

# Pastoral Care

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## Academic credits

3 KP (4,5 ECTS)

## Prerequisites

None

## Approved by

Methodological Commission 07.02.2022.

## Course Author and Lecturer

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## Content

Students in the course acquire the basic skills to help a person in difficulty mobilize and learn to use all the resources at their disposal to help solve the person's particular problem, as well as a general increase in quality of life. A variety of pastoral advice situations are examined, and appropriate solutions are sought on biblical grounds. Key principles of crisis intervention are being learned and advice on how to practice them is provided. The course also includes practical exercises in conducting a conversation.

## Aim

Provide students with the necessary skills to assess the different crisis situations, with an emphasis on listening and reflexive listening.

## Learning Outcomes

### ***Knowledge***

*The students will know:*

- grounds for pastoral care and practice.

### ***Assessment***

Report  
Analysis  
Examination

### ***Skills***

*The students will be able to:*

- diagnose problems in conversations with people;
- to provide solutions by integrating the anthropological teaching of the Bible.

Report  
Analysis  
Exam

### ***Competencies***

*The students will be able to:*

- listen to and help people to find solutions to crisis situations;
  - teach, encourage and alert people, according to Bible teaching;
  - seek counselling with a psychotherapist if necessary;
  - apply basic skills from the main principles of crisis intervention.
- Report  
Analysis  
Exam

**FULL-TIME STUDIES**

**Lesson plan**

<i>Subject</i>	<i>Academic hours (45 min)</i>
1. Pastoral ministry in the Bible. Examples. Analysis. A pastor like a shepherd.	4
2. Pastoral care limits. Competence of the pastoral advisor. The problem of burning out, preventing it.	4
3. Pastoral service during pandemics and natural disasters.	4
4. The conversation. Time, place, purpose. Listening and giving advice. Basic principles of high-quality conversation	4
5. Pastoral care for preparing people for baptism and confirmation. Content of seminars and individual appointments. Home visits.	4
6. Stages of human life and their needs. Pastoral care at different stages of human life.	4
7. Crisis in faith and in life. Help those who don't seek help. Right time for help. Out-of-control situations.	8
8. Pastoral care in sickness. Ministry for the dying. Pastoral care for the grieving.	8
9. Pastoral care in the parish council. Conflict settlement. Management principles. Pastoral counselling for addicts and depressed	4
10. Pastoral counselling for addicts and depressed	4
<i>TOTAL</i>	<i>48</i>

**Individual study plan**

No.	Individual studies	Number of hours to run
1.	Report on one issue of pastoral care	24
2.	Analysis of “In Treatment” season 2	24
3	Independent study of literature	24

TOTAL

72

## Assessment

	Learning Outcomes			% of the final score
	Knowledge	Skills	Competencies	
Report	+	+	+	30
Series analysis	+	+	+	35
Examination	+	+	+	35
TOTAL				100%

## Readings

### *Mandatory Readings*

1. Kalniņš, I. E. *Cilvēks starp Dievu un pasauli*. Rīga: Klints, 2002.
2. Autoru kolektīvs. *Konsultēšanas un psihoterapijas teorija un prakse*. Zvaigzne ABC, 2016. 52.-62.lpp; 487.-530.lpp

### *Additional Readings*

1. Beasley-Murray, Paul. *A Call To Excellence*. Hodder@Stoughton, 1995.
2. Brister, C.W. *Pastoral Care in the Church*. Sanfrancisko: Harper, 1992.
3. Culbertson, Philip, L. Shippee, Arthur Bradford. Ed. *The Pastor, Readings from the Patristic Period*. Fortress Press, 1990.
4. Hansen, David. *The Art of Pastoring, Ministry Without All Answers*. InterVarsity Press, 1994.
5. Oden, Thomas C. *Pastoral Theology, Essentials of Ministry*. Sanfrancisko: Harper, 1983.
6. Rouva, Dorotija. *Depresija: izlaušanās no iekšējā cietuma*. Rīga: Jāņa Rozes apgāds, 2010.
7. Smīds, Luiss B. *Piedod un aizmirsti*. Rīga: Amnis, 2000.
8. Swetland, Kenneth L. *The Hidden World of the Pastor*. Baker Books, 1995.
9. Swetland, Kenneth L. *Facing Messy Stuff in the Church*. Kregel, 2005.