

PASTORAL CARE AND COUNSELING

COURSE DESCRIPTIONS

COMMON CORE COURSES

PCC 500 INTRODUCTION TO PASTORAL CARE AND COUNSELING

3 CREDITS

This course demonstrates the foundational principles of pastoral care and counseling as part of community-based service by (1) distinguishing the unique ministries of pastoral/spiritual care, pastoral counseling, and spiritual direction and community counseling and (2) articulating one's own pastoral focus in light of the following themes: holistic attention to self-care; personal, communal, and organizational-graced history; and commitment to advocacy.

PCC 505 THEOLOGICAL FOUNDATIONS

3 CREDITS

Students examine the practical significance of Catholic and Protestant approaches to naming grace in personal and community life and history. In this study, they discern and evaluate their own biblical interpretation and theological foundation for ministry through reflection papers, discussions, and case studies.

PCC 510 PSYCHOLOGICAL FOUNDATIONS

3 CREDITS

This course provides the psychological foundations for pastoral care and counseling in an orientation to various models of counseling, consultation, and advocacy. The groundwork of training in skills and techniques that are necessary for all pastoral care and counseling interactions is established.

PCC 550 DEVELOPMENTAL MODELS

3 CREDITS

In this course, students investigate spiritual maturity according to diverse models of religious and psychological development.

TRACK 1: PASTORAL COUNSELING REQUIRED COURSES

PCC 700 PSYCHOPATHOLOGY

3 CREDITS

This course provides an introduction to the broad spectrum of adult psychopathology as contained in the *DSM-IV*. Emphasis is placed upon using the initial diagnostic interview in pastoral counseling to elicit the information necessary to gain an understanding of the psychological and/or theological problems faced by the client.

PCC 710 MARITAL AND FAMILY COUNSELING

3 CREDITS

An overview of systems theory for marital, couples, and family counseling is the context for this course. Additional topics, such as family of origin, blended families, abuse, loss, bereavement, divorce, as well as multicultural and ethical issues, are also addressed. As part of their class work, students prepare and present case material on a couple and family for peer and faculty review.

PCC 720 PERSONALITY**3 CREDITS**

This course examines classic and contemporary theories of personality within the context of human growth and development. Influences such as genetics and multicultural, ethical, social, and personality testing are weighed for their implications on counseling.

PCC 730 PROFESSIONAL ISSUES**3 CREDITS**

The major contemporary professional issues in the field of pastoral and communal counseling, including ethics, confidentiality, record-keeping, legal concerns, certification, licensure, and advocacy, are examined through the lens of diversity. Codes of professional mental health organizations (APPC, APA, ACA) are studied and compared.

PCC 740 CLINICAL PRACTICUM I: FOUNDATIONS OF COUNSELING**3 CREDITS**

Small group settings are used by students to discuss their beginning clinical cases. Student-produced audiotapes and/or videos/DVDs are incorporated into these small group settings. The student is expected to carry two to three client hours per week and secure on-site supervision in an approved clinical setting. Beginning issues of therapy, advocacy, and consultation are also addressed. *Prerequisites: PCC 500, PCC 510, PCC 700, PCC 710, and PCC 730.*

PCC 750 CLINICAL PRACTICUM II: MULTICULTURAL ISSUES**3 CREDITS**

This course continues the small group setting established in *PCC 740* with special attention devoted to multicultural issues and advocacy that are needed to intervene. Students continue to carry two to three client hours per week and secure on-site supervision in an approved clinical setting. *Prerequisite: PCC 740.*

PCC 760 GROUPS: THEORY AND PRACTICE**3 CREDITS**

The principles and theories of group interaction are surveyed. Employing a laboratory-type format, students focus on the dynamics of group processes, as those processes relate to issues of communication, problem solving, decision making, and social pressure. Work within the class models various group interactions (with a minimum of 10 hours of group processing).

PCC 770/771 INTERNSHIP I–II**3 CREDITS/SEMESTER**

These courses provide a structured, in-depth pastoral counseling learning experience in an approved clinical setting with special processing given to pastoral and community-based issues. The student receives weekly individual supervision at the practicum site, as well as meets every week on campus in a faculty-led small group. Supplemental individual (dyadic/triadic) supervision is provided by the program. *Prerequisite: PCC 750.*

PCC 780 PSYCHOLOGICAL TESTING**2 CREDITS**

The principles of testing and a spectrum of biopsychosocial tests are studied in this course. Issues in testing, such as test bias, as well as legal and ethical aspects of testing, are also examined.

PCC 781 CAREER COUNSELING**2 CREDITS**

Theories and techniques relating to career development over the life span are analyzed. A review of governmental resources, computer guidance systems, and career agencies are included.

PCC 782 RESEARCH AND EVALUATION METHODS**2 CREDITS**

Students are provided with an overview of the types of research, basic statistics, ethical principles, and research literature, which they apply through an evaluative project. Emphasis is placed upon the student becoming an informed clinical consumer of research.

PCC 799 INTERDISCIPLINARY SEMINAR**3 CREDITS**

This capstone seminar allows students to formulate and articulate their own personal integration of psychology and theology both in theory and in practice. In a final Integrative Paper, each student presents a clinical case as interpreted through his/her own psychological and theological models. The final interview allows for a dialogic, consultative process. *Prerequisites: All course work. (PCC 770/771: Practicum may be taken simultaneously with PCC 799.) Graded as Pass/Fail (P/F) only.*

PASTORAL COUNSELING ELECTIVES**PCC 525 SCHOLAR SERIES****2 CREDITS**

Periodically throughout the academic year, Neumann University invites different leading scholars in the field of Pastoral Care and Counseling to campus to teach a course focusing on a special topic.

PCC 527 TRAUMA AND CRISIS COUNSELING**2 CREDITS**

This class combines the most contemporary findings in how to deal with clients who face major life trauma and the aftermath of such trauma. The course begins with a focus on crisis management, possible crisis sequelae, and post-trauma interventions. Training is then offered in working with at-risk clients who may present dangers to themselves or others.

PCC 580 DISCERNMENT AND DECISION MAKING**3 CREDITS**

The objectives of this course are (1) to use discernment as an evaluative judgment for decision making; (2) to explore the meaning of discernment in a variety of spiritual and religious traditions; and (3) to appreciate the contribution of classical teaching to contemporary counseling and spiritual direction.

PCC 581 INDEPENDENT STUDY PROJECT (ISP)**CREDIT VARIES**

Qualified graduate students who seek individualized advanced study in some area of pastoral care and counseling that is not covered in scheduled courses may apply for an Independent Study Project (ISP). Students assume responsibility for special readings and research under the supervision of a designated faculty member. Regular meetings with faculty and completion of all assignments are required. *Prerequisite: Conditions of the University's ISP Policy, as well as any additional clearance requirements as determined by the Division of Education and Human Services.*

PCC 783 CHILD AND ADOLESCENT COUNSELING**2 CREDITS**

This course presents an overview of the developmental issues and crises facing children and youth. Appropriate clinical interventions are also included.

PCC 784 LOSS AND GRIEF COUNSELING**2 CREDITS**

This seminar-style course examines the historical, clinical, and spiritual aspects of loss and bereavement. Personal losses of the student are explored for their implications on counseling bereft individuals. Special attention is also given to understanding loss and bereavement within various age groups and cultures.

PCC 785 ADDICTIONS COUNSELING**2 CREDITS**

This course examines the principles of diagnosing and treating those with addictions and explores recovery from addiction as a process of spiritual and maturational growth.

PCC 786 MULTICULTURAL COUNSELING**2 CREDITS**

The role of diverse demographic, social, cultural, and religious influences are identified and studied as relevant to ethical practice. The impact of these influences in working with persons from varied backgrounds is explored for pastoral and communal settings.

PCC 787 PSYCHOPHARMACOLOGY**2 CREDITS**

This study of the major psychoactive medications and their clinical use emphasizes the need to develop a collaborative treatment approach between the counselor and the prescribing psychiatrist.

SPECIAL TOPICS IN PASTORAL CARE AND COUNSELING**CREDIT VARIES**

Neumann University periodically offers Special Topics in Pastoral Care and Counseling [PCC] that reflect specific topics of study that are not part of the standard University curriculum. All Special Topics courses are identified by three-digit numeric designation [PCC _26]. The first digit indicates the level of graduate study for a particular course, while the numeric designation of “26” indicates that the course is a Special Topics course. For any given semester, course title(s) and content area(s), as well as any specified prerequisites, are published during the preceding semester. *Permission of the Instructor* may also be required before a student can register for any Special Topics course.

*NOTE: Pastoral Counseling students may also take the following **Spiritual Direction** courses as electives: PCC 580, PCC 600, PCC 610, PCC 650, and PCC 660.*

TRACK 2: SPIRITUAL DIRECTION REQUIRED COURSES**PCC 580 DISCERNMENT AND DECISION MAKING****3 CREDITS**

The objectives of this course are (1) to use discernment as an evaluative judgment for decision making; (2) to explore the meaning of discernment in a variety of spiritual and religious traditions; and (3) to appreciate the contribution of classical teaching to contemporary counseling and spiritual direction.

PCC 600 HISTORY OF CHRISTIAN SPIRITUALITY: FORMATION-TRANSFORMATION **3 CREDITS**

Students bring their personal questions to great spiritual teachers from Christian antiquity to present times. Implications for spiritual direction are noted in authors such as Desert Mothers and Fathers; Augustine; Francis and Clare of Assisi; Julian of Norwich; Teresa of Avila; Ignatius Loyola; Francis de Sales; Jane de Chantal; as well as Protestant authors and a contemporary author.

**PCC 610 HISTORY OF CHRISTIAN SPIRITUALITY:
PRAYER AND SOCIAL ENGAGEMENT****3 CREDITS**

This course continues the methodology of *PCC 600* by investigating such authors as Benedict, Ignatius of Loyola, Bonaventure, John of the Cross, Francis de Sales, selected Protestant authors, and a modern spirituality teacher of the student's choice.

PCC 650 SPIRITUAL DIRECTION: ENGAGING TRADITIONS**3 CREDITS**

In this course, students review the history of spiritual direction, evaluate literature related to ecumenical and inter-faith spiritual direction, and study guidelines for direction which have been provided by spiritual teachers in the Christian tradition. Students are also taught to (1) identify theological assumptions that are inherent in Franciscan, Ignatian, Carmelite, and Salesian discernment; (2) integrate the theory of spiritual direction by means of experiential practice and

real experience within the classroom setting; and (3) describe and evaluate their own introductory-level practice of spiritual direction.

PCC 660 SPIRITUAL DIRECTION: CULTURAL CHALLENGES

3 CREDITS

This course integrates the theory of spiritual direction with experiential practice and real experience within the classroom. Through this integration of theory and practice, students (1) review and evaluate current literature related to theological, psychological, and cultural foundations for spiritual direction ministry; (2) participate in the professional discussion of cultural challenges to spiritual direction as a ministry and profession; and (3) assess their own practice of ongoing spiritual direction.

PCC 680 SUPERVISION OF SPIRITUAL DIRECTION PRACTICUM I

3 CREDITS

PCC 690 SUPERVISION OF SPIRITUAL DIRECTION PRACTICUM II

3 CREDITS

These courses offer students the opportunity to meet weekly with an experienced spiritual director/instructor and with other beginning directors in order to describe and evaluate the experience of a sustained ministry of spiritual direction in diverse settings. The student is expected to meet with three to five directees per month in a placement setting that has been mutually agreed upon with the course instructor. This experience of providing the ministry of direction is also discussed in a 90-minute monthly meeting with an approved spiritual direction supervisor. *Graded as Pass/Fail (P/F) only.*

