

# **Syllabus for Basic Course in the Theory and Practice of Pastoral Counselling, 5 credits**

Course code: RELA86

Authority: Department of Religious Studies, Umeå University

Subject: Religious studies

Level: Basic

Faculty: Arts

Financing: Commissioned course financed by commission fees

This course may be included in a B.A. Theology, a B.A. or an M.A. degree.

## **Constitution of the course of studies**

This course syllabus was approved by the Board of the Faculty of Arts, Umeå University, on June 15, 2005, to be valid from autumn term, 2005 until further notice.

## **Course content and educational objectives**

The course is intended to illuminate the social-scientific and theological foundations of pastoral work. The following subjects are treated: a) the boundaries between pastoral counselling, psychiatry, psychotherapy, and nurturing/nursing; b) Christian traditions and models of pastoral care; c) theories of guilt and shame; d) the pastoral counsellor's own process of development; e) the role of the pastoral counsellor. Special attention is paid to the perspective of pastoral counselling in diaconic work.

## **Methods of instruction**

Instruction is in the form of lectures, group work and/or seminars.

## **Examination and grading**

The course is examined through oral and/or written tests as well as group work. The grades given are pass with distinction, pass, or fail.

## **Textbooks**

(Others books and articles or compendium may be added)

- Anstorp, Trine (Ed.) (2003), *Fra Skam til Verdighet – teologisk og psykologisk arbeid med vold og seksuelle overgrep*. Oslo: Universitetsforlaget. (Chosen sections)
- Cullberg, Johan (1999), *Dynamisk psykiatri i teori och praktik*. Stockholm: Natur och Kultur. (Chosen sections)
- Engedal, Leif Gunnar (2004), "Kristen sjelesorg i en postmoderne kultur. Utfordringer og muligheter". In Ekedahl, M & Weidel, B (Eds.), *Mötet med den splittrade människan: Om själavård i postmodern tid*. Stockholm: Verbum
- Engquist, Anders (1999), *Om konsten att samtala: en bok för människor i kontaktyrken*. Stockholm: Prisma.
- Okkenhaug, Berit (2004), *Själavård: en grundbok*. Örebro: Libris.
- Wikström, Owe (1999), *Den outgrundliga människan. Livsfrågor, psykoterapi och själavård*. Stockholm: Natur och Kultur. (Chosen sections)
- Wikström, Owe (1994), *Det bländande mörkret. Om andlig vägledning och psykoterapi i vår tid*. Örebro: Libris. (Chosen sections)