Pastoral Counseling 1
RB-PRAC-301
Fall 2016-2017
Friday, 9-11:50 a.m.
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Introduction to Pastoral Care and Counseling:
Finding Hope and Meaning through the Seasons of Loss

For Your Reflection:

"Grief is not a disorder, a disease or a sign of weakness. It is an emotional, physical and spiritual necessity, the price you pay for love. The only cure for grief is to grieve." - Rabbi Earl Grollman

“Only people who are capable of loving strongly can also suffer great sorrow, but this same necessity of loving serves to counteract their grief and heals them.” Leo Tolstoy

"Those who don't know how to weep with their whole heart don't know how to laugh either." Golda Meir

You will lose someone you can't live without, and your heart will be badly broken, and the bad news is that you never completely get over the loss of your beloved. But this is also the good news. They live forever in your broken heart that doesn't seal back up. And you come through. It’s like having a broken leg that never heals perfectly—that still hurts when the weather gets cold, but you learn to dance with the limp.” Annie Lamott

"A child can live with anything as long as he or she is told the truth and is allowed to share with loved ones the natural feelings people have when they are suffering." Eda LeShan

Course Description

This course will explore in depth the ministry of pastoral care and counseling in times of grief and loss, with an emphasis on the theological dimensions in both Judaism and Christianity which assist persons to find hope and meaning in the aftermath of loss. We will explore together historical and contemporary grief theory, the various forms of loss and types of grieving, the role of attachment styles on grief and our relationship to God. We will examine how death is experienced differently through human development, the role of healthy and unhealthy religious coping in times of stress and focus on the reconstruction of meaning as essential to finding hope and a new future. Personal, theological, and cultural understandings of death, grief, and loss will be studied to appreciate both the universal and unique elements to grieving. Students will learn the tasks of grieving and how to facilitate healthy grieving within the context of congregational life and the role that pastoral empathy, counseling skills, rituals and funerals can play in this. While the primary focus of the course will be on normal grieving we will also deal with complicated grieving that may result from traumatic loss. Students will learn to distinguish complicated grieving from normal grieving and learn when referral to therapy is indicated.
We will also help students to prepare advance directives and explore how to help families prepare for the end of life by taking responsibility for making critical decisions before death comes.

**Format of the Class**

The course will consist of lectures, guest lecturers and people well acquainted with grief, films, class presentations and various in-class exercises, including role plays. There will be time for small group discussions. We will foster respectful and deep dialogue as we engage across religious differences in places of deep meaning.

**Objectives of the Class**

1) To see how the faith community as well as the rabbi and pastor can serve a critical role during the seasons of loss in people's lives and to develop appropriate pastoral care skills to do so.

2) Through engaging reading and deep and respectful dialogue, with professors and students from the Jewish and Christian traditions, learn with and from each other theological and ritual resources for making meaning and finding hope during times of loss.

3) Learn contemporary grief theory and its implications for caring for people in our faith communities and in chaplaincy.

4) Be able to recognize the different kinds of loss and grief and respond in appropriate ways to the needs of those experiencing the loss.

5) Be able to identify how one's attachment style impacts a person's grief work and image of God in order to provide more sensitive pastoral care.

6) To be able to recognize complicated mourning including multiple losses, traumatized loss, disenfranchised or stigmatized loss and to find appropriate pastoral responses to these very difficult issues, including the need for referral.

7) To explore how gender, class, race and religion impact how one grieves.

8) To prepare students to be proactive in their congregations dealing with end of life issues.

**Each student will complete 2 assignments** (all guidelines and instructions are at end of syllabus):

1) A reflection on either Didion’s *A Year of Magical Thinking* or C.S. Lewis *A Grief Observed* (4 to 5 pages) or a Class Presentation on one of selected topics.

2) A Narrative of Personal Loss: Reconstructing Meaning (Four Part Assignment, 3 due dates, (15-20 pages total).

**Required Books:**

1) *Melissa Kelley (2010)* *Grief: Contemporary Theory and the Practice of Ministry*  
   Minneapolis: Fortress Press.

2) *Pauline Boss (1999)* *Ambiguous Loss: Learning to Live with Unresolved Grief*  
   Cambridge: Harvard University Press.

3) Atul Gawande  
   *Being Mortal*  
   or
4) Please choose one of the following books on theodicy:

* Jeffry R. Zurheide (1997) *When Faith is Tested: Pastoral Responses to Suffering and Tragic Death*  
  Minneapolis: Fortress Press  (For Christian students)  UU’s may choose this or Kushner

* Harold Kushner (1981) *When Bad Things Happen to Good People*  
  New York: Schocken Books  (For Jewish students)

* Victor Frankl, (1946) *Man’s Search for Meaning*  
  Boston: Beacon Press

* David Blumenthal (1993) *Facing the Abusing God: A Theology of Protest*  
  Louisville, KY: Westminster John Knox Press

5) Please choose one of the following books:

C.S. Lewis (1961) *A Grief Observed*  
  New York: HarperCollins

Joan Didion (2006) *The Year of Magical Thinking*  
  New York: Vintage

Highly Recommended:

* Thomas Attig (1996) *How We Grieve: Relearning the World*  


Ira Byock  *Dying Well: Peace and Possibilities at the End of Life*  

Don Capps (2000) *Giving Counsel*  
  St. Louis: Chalice Press

* Douglas Hall (1986) *God and Human Suffering: An Exercise in the Theology of Grief*  
  Minneapolis: Augsburg.

Joan Halifax (2009) *Being with Dying: Cultivating Compassion and Fearlessness in the Presence of Death*  
  Boston: Shambala.

Alan Kay (1993) *A Jewish Book of Comfort*  
  Northvale, NJ: Jason Aronson

  Philadelphia: The Jewish Publication Society

Maurice Lamm (1969) *The Jewish Way in Death and Mourning*  
  Middle Village, NY: Jonathan David Publishers

* Kenneth Mitchell and Herbert Anderson (1983) *All Our Losses, All Our Griefs*  
  Philadelphia: Westminster

  New York: McGraw Hil


Jack Reimer, ed. (2002) *Jewish Insights on Death and Mourning*
Syracuse, NY: Syracuse University Press

*Maria Trozzi (1999) Talking with Children about Loss*
New York: Perigee Book.


*Nicolas Wolterstoff (1987) Lament for a Son*
Grand Rapids: MI: Eerdmans.

*William Worden (2009) Grief Therapy and Grief Counseling*

**Additional Recommended Reading**

Lucy Bregman (1999) *Beyond Silence and Denial.*
Louisville: Westminster: John Knox Press


Ira Brock (1997) *Dying Well: The Prospect for Growth in the End of Life*
New York: Berkeley Publishing.


Chalice Press.


Stephen Levine *Unattended Sorrow: Recovering from Loss and Reviving the Heart*
Rodale

Stephen Levine *Meetings at the Edge: Dialogues with the Grieving and the Dying*


Christopher Lukas and Henry Seiden (1987) *Silent Grief: Living in the Wake of Suicide.*
Northvale: N.J.: Jason Aronson Publishers


Henri Nouwen (1994) *Our Greatest Gift: Meditation on Dying and Caring*
New York: HarperCollins

Henri Nouwen (1980) *In Memoriam*
New York: Ave Maria Press.

Sherwin Nuland (1995) *How We Die: Reflections on Life’s Final Chapter*
New York: Vintage Books


Studs Terkel (2001) *Will the Circle Be Unbroken: Reflections on Death, Rebirth and the Hunger for Faith*
Paul Rosenblatt and Beverly Wallace (2005) *African American Grief*  
New York: Routledge.

New York: Guilford Press.

New York: Guilford Press.

Nashville: Abingdon.

R. Walsh and Monica Mc Goldrick Ed. (1991) *Living Beyond Loss: Death in the Family*  
New York: Norton.

Woodstock, Vermont: Jewish Lights Publishing.

New York: Guilford.

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* Books on Reserve in the ANTS Library

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**Class Sessions**

**Session #1**  
**September 16th**

To Live is to Mourn: Losses through the Life Cycle  
What is Grief, Bereavement, Mourning?  
Identifying Types of Loss and Pastoral Implications  
Jewish and Christian Reflections on Finding Meaning and Hope in the Seasons of Loss

**Required Reading:**

*Melissa Kelly  Introduction pp.1-10

# Kenneth R. Mitchell and Herbert Anderson  *All Our Losses, All our Griefs: Resources for Pastoral Care*  Ch. 3 pp. 37-52, ch. 8 "Toward a Theology of Grieving" pp. 163-173

**Recommended Reading:**

#Jack Riemer, *Jewish Insights on Death and Mourning,* “Introduction” pp. 3-19

#Neimeyer, Robert A.  *Lessons of Loss* Ch. 1

#* Attig, Thomas  "Relearning the World: Making and Finding Meanings"  Ch. 2 in Robert Neimeyer  *Meaning Reconstruction and the Experience of Loss*
Session #2
September 23rd

An Overview of Grief Theory - Historical to Contemporary
Types of Grief and Trajectories of Loss
The Basics of Pastoral Presence

Required Reading:
* Melissa Kelley  Chs. 1, 2
#Robert Kidd "Foundational Listening and Responding Skills" Ch. 7 in
Professional Spiritual and Pastoral Care
#Donald Capps Giving Counsel  pp.16-20
# Rabbi Zahara Davidowitz-Farkas "Chronic Illness" in Professional Spiritual and Pastoral Care

Recommended Reading:
#*Herbert Anderson and Kenneth Mitchell  All Our Losses All Our Griefs.  Ch.4
# Robert Neimeyer Lessons of Loss Ch. 4
# Simcha Raphael, “Grief and Bereavement” in Jewish Pastoral Care:  A Practical Handbook
# Donald Capps Giving Counsel, Ch.1

Session #3
September 30th

Loss through the Lens of Developmental Theory
Distinguishing Grief from Depression/ Uncomplicated and Complicated Grief
Deepening the Practice of Pastoral Presence

Required Reading:
*Melissa Kelley  Ch. 3
# Donald Capps Giving Counsel Ch. 2 “Constructing a Conversation”
* Robert Kegan The Evolving Self Ch. 3, pp.73-110.

Recommended Reading:
# Timothy Serban  Complicated Grief  Ch. 25 in Professional Spiritual and Pastoral Care
*William Worden Grief Counseling and Grief Therapy : Chs. 4, 5 and 6
*Herbert Anderson Leaving Home
# John Harvey et. al "Embracing their Memory: The Constructions of Accounts of Loss and Hope"  Ch. 12  in Robert Neimeyer Meaning Reconstruction and the Experience of Loss

NO CLASS OCTOBER 7th  ROSH HASHANA
Session #4
October 14th

The Tasks of Mourning
Mediators of Grief
The Reconstruction of Meaning after Loss

Required Reading:
* Melissa Kelly, *Grief*. Ch. 4, 5
* Joan Didion *A Year of Magical Thinking* or C.S. Lewis *A Grief Observed*
# Kenneth Pargament "Does it Work? Religion and the Outcomes of Coping" Ch.10
  in *The Psychology of Religion and Coping: Theory, Research and Practice*

Recommended Meaning:
* Robert Neimeyer *Lessons of Loss* Ch. 7
# Peggy Whiting and Elizabeth James "Bearing Witness to the Story: Narrative
  Reconstruction in Grief Counseling" http://counselingoutfitters.com/James.htm
# Maurice Lamm, *Consolation: The Spiritual Journey Beyond Grief*, Ch. 4, “Shiva: The
  Habit of Healing
* Thomas Attig *How We Grieve*
# Robert Neimeyer *The Experience of Loss and the Reconstruction of Meaning*
* William Worden *Grief Counseling and Grief Therapy* chs. 2 and 3

Session #5
October 21st

Ambiguous Loss
Loss through the Lens of Family Systems Theory
Divorce

Required Reading:
* Pauline Boss *Ambiguous Loss* Chs. 1-5
# Maurice Friedman *From Generation to Generation* Ch.
# Maria Trozzi *Talking with Children about Loss* Ch. 14  Mourning a Divorce

Recommended Readings:
# Sandy Seltzer, *When There is No Other Alternative: A Spiritual Guide for Jewish Couples
  Contemplating Divorce*, "Introduction"
# Robert Neimeyer, “To Love and To Lose”

Session #6
October 28th

Ambiguous Loss
Caring for People with Alzheimer’s and their Families
Guest Speaker: Halie Diecidue, Staff Chaplain, Hebrew Senior Life

Required Reading:
* Pauline Boss *Ambiguous Loss* Chs. 6-9.
# Robert Neimeyer *Lessons of Loss* "To Love and To Lose" Ch. 2
# Jade Angelica Where Two Worlds Meet pp. 47-83, pp.157-167
# Dayle Freedman, “Making Sense of Dementia,” in *Jewish Pastoral Care: A Practical Handbook*
Recommended Reading:

# Joanne Koenig Coste  *Learning to Speak Alzheimer's*  Chs. 4&5
# Stephen Post  *The Moral Challenge of Alzheimer’s*  Ch. 3  Fairhill Guidelines on Ethics and the Care of People with Alzheimer’s  pp. 44-65
Joanne Koenig Coste  *Learning to Speak Alzheimer’s*

Session #7
November 4th

Disenfranchised Grief and Special Types of Losses
Panel on Disenfranchised Grief

Required Reading:

# Kenneth Doka  *Disenfranchised Grief*  Chs. 1, 2, 3 and 11
# Thomas Moe  *Pastoral Care in Pregnancy Loss*  Chs. 7 & 8

Recommended Reading:


Session #8
November 11th

Anticipatory Grieving
Meaning Making in Death and Dying
Spiritual Needs of the Dying
Speaker: Rabbi Joel Baron, Hospice Chaplain, Hebrew Senior Life

Required Reading:

Brock, Ira  *Dying Well: Peace and Possibilities at the End of Life*, Ch. 4, 5, 11
*Martha Jacobs  *A Clergy Guide to End-of-Life Issues*  Ch. 1, 4, 6, 9

Recommended Reading:

#*Amy Eilberg, “Walking in the Valley of the Shadow: Caring for the Dying and Their Loved Ones, in Jewish Pastoral Care: A Practical Handbook
# Glenn Robitaille  "Inspiring Hope: Confronting Fear, Guilt, and Shame in Spiritual/Pastoral Care*  Ch. 10 in *Professional Spiritual and Pastoral Care*
# John Rolland  "Helping Families with Anticipatory Loss "  Ch. 8 in Froma Walsh and Monica Goldrick  *Living Beyond Loss: Death in the Family*
Steven Levine  *Unattended Sorrow*
Joan Halifax  *Being with Dying*  Audio CD
Session #9
November 18th

How Rituals From Religious Traditions Facilitate Grief Work
What our Traditions Teach about Hope and Meaning in Loss

Required Reading:
#Herbert Anderson Mighty Stories, Dangerous Rituals Ch. 6
#Jack Riemer, Jewish Insights on Death and Mourning, Ch. 5, 6, pp. 141-182
#Maurice Lamm, The Jewish Way in Death and Mourning, Ch. 3 “Mourning Observances of Shiva and Sheloshim”

Recommended Reading:
Thomas Long Accompany Them with Singing: The Christian Funeral
# Gerald Jones Prayer and Ritual Ch. 8 in Professional Spiritual and Pastoral Care

Session #10
December 2nd

Traumatic Loss- When Faith is Tested
Supporting Parents of Children with Life-limiting Illness
Guest Speaker: Blyth Lord
Founder of Courageous Parents Network

Required Reading:
# Dorothy Becvar In the Presence of Grief Ch. 6 "When a Child Dies"
Explore the website and look at least 2 short videos
http://courageousparentsnetwork.org

Please choose one of the following books on theodicy:
*Jeffry R. Zurheide (1997) When Faith is Tested: Pastoral Responses to Suffering and Tragic Death. Minneapolis: Fortress Press (For Christian students) UU's may choose this or
* Harold Kushner (1981) When Bad Things Happen to Good People New York: Schocken Books (For Jewish students)
* Victor Frankl, (1946) Man’s Search for Meaning Boston: Beacon Press

Recommended Reading:
Session #11
December 9th

Traumatic Loss for Children
Grieving the Loss of a Parent by a Child

Reading:
# *Maria Trozzi Talking with Children About Loss Ch.,2,3,4,5,6
# Michael White “Saying Hullo Again” in Introducing Narrative Therapy ed. David Denoborough
# Linda Goldman, “Supporting Grieving Children” Ch. 20 (pp.275-291) in Death, Dying and Bereavement

Recommended Reading:
Video Poinette
Earl a. Grollman Talking about Death: A Dialogue between Parent and Child
Leo Buscaglia The Fall of Freddie the Leaf
*Robert Neimeyer Ch 14 "The Language of Loss: Grief Therapy as a Process of Meaning Reconstruction." in Meaning Reconstruction and the Experience of Loss

Session #12
December 16th

Facing our Own Death and Helping Others to Face Theirs
Facilitating Conversations about the End of Life

Required Reading:
*Atul Gawande On Being Mortal (especially Chs 1, 2, 5, 6,7)
*Martha Jacobs A Clergy Guide To End-of-Life Issues Chs. 2,3,6, 8
Google The Conversation Project – download the following document
5 Wishes Handout in class

Recommended Reading:
“Five Wishes” by Aging with Dignity (handout in class)
Complete Description of Assignments

Guidelines for Written Assignments
All assignments will use either Chicago Manual of Style Online or the format of the American Psychological Association which may be found by googling APA format, general rules for format. All papers must be free of plagiarism (see ANTS catalogue p.58 for policy). It is expected that every student will use gender-inclusive language.

Assignment #1 – a Reflection on either Joan Didion’s A Year of Magical Thinking OR C.S. Lewis’s A Grief Observed (4 to 5 pages)
This should be a brief reflection of approx. 4 to 6 pages on one of the books listed above. Be sure to utilize reading and lecture material that is relevant. Keep in mind the following questions: Was there something in the author’s experience of grief which was surprising to you or helped you understand something about grief theory more clearly? What was the theological perspective of the author on the meaning of loss? How does this theological perspective relate to your own? As someone who will be giving care to people going through grief, what were some of the essential insights you think you will utilize in your pastoral work? What from other reading helps you understand this more deeply?

Or

A Group Presentation presented on one of suggested topics
The group presentation should be 30 to 45 minutes long and be used to supplement the knowledge base of students on a critical topic. Emphasis should be placed on what rabbis, cantors and ministers need to know about the given topic and practical implications. It should include the following:

1) Clear introduction to topic and what will be covered
2) Knowledge on topic essential for pastors and rabbis
3) Practical implications for ministry – a case study might be used
4) Each group shall develop and provide a stapled handout a week before the presentation to the class with the following:
   a) A list of three to five annotated internet resources that might be most helpful for persons in this situation of loss.
   b) An annotated list of at least three books or articles that you would find most helpful for a person undergoing such a loss.
   c) A list of referral resources that you would consider mandatory to have on hand for someone going through this kind of loss.
5) Use of audio visuals or power point when appropriate.
6) Time for questions and discussion

Assignment # 2 - A Narrative of Loss- Reconstructing Meaning ( an assignment in three parts
15-20 pages total, 3 due dates) (adapted from Robert Neimeyer and Lessons of Loss: A Guide to Coping p. 166-169 and expanded upon by Brita Gill-Austern)
You are welcome to include as part of your paper in any four parts, a creative component – a poem, a piece of art or some other medium. If you include a creative piece, please have some language which outlines your intention and process that went into its creation.
PART I Narrative Description of a Personal Loss
Begin your narrative with naming the experience of loss or losses you want to explore. (If you are exploring more than one loss, show their critical relationship to one another.) Respond with as much specificity as you can to how you responded to the loss at the time. What bodily or emotional feelings do you remember having? Did they tell you about what you needed? What do you remember about changes in your feelings over time? Did you have any responsibility for this loss? How did others respond to your loss at the time? How did this impact your own sense of grieving? Who was really there for you? Who grasped what this loss meant to you? What do you remember about who you were at the time, developmentally, basic personality and disposition, your view of the world, God and the central concerns of your life. Did you feel the support of a community or faith community? How? As you look back what was the most painful part of the experience for you? (5 to 7 pages)

DUE OCTOBER 9TH

PART II Making Meaning of My Loss and Understanding it Through the Lens of Grief Theory
As you think about your loss which reading(s), lecture (s) or class discussion helped you see your loss through a different lens? What was it about what you learned that contributed to a deeper understanding of your loss? Take one to three ideas, theories, or areas and explore in depth the implication of this learning(s) for your self-understanding as it relates to your loss. Does your learning and reading raise any new questions you would like to explore?

As you reflect on the above questions you may want to think about the following: How did you make sense of your loss at the time? How do you understand and interpret the loss now? How does constructive developmental theory and your own place in the developmental life cycle impact your understanding of your loss? In what way does family system theory help you understand the dynamics that were in play in your loss? What concepts from grief theory are most helpful in coming to a deeper understanding of your loss?

What religious, spiritual beliefs, or spiritual care contributed to your adjustment to the loss at the time? How were your spiritual beliefs or practices impacted or changed by this loss? What changed for you in your sense of values or priorities after this loss? How was your view of yourself and the world changed? What have you learned about life and love from your loss? Is there anything that might contribute to further healing at this time?

(7-9 pages)

DUE DECEMBER 4TH

Part III Pastoral Theological Reflection
How does your narrative of loss, your own meaning making and understanding of this loss deepened by your exposure to grief theory and understanding of grief inform your own pastoral sense of caring for those in grief? Write a pastoral theological reflection on caring for the grieving incorporating psychological, theological, spiritual and communal resources that will inform your caring. Name at one psychological insight, one theological spiritual insight and one communal resource that would provide a foundation for your pastoral care to those who grieve. (3-5 pages)

DUE DECEMBER 18TH