

Course Description and Syllabus
The Skilled Listener: Sp 671 Supervised Practicum I
Instructor: Shiella Fodchuk
Fall 2009: Monday Mornings: 9:00-12:00 am

Purpose

This is an introductory counselling skills course designed for spiritual directors, clergy, chaplains and others training for various pastoral ministries. Using a non-directive, person-centered approach, this course will focus on developing empathic communication, safety and trust in relationships, listening and reflecting skills, immediacy and self-disclosure, acceptance and congruence. Attention will also be paid to ethical issues, such as confidentiality. Students will be asked to consider the relevance of enhanced communication skills for spiritual guidance and pastoral ministry and consider distinctions between spiritual guidance, pastoral care, counselling and psychotherapy.

Learners will practice skills by counselling each other. They will also learn from observational supervision and transcripts of videotapes and audiotapes.

Competence Objectives

Learning a person-centered approach to communication, course participants will be able to discuss the qualities of a spiritual director, pastor and counsellor and the conditions in ministry that create an environment of safety and trust and foster a healthy helping relationship. They will be able to demonstrate the skills of consistent respectful, empathic understanding and communication, acceptance, personal genuineness and congruence, appropriate self-disclosure, immediacy, and awareness of ethical issues. They will be able to evaluate their own counselling skills.

Course Format

One three-hour class and approximately 5 to 7 hours of reading, DVD observation and transcript preparation each week.

Course Process

Three Dimensions of Becoming

Knowledge: taught by didactic process:

- Lecture
- Reading
- Discussion
- Prayer and meditation

Skill: taught by:

- Example
- Role-play
- Rehearsal

- Imagining

Attitude: taught using experiential methods:

- Demonstrations and exercises
- Learners working with each other in the helping relationship
- Direct supervisor observation
- Identification with characters in scripture, film, books, stories
- Meditation techniques
- Non-directive counselling
- Self-reflection
- Learner – centered teaching methods

Expectations of the Student

Each student will take responsibility for assuming the roles of counsellor, observer and volunteer client, presenting an authentic personal issue to work on.

As real counselling relationships are formed in this course, and other participants are dependent upon the full participation of their counselling partners, students are expected to attend 100% of classes. If you are planning to take this course, please commit to being present each day. For the same reasons, there will be no withdrawals from this course once it begins.

Evaluation and Grading

Instructor evaluation is based on full, respectful class participation and supervision, the demonstration of counselling skill competency, especially empathic understanding and communication, the ability of students to accept and implement the supervisors' recommendations for improvement, and to evaluate their own work.

Transcripts of counselling sessions, in which the student demonstrates a minimum of 70% improved responses on the transcript.

Grading is Approved or Not Approved.

Required Texts and Supplies

Rogers, Carl. *On Becoming a Person*, Houghton Mifflin, 1961. ISBN 0-395-08409-1

Thorne, Brian. *The Mystical Power of Person-Centered Therapy*, Whurr Publishers, 2002. ISBN 1-86156 328-0

Recommended: Rogers, Carl. *A Way of Being*, Houghton Mifflin, 1980. ISBN 0-395 30067-3

Burns, Charlene. *Divine Becoming*, Ch 4 and 5, Fortress Press 2002

Please Note: Students are required to bring a tape recorder (not a digital recorder) with a counter and a good microphone that will record voices; as well as five 60-minute audiotapes, a watch or clock.