



UNIT OUTLINE

PC003-612, 712 and 812

Pastoral Skills and Methods

Description	Provision of pastoral care is a key component of Christian ministry. The aim of this unit is to introduce students to the aims of pastoral care, equip them with foundational pastoral counselling skills and develop knowledge and understanding regarding several situations for which individuals may seek pastoral care.
Content	<ol style="list-style-type: none">1. Introduction to pastoral care2. Relational skills3. Equipping others4. Mechanics of care5. Ethics and reflective practice including self-care6. Community resources including when to refer7. Special needs: people with disability8. Special needs: mental health including depression/anxiety and suicide9. Adults: including marriage/divorce, work-related/financial stress10. Children and families: including child abuse/DV11. Sexuality: including LGBTIQ+, AIDS/STDs12. Grief and loss including long-term illness13. Addiction, trouble with the law
Study modes	<ul style="list-style-type: none">• In-class with compulsory two-day intensive• Online with compulsory two-day intensive
Assessment*	<ol style="list-style-type: none">1. Role play and reflections2. Case study and interview3. Research essay4. Final reflection
Textbooks	Required: Collins, Gary R. 2007. <i>Christian Counselling: A Comprehensive Guide</i> . 3rd ed. Nashville: Thomas Nelson. Recommended: Petersen, Bruce L. 2007. <i>Foundations of Pastoral Care</i> . Kansas City: Beacon Hill Press.

* Assessment items may be subject to change without prior notice