

## **INTRODUCTION**

Counseling refers to a process of encouraging growth from within. It is rooted in a growing awareness of one's self. From this should come a less distorted way of seeing persons and relationships and greater courage to accept one's responsibility to make commitments and decisions.

Pastoral counseling represents a fusion of two not altogether discrete sources: pastoral care, i.e. the traditional shepherding function of the Christian minister; and dynamic psychology, which focuses upon the striving aspects of personality as the key to understanding persons.

## **STRUCTURE OF THE COURSE**

The course is divided into two lessons, which can be taught over eight parts.

## **COURSE OBJECTIVES**

1. To introduce the student to Pastoral Counseling as a field within Practical Theology.
2. To introduce the student to basic problem areas as commonly encountered in the Pastorate.
3. To introduce the student to the fundamentals of Biblically based Pastoral Counseling.
4. Explore the concept of Pastoral Counseling as an expression of missionary work.
5. To equip the student with a working knowledge and ability to demonstrate empathy, compassion and understanding.
6. To translate academia into practice.

## **COURSE REQUIREMENTS**

1. Know this study guide well. It is the foundation to Pastoral Care.
2. Complete the Bible study exercises on each mentioned Scripture.
3. Complete the assignments at the end of each lesson.

## **BENEFITS OF THIS COURSE**

1. Understand the nature of Pastoral Counseling

2. Understand empathy, compassion and general understanding of actual problem areas.
3. Participate in the pastoral conversation.
4. Understand the parameters of pastoral counseling as a discipline as it relates to emotions, self-development and management and the role of the Father, Son and Spirit in pastoral counseling.
5. Understand the fundamentals of Biblically based Pastoral Counseling.
6. Have a foundation to further studies in Pastoral Counseling.
7. Understand the pastoral dynamics of common problem areas.
8. Understand the parameters of Pastoral Counseling as a discipline.
9. Demonstrate understanding of pastoral care as a ministry in the church.
10. Engage in pastoral care in relation to personal salvation.
11. Comprehend empathy, compassion and understanding.
12. To demonstrate an ability to use empathy, compassion and understanding.