



ST ANDREW'S THEOLOGICAL COLLEGE (SATC)

COURSE NAME: PASTORAL COUNSELING I

COURSE CODE: PC100

COURSE CREDIT: 1

COURSE DESCRIPTION:

The course entails some of the basic theories and practice of counseling. The course covers counseling situations that arise at home, in church, in groups, at school, in the workplace, in the community-wherever people meet and interact, including the offering of pastoral care where necessary.

AIM:

- To provide students with some fundamental counseling skills and techniques that would be helpful to them in developing competencies in pertinent situations.

LEARNING OUTCOMES:

Students will be able to:

- Select techniques appropriate to given situations.
- Utilize fundamental counseling techniques.
- Develop their emotional intelligence.

COURSE CONTENT:

- Typical types of situations that occur day by day that require counseling help
- Differentiating Secular counseling and Religious counseling.
- Qualities of a good counselor
- Principles and techniques of counseling.
- Putting counselees at ease.
- Setting up an office for counseling
- The importance of listening.
- The counselor and confidentiality.
- Importance of non-verbal communication.
- The counselor looks at himself/herself. Challenges that confront counselors in counseling.
- Importance of knowing when to make a referral.
- Counseling of children, including children from broken homes.
- Counseling of young people-focusing on some of the different types challenging situations they face.

COURSE TEXT:

Clinebell, H. J. (1984). *Basic types of pastoral care and counseling*. Nashville: Abingdon Press



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TEACHING AND LEARNING STRATEGIES:

Lectures

Discussions

Role playing to utilize some of the principles of clinical pastoral education

Research

Verbatim reports

Discussion of readings

COURSE ASSESSMENT:

Book Review	20%
Semester Paper	20%
In class and/or take home written assignments	60%
TOTAL	100%