

Institute Of Buddhist Studies
Graduate Theological Union
Course Description and Syllabus

Course: PSHR 3076 Buddhist Pastoral Care and Counseling

Instructor: Rev. Daijuku Judith Kinst PhD

Ph. (415) 395 0801 Email: Daijuku@shin-ibs.edu

Semester: Spring 2011

Units: 3

DESCRIPTION OF COURSE CONTENT

This is an introductory course in pastoral care and counseling which includes and integrates Buddhist teachings. It is aimed at developing a solid foundation in the central aspects of personal care, providing as understanding of basic Buddhist teachings and practices, and exploring their relevance to pastoral care with Buddhists and non-Buddhists. Psychological principles which are central to contemporary pastoral care are covered as well as specific topics such as family life and transitions, illness, economic considerations, addiction, abuse and grief and loss. The course will include exercises and reflections aimed at developing self-awareness and the skills necessary for pastoral care and counseling. Wider social issues and considerations will have an important element is our developing understanding.

There are *no prerequisites* for this course. Previous study of Buddhist teachings will add depth in the course but is not required.

SUMMARY OF EDUCATIONAL PURPOSE AND LEARNING OBJECTIVES

- 1 Provide an overview and introduction to the principles and methods of pastoral care and counseling, integrating Buddhist teachings and practices.
- 2 Provide a sound introduction to Buddhist teachings relevant to pastoral care and counseling. These include interdependence, the bodhisattva vow, faith and trust, meditation, prayer and other practices. We will also consider the contributions Buddhism has for the field of pastoral care and counseling, particularly in an interfaith setting.
- 3 Introduce relevant psychological principles such as the structure and development of self experience, transference, countertransference, and the care-giving relationship.
- 4 Deepen each student's ability to engage in honest, kind and fruitful self reflection as well as the ability to link this self reflective process to the pastoral care relationship. Included in this are an understanding of personal strengths and vulnerabilities, self care, and boundaries. Also included is an exploration of the factors that sustain the student's faith foundation and resources.
- 5 Deepen student's ability to reflect effectively on theological considerations to pastoral care, including relevant Buddhist teachings and practices.
- 6 Develop essential skills for pastoral care such as empathic listening, assessment, appropriate intervention and referral, and an understanding of the role of the community.
- 7 Explore key topics in pastoral care such as family life and transitions, illness, economic considerations, abortion, ethical dilemmas, addiction, abuse and grief and loss.
- 8 Develop greater awareness of the presence and impact of societal factors that contribute to suffering such as racism, sexism, poverty, homophobia, and other social ills.

ASSIGNMENTS

1. Each week a one-page response paper focused on the week's topic/reading. Papers are presented in class as a part of class discussion. Questions, critiques and opposing positions are welcome.
2. In-class self-reflective and skill building exercises.
3. Commitment to a daily practice of meditation, prayer, or other practice focused on deepening self-reflective and skill building exercises.

4. Each week a personal reflection journal entry on one's inner response to class material. This is an opportunity to reflect on one's strengths, vulnerabilities and development. *These entries are for your personal use; they are not shared in class.*
5. You and a "conversation partner" from class will arrange two 45-minute sessions outside of class time. At one meeting one partner will be designated the listener and one the speaker, at the next meeting the roles will be reversed. As listener you will practice skills we have discussed and reviewed in class. As speaker you are free to talk about anything you choose. (We will review this in detail in class.) At the end of the session take time for the listener to receive clear, honest and compassionate feedback. Your paper (no more than 3 pages) will discuss what you learned from this experience – note, this is not about what the speaker said but about your experience as listener. This paper is separate from the weekly papers and is due week 10, April 17.
6. Final 8 – 10 page developing theme or specific aspect of class material or discussion of, and analysis and reflection on a pastoral visit. A presentation of a topic in class is also an option for the final project.

CRITERIA FOR EVALUATION

1. The nature and depth of any course is dependent upon class participation, none more than a class such as this. Regular class attendance and participation are essential elements in the criteria for evaluation.
2. Participation in self-reflection and skill building exercises in class.
3. Weekly written response paper, brought to class on the day material is discussed.
4. Participation in and 3-page paper on, listening exercise with partner outside of class.
5. Final 8 – 10 page paper or class participation.

GRADING

Pass/Fail. Letter grade optional.

REQUIRED READING

1. Guenther, Margaret (1992) *Holy Listening*. Boston: Cowley Publications.
(Available at IBS Bookstore)
2. Course Reader

COURSE SCHEDULE (Readings are listed on day they are discussed.)

(Because of the nature of the subject I have used many sources for the reader and many readings have just a few pages. Book titles are included in the first week used. After the first citation only the author and the subject title of week's reading are listed – unless there are multiple book titles for the same author. Additional topics may be included.)

Week	Date	Topics/Reading
1.	2/2	Introduction/Course Overview How to take this course, Introduction to one another Review of syllabus and reader, general principles
2.	2/9	Central Elements of Pastoral Care and Counseling Fundamentals of faith, empathy and relationships. Definitions of Pastoral care and counseling. Introduction to Buddhist perspective Readings: Course reader Fowler, J "Human Faith" in <i>Stages of Faith</i> . pp. 3 – 5. Batchelor, S. "Do Not Hurt Me" in <i>Living With the Devil</i> . pp. 128 – 134.

- Kornfeld, M.Z. *"Caregiver, Counselor: Yourself as Gardner: in Cultivating Wholeness: A Guide to Care and Counseling in Faith Communities.* pp. 45 – 51.
- Cooper-White, P. *"The relational Paradigm in Pastoral Psychotherapy"* in *Shared Wisdom: use of self in pastoral care and counseling.* pp. 131 – 133.
- Clinebell, H. *"The Mission, Biblical Bases, and Uniqueness of Pastoral Care and Counseling"* in *Basic Types of Pastoral Care and Counseling.* pp 46 – 49, 67 – 71.
- Patton, J. *Pastoral Care: An Essential Guide.* pp. 25 – 33. (Pastoral Identity)
- Monnett, M. *"Developing Buddhist Approach in Pastoral Care"* On website *BuddhistChaplainNetwork.org* pp. 1 – 7.
- Kinst, J. *Notes for Chaplain Working with Buddhist Patients.* pp. 1 – 3.
3. 2/16 The World of Buddhist Teachings and Practice
Overview of interdependence, emptiness, the bodhisattva vow, self/no self, compassion, wisdom. Faith, refuge and practices.
Readings: Course Reader
Batchelor, S. *"Having and Being" & "Taking Refuge"* in *Alone With Others.* pp. 25 – 24, 66 – 71.
Wallace, B. A. *"The Spectrum of Buddhist Practice"* in Prebish & Baumann *Westward Dharma: Buddhist Beyond Asia.* pp. 34 – 48.
Kinst, J. *"Introduction to Mahayana Teachings"* in *Trust Emptiness and the Self in the Practice of Soto Zen Buddhism.* pp. 5- 24, 58 – 65.
4. 2/23 The Root of Pastoral Care Responding to Suffering
Compassion and the basic elements of the caring relationship, models of pastoral care
Readings:
Guenther, M. *Holy Listening* pp. 1 – 22.
Course Reader;
Batchelor, S. *"Question and Response"* in *The Faith to Doubt.* pp. 3 – 5.
Batchelor, S. *"The Anguish of Others"* in *Living With the Devil.* pp. 135 – 141.
De Witt, H. & Brown, M.Y. *"Pain for the World"* in *Coming Back to Life.* pp. 26 – 31.
Patton, J. *"Presence in the Carer's Response to the Person Cared For"* in *Pastoral Care: An Essential Guide.* pp. 27 – 33.
Notes, *Foundational therapeutic Skills & Kohuts' Three Factors in Therapeutic Healing.*
Notes, *Characteristics of a Good Listener.*
Notes, *The Difference between a Pastoral and Social Visit.*
5. 3/2 The Root of Pastoral Care: Responding to Suffering II
Listening continued, stories, and self reflection
Readings:

Guenther, M. *Holy Listening*. pp. 22- 39

Course Reader:

Bays, J. *Introduction, Jizo Bodhisattva*. In *Jizo Bodhisattva*. pp. XXIII – XXVI

Wimberly, E. *To be Called Anew” & Personal Myths”* In *Recalling Our Own Stories*. pp.1 - 8, 14 – 25.

Notes, Please reread notes on listening from week 5. Reflect on how they have or have not impacted you.

6. 3/9

Psychological Principles and Pastoral Care I

Introduction to self, selfobject relationships, transference, countertransference

Readings: Course Reader

Kinst, J. :*Psychological Concepts I”* pp. 119 – 155.

(I suggest two readings, one overview and one in more detail.)

Cooper-White, P. *“Countertransference”* pp. 5 – 8, 54 – 59.

7. 3/16

Psychological Principles and Pastoral Care II

Relationships, models of pastoral care, pastoral assessment, trust, faith and trauma

Readings:

Guenther, M. *Holy Listening*. pp. 42 – 80.

Course Reader:

Kinst, J. *“Trust”* pp. 161 – 173.

Cooper-White, P. *“The Relational Paradigm in Pastoral Assessment and Theological Reflection.”* pp. 61 – 79.

3/23

SPRING BREAK

8. 3/30

Further Models of Pastoral Care, integrating religious and psychological considerations

Readings:

Guenther, M. *Holy Listening*. pp. 82 – 107

Reader:.

Clinebell, H. *“Facilitating Spiritual Wholeness: The Heart of Pastoral Care and Counseling: in Basic Types of Pastoral Care and Counseling.* pp. 104 – 119.

McDonald, M. *Of Mud and Broken Windows*.

9. 4/6

10. 4/13

Caring for Self and Community **Listening Paper due**

Readings: Course Reader

Wicks, J. *“Burnout”* in *Clinical Handbook of Pastoral Counseling Vol 3*. pp. 335 – 341.

Buck, M. *“Bodhisattva Codependent?”* in *Living Buddhism* May – June 2006. pp. 49 – 55.

Cooper-White, P. *“Supervision and Personal Therapy”* pp. 176 – 180.

Nuzzolese, F. D. *“Leaking Roofs matter”* pp. 223 – 228.

Goldring, B. *“Dharma and Social Action”* **Bramhavihara (Cambodia AIDS Project) website.**

Kornfeld, M. Z., *“Preparing for Community Care, Counseling and Referral.”* pp. 91 – 101.

Clinebell, H. *“Referral Counseling”* pp. 310 – 321.

11. 4/20

Individuals, Family, Community: Stresses and Development

Readings:

Guenther, M. *Holy Listening*. pp. 110 – 139

Course Reader:

Kornfeld, M. Z., “*Community Care and Counseling in Family Beginnings*.” (and other sections) pp. 148 – 151, 154 – 157, 174 - 179.

Nhat Hanh, T. “*We Need a Sangha*: in *Friends on the Path* pp 21 – 24.

Chrisman, L. “*Birth*” in *Being Bodies* pp. 59 – 64.

Fischer, Z. N. “*Stages of Monastic Life*” pp. 37 – 47.

Klinger-Lesser, L. “*karma, Dharma and Diapers*” in *Windbell: Teachings from the San Francisco Zen Center 1968 – 2001* (M. Wenger Ed.). pp. 251 – 259.

12. 4/27

Trauma, Loss, Grief and Endings

Chodron, P. “*When Things Fall Apart*” pp. 6 – 11..

Patton, J (Grief and Loss): *What Caregivers need to know*” pp. 50 – 60.

Kornfeld, M/ Z. “*Care and Counseling at Life’s Many Endings*” & “*Effects Of Addiction*” (and other topics) pp. 188 – 193, 251 – 272.

Manuel, E. M. “*Bearing Up in the Wild Winds*” in *Dharma, Color, and Culture*.” (H. G.) Baldwin Ed.).

13. 5/4

Grief, Loss, Endings

Readings: Course Reader

Johnson, W. E. “*Cardinal Rules of Grief Support*” pp. 35 – 36.

Yamaoka, S. H. “*Shin Buddhist Ministry: Working with Issues of Death and Dying*.” in *Buddhism and Psychotherapy Across Cultures*. pp. 209- 227.

Levine, S. “*Be Also Ready*” in *Who Dies*. pp. 26 – 30.

Kapleau, P. “*Creating The Funeral Service*” in *The Zen of Living and Dying* pp. 122 – 136.

14. 5/11

Specific Topics, reflections on sustaining and healing our lives

Readings: Course Reader

Patton, J. “*What Carers for the Sick Need to know – about themselves*” pp. 62 – 70.

Guenther, M. “*Ministry with the Aged*” in *Toward Holy Ground* pp. 132 – 135.

Clinebell, H. *Suicidal Crises and Grief*” pp. 235 – 239.

Kornfeld, M. Z. “*ABC Process of Crisis Management*” p. 234.

Harvey, P. “*Abortion and Contraception*” in *An Introduction to Buddhist Ethics* pp. 311 – 313, 324 – 325, 350 – 351.

Batchelor, S. “*The Practice of Generosity*” (In A. H. Badiner Ed) pp. 59 – 66/

Goodall, J. “*Healing*” in *Reason for Hope* pp. 169 – 180.

15. 5/15

Last Class Review and Open Topics

RESEARCH BIBLIOGRAPHY

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- Fischer, Z. N. (1997) *Stage of Monastic Like* In Windbell, Vol XXXI No. 1.
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- Fowler, J. (1981) *Stages of Faith: The Psychology of Human Development and the Quest for Meaning*. San Francisco: HarperSanFrancisco.
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- Goodall, J. (1999) *Reason for Hope: A spiritual journey*. NY: Henry Holt and Company.
- Gratton, C. (2003) *The Art of Spiritual Direction*. New York: Crossroads.
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- Guggenbuhl-Craig, A. (1971) *Power in the Helping Professions*. Dallas: Spring Publications.
- Habito, Ruben (2004) *Living Zen, Loving God*. Boston: Wisdom Publications.
- Harvey, Peter (1990) *An Introduction to Buddhism: Teaching, history and practices*. Cambridge, UK: Cambridge University Press.

- Herman, J. (1992) *Trauma and Recovery: The Aftermath of Violence – from domestic abuse to political terror*. New York: Basic Books.
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