in *Gecko*, 2, 2000.

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“Divorce Mediation and Collaborative Practice” in *Practicing Narrative Mediation*, 2008. (supplemental text)

“Placing Couple Work in Context” and “Narrative Couple Therapy” in *Narrative Therapy with Couples and a Whole Lot More*, 2002 by Jill Freedman and Gene Combs.

Course Topics and Schedule

June 6 Introduction to the Course and the Ministries of Pastoral Care and Counseling
Suggested Reading: Alice Morgan, *What is Narrative Therapy?* (if you have no Familiarity with Narrative therapy theory and practice, this could be helpful)

June 7 Social, philosophical, and theoretical contexts for Narrative “Consultation”
Reading Due: Madigan-Glossary of terms, Intro, History & Theory (Chapters 1-3)
Interweavings – Chapter 1

June 8 Introduction to Narrative Consultation – theory and practice
Reading Due: *Interweavings* – Chapter 3
Madigan – chapter on “The Therapy Process” (Ch. 4)

June 9 Narrative Practices Part I (Deconstructive Conversations and Externalizing)
Reading Due: *Interweavings* – Chapter 5

Maps of Narrative Practice – Introduction and Chapter 1

June 10 Narrative Practices Part II (Unique Outcomes and their Development)

Reading Due: *Interweavings* – Chapter 7

Maps – Chapter 5

June 13 Narrative Practices Part III (Re-authoring Conversations)

Reading Due: *Interweavings* – Chapter 9

Maps – Chapter 2

June 14 Narrative Practices Part IV (Re-remembering Conversations)

Reading Due: *Maps* – Chapter 3

June 15 In-Class Midterm Exam

Review previous readings and lectures

June 20 Re-remembering Conversations in Grief Care and Counseling

Reading Due: “Saying Hullo Again” by Michael White (on reserve)

“Dancing with Death” by Lorraine Hedtke (on reserve)

“Stories of Living and Dying” by Lorraine Hedtke (on reserve)

June 21 Narrative Consultation with Couples

Reading Due: *Maps* – Chapter 4

“Divorce Mediation and Collaborative Practice” (Winslade)

“Placing Couple Work in Context” and “Narrative Couple Therapy” (Freedman and Coombs) (all articles are on reserve)

June 22 Intensive Practice in class

Reading Due: Madigan – Chapters 5,6,and 7

June 23 Putting It All Together

Reading due: *Interweavings* – Chapter 12

RESOURCES:

Select Narrative Websites

www.narrativeapproaches.com (David Epston’s site)

www.narrativebooks.com (North American Distributor for Narrative Theory books)

www.narrativetherapylibrary.com (site of research papers in Narrative Counseling)

www.dulwichcentre.com.au/homepage.html (Dulwich Centre)

www.narrativetherapychicago.com (Freedman and Coombs site)

www.narrativespace.com (An Iowa Program)

www.narrativepractice.com (Centre for Narrative Practice – U.K.)

www.Yaletownfamilytherapy.com (Stephen Madigan’s Therapy Center)

Select Bibliography in Narrative Therapy

- Angus, Lynne and John McLeod (eds). The Handbook of Narrative and Psychotherapy. 2004.
- Besley, Tina. Counseling Youth: Foucault, Power, and the Ethics of Subjectivity, 2002.
- *Brown, Catrina and Tod Augusta-Scott. Narrative Therapy: Making Meaning, Making Lives, 2007
- *Cook, Richard and Irene Alexander (eds). Interweavings: Conversations Between Narrative Therapy and Christian Faith. 2008.
- Cochran, Larry: Career Counseling: A Narrative Approach, 1997.
- Croteaut, James et al (eds). Deconstructing Heterosexism in the Counseling Professions: A Narrative Approach, 2004.
- *Denborough, David. Queer Counseling and Narrative Practice, 2002.
- *Denborough, David. Trauma: Narrative Responses to Traumatic Experiences, 2006.
- Dinkins, Burrell David. Narrative Pastoral Counseling, 2005.
- Epston, David and Barry Bowen. Down Under and Up and Over: Travels with Narrative Therapy (2008).
- Eron, Joseph and Thomas Lund. Narrative Solutions in Brief Therapy. 1996.
- Freedman, Jill and G. Coombs. Narrative Therapy with Couples. 2002.
- *Freedman, Jill and G. Coombs. Narrative Therapy. 1996.
- Freeman, Jennifer, David Epston, & Dean Lobovits. Playful Approaches to Serious Problems: Narrative Therapy with Children and Their Families. 1997.
- *Hedtke, Lorraine and John Winslade. Re-Membering Lives: Conversations with The Dying and the Bereaved. 2004.
- Jenkins, Alan. Invitations to Responsibility: Therapeutic Engagement with Men Who Are Violent and Abusive. 1991.
- Kenyon, Gary, Phillip Clark, and Brian de Bries (eds). Narrative Gerontology. 2001.
- Lebow, Jay. Twenty-First Century Psychotherapies: Contemporary Approaches to Theory and Practice. 2008.
- Lester, Andrew. Hope in Pastoral Care and Counseling. 1995.
- McAdams, Doug. The Stories We Live By: Personal Myths & the Making of the Self. 1993.
- Madigan, Stephen and Ian Law. Praxis: Situating Discourse, Feminism and Politics in Narrative Therapies, 1998.
- Madigan, Stephen. Narrative Therapy. 2010.
- Madsen, William: Collaborative Therapy with Multi-Stressed Families, 1999.
- Milner, Judith and Patrick O'Byrne. Brief Counselling: Narratives and Solutions, 2002.
- Monk, Gerald, J. Winslade, K. Crockett, and D. Epston. Narrative Therapy In Practice. 1996.
- Morgan, Alice. What is Narrative Therapy, 2000.
- Muntigi, Peter. Narrative Counselling: Social and Linguistic Processes of Change, 2004.

- Neuger, Christie. Counseling Women: A Narrative Pastoral Approach. 2001.
- Parry, Alan. Story Revisions: Narrative Therapy in the Postmodern World. 1994.
- Payne, Martin. Narrative Therapy: An Introduction for Counsellors, 2nd ed. Sage: 2006.
- Russell, Shona and Maggie Carey. Narrative Therapy: Responding to Your Questions, 2004.
- Smith, Craig. and David Nylund. Narrative Therapies with Children and Adolescents. 1997.
- Smith, Pam Burr and Christopher Behan. Living Conversations: Interviews with Narrative Therapists, 2002.
- Strong, Tom and David Pare (eds). Furthering Talk: Advances in the Discursive Therapies. 2004.
- White, Cheryl and David Denborough. Introducing Narrative Therapy: A Collection of Practice-Based Writings, 1998.
- White, Michael and David Epston. Narrative Means to Therapeutic Ends. 1990.
- White, Michael and Alice Morgan. Narrative Therapy with Children and Their Families, 2006.
- White Michael. Reauthoring Lives: Interviews and Essays, 1995.
- White, Michael. Narratives of Therapists' Lives, 1997.
- White, Michael. Reflections on Narrative Practice, 2000.
- White, Michael. Maps of Narrative Practice, 2007.
- White, Michael. Narrative Practice: Continuing the Conversation. 2011.
- Winslade, John and Gerald Monk. Narrative Counseling in Schools: Powerful and Brief, 2nd ed. 2006.
- Winslade, John and Gerald Monk. Narrative Mediation, 2000.
- Winslade, John and Gerald Monk. Practicing Narrative Mediation: Loosening the Grip Of Conflict (2008).
- Yuen, Angel and Cheryl White. Conversations about Gender, Culture, Violence, and Narrative Practices (2007).
- Zimmerman, Jeffrey and Victoria Dickerson. If Problems Talked, 1996.

Relevant Journals:

International Journal of Narrative Therapy and Community Work (Dulwich Centre Publications)

N.B. United Theological Seminary operates with an inclusive language policy that you will find in the student handbook. Inclusive language is expected in this class.

N.B. Extension Policy of United Theological Seminary (passed by faculty council 4/21/99) – Since this is a June course, I am inviting the final assignment to be due one week after the last day of class. That will function as the deadline for completion of **that assignment** for this class. For D.Min. students, the final assignment (research paper) is due three weeks after the last day of class. **Because this is a 3-week class, extensions for any other part of the work will not be granted unless the student is sick to the point of incapacitation or has a death in the immediate family.**

The work for a course is terminated at the end of the final class session. The performance in the course is evaluated on the basis of the work submitted by that time, unless an exception is made by the instructor, in which case a formal petition must be approved by the instructor by the end of the final class session. Extensions (of course work) beyond the end of the semester will be approved only under extraordinary circumstances. Each instructor will include this policy on each course syllabus as well as the criteria by which she or he will grant such an extraordinary exception.

In the event such an exception is approved, the instructor shall file the extension form with the registrar by the date grades are due. The Student Review Committee shall monitor extensions. If no extension is filed, a final grade will be submitted. An extension may be granted for a period not to exceed six months from the end of the term. If the work is not completed by the date petitioned, a final grade will be submitted. Any renewal of an extension must be approved by the instructor and filed with the registrar prior to the due date on the original petition. No extension or renewal will exceed six months from the end of the term in question.

