

Practical Pastoral Care (PC014-508)

Australian College of Theology name: *Foundations of Applied Pastoral Care*

Unit Description

In this unit, you will develop your practical skills in pastoral care. You will learn how to ask helpful questions, listen effectively and employ boundaries. You will also learn how to apply the Scriptures to important pastoral issues. (This unit includes a practical time.)

Pre-requisite

Mary Andrews College considers Pastoral Care (PC013-508 (formerly PC207)) to be a pre-requisite for this unit.

Exclusions

Prior to 2020, this unit content was delivered under the unit code PC256.

Learning outcomes

On successful completion of this unit, you will:

A. *Know and understand:*

Demonstrate foundational knowledge and understanding of applied pastoral care, including the methods and standards of professional, safe and ethical practice

B. *Be able to:*

1. Outline the aims and methods of pastoral care
2. Demonstrate skills of pastoral care
3. Present organised evidence-based perspectives on applied pastoral care

C. *Be in a position to:*

Relate perspectives and skills from this unit to contemporary Christian living and ministry contexts

Content

Section A: Pastoral / Spiritual care framework (10 %)

- (a) Definition of pastoral care
- (b) Definition of spirituality
- (c) Function of pastoral / spiritual care

Section B: Pastoral care skills (45%)

- (a) Communication: Attending, listening, reflecting, empathy, feelings and emotions
- (b) Work practice: impact of context, permission, agendas, boundaries, privacy / confidentiality, referrals
- (c) Identifying and responding to individual spiritual needs (application of standard spiritual assessment models)
- (d) Use of bible and prayer
- (e) Development of ongoing pastoral / spiritual care plan
- (f) Reflection: Kolb action / reflection model applied in the context of pastoral, spiritual, theological reflection
- (g) Self-care and value of supervision

Section C: Pastoral care in context (10%)

- (a) Understanding and working in the context of specific needs: as relevant, for example grief and loss
- (b) Understanding and working in the context of specific settings: as relevant, for example church, hospital, prison, aged care, multi-faith community, multi-disciplinary team

Section D: Pastoral care in practice (35%)

30 hours of pastoral care in informal or formal settings, for example one to one ministry, bible study groups, church, community centre, aged care facility, hospital, prison, sporting club. These encounters are to provide the basis for the preparation and presentation of verbatims and reflections.