

**DRAFT SYLLABUS**  
**Pastoral Care in Unjust Times**  
January 2018 intensive  
M, T, W, Th, F January 8—January 12, 2018  
9:00AM – 5:00PM  
3.0 credits

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**Course Description:**

(For Unitarian Universalist students, this course relates directly to MFC Competency 2 “Pastoral Care and Presence” and Competency 4 “Social Justice in the Public Square”)

Anti-oppressive pastoral care must include the weaving together of culturally-aware skills within the context of oppressions, injustices, biases, discriminations, and microaggressions that plague the lives and spirits of marginalized and otherized people.

This 3-credit intensive course combines anti-oppressive theory with multicultural, person-centered and family-centered pastoral care skills. We will use reading assignments, documentary films, and lectures (faculty and guest lecturers) to “set the stage” but will spend a considerable percentage of the time giving students opportunities to practice basic pastoral care skills through instructor-guided experiential practice. Students will learn and practice skills in a safe, confidential, and supportive environment.

Students’ learning goals include to:

- Develop an understanding of the theories that are at the core of multi-cultural, anti-oppressive pastoral care
- Develop foundational counseling/care skills for anti-oppressive pastoral work with individuals and families
- Gain knowledge of the key professional ethics, boundaries, responsibilities that frame the work of pastoral care

Student outcomes that flow from these goals—(these are MFC competencies):

- Can provide pastoral care, recognizing differences between pastoral and therapeutic counseling
- Understands cultural and generational needs in pastoral care
- Can apply the lens of power and privilege in the areas of antiracism, anti-oppression, and multiculturalism

No prerequisites other than a willingness to engage with troubling material. Reading materials will be provided online and we will require you to read them before Monday, January 8. Doctoral upgrade possible.

**Required text:**

Sue, Derald Wing; Sue, David. (2016) *Counseling the Culturally Diverse: Theory and Practice, 7<sup>th</sup> edition* John Wiley & Sons. ISBN: 978-1-119-08430-3 (approximately \$60 to purchase – it can be rented and a few used copies are beginning to show up.)

This is a book you will absolutely want on your professional bookshelf. It is not inexpensive, but it is comprehensive and the best book in its field. There are 26 chapters in the book. We are requiring approximately 10 chapters (less than half the book) and chapter assignments will be made in the final syllabus.

In addition, a selection of other resources will be compiled and emailed to registered students. All reading to be done in advance of the course because intensive courses are intensive and you need to take care of yourself in the evenings during the week of this class.

**Monday**

- Theory: Privilege and power in context of Bronfenbrenner's Socio-ecological Theory and Sidanius and Pratto's Social Dominance Theory—putting the two together. Intersections of oppression—how deeply embedded in capitalism.
- Skill development: Attentive listening, non-verbal communication/body language, beginning reflection, cultural counseling sensitivities. Self-care practices, emotional care, holding others' pain mindfully, handling our anxiety and not knowing
- Guest or film plus discussion: Shakti Butler's documentary film "The Way Home"

**Tuesday**

- Theory: Microaggressions. Implicit biases and stereotypes. Transformative learning theory/model. Fit between social justice consciousness and pastoral care/counseling.
- Skill development: Trying out classical and newer models and theories. Rogerian, narrative storytelling, religion-based cognitive behavioral therapy. Work in multicultural contexts. Exploring empathy.
- Guest or film plus discussion: Today's topic is Addiction. AA and harm reduction. Resources. Guest lecturer and discussion

**Wednesday**

- Theory: Bowen's, Satir's, Minuchin's family systems theories in cultural and anti-oppressive context. Individualistic and collectivist cultures, implications for anti-oppressive pastoral care.

- Skill development: Learning how to create and use genograms as tools in working with families, practice in working with couples/families. Spiritual/religious genograms, pastoral care with non-heteronormative monogamous families.
- Guest or film plus discussion: Today is Genderqueer Day. Films? Guest lecturer? Collective wisdom? All of the above? TBD.

#### Thursday

- Theory: Focus on Bowen Family Systems Theory. Self-differentiation, triangles, emotional cut-off, etc.
- Practice: Using Bowen's theory with families and in congregations. Self-differentiation scale. Family enactments.
- Guest or film plus discussion: Today's topic is incarceration. Guest lecturer(s) counselors working in San Quentin.

#### Friday

- Theory: Resilience and resistance, secondary trauma, first responders—*Trauma Stewardship*. Potential conflict between pastoral care and social justice work. Working within vs working outside institutions. Ally/advocate work.
- Practice: Scenarios and enactments bringing institutions and anti-oppressive pastoral care together collaboratively or in opposition with each other.
- Guest or film plus discussion: Anticipating our fatigue by Day 5, we will select one or two exemplary documentary films (there are so many excellent films to choose from) and we will have concluding conversations.