



CC 645 CRISIS COUNSELING
Canadian Bible College
Canadian Theological Seminary
Festival 2000
Dr. Margi Hollingshead, MA, PHD

Course Objectives

By the end of this course, the student should be able to:

1. explain crisis counselling theory and intervention
2. identify characteristics of the problem areas studied
3. describe the role of the pastoral counsellor in each type of crisis
4. appraise church and community resources
5. assess one's own ability to respond in crisis situations

Schedule

Tuesday: 10:00 – 12:00 – Introduction
1:00 – 4:30 – Crisis theory, distinctives, pastoral advantages

HOMEWORK: read Luna story and write reactions per guidelines
Switzer: 3-53

Wednesday 8:30 – 10:00 – the losses of crisis; intro re sexual abuse
11:00 – 12:00 – responding to sexual abuse
1:00 – 4:30 – recovery from sexual abuse

HOMEWORK: Switzer: 54-143

Thursday 8:30 – 10:00 – death and dying theory, losses, characteristics
10:30 – 12:00 – spiritual needs of the dying
1:00 – 4:30 – grief, suicide intervention

HOMEWORK: Switzer 171-221

Friday 8:30 – 10:00 – addictions with Dan Pope
11:00 – 12:00 - “
1:00 – 4:30 - “

HOMEWORK: Switzer: 144-169

Saturday 8:30 – 12:00 – marital breakdown

Course Requirements

10% A. **Luna Interaction** – after reading the excerpt from Luna, examine the four central characters in light of crisis theory. Is she/he in crisis {defend your answer per Stone’s definition}? What feelings are evident in each person? Identify the real or potential losses for each person. What coping mechanisms are present? Your response should be no more than 4 pages and is due Wednesday morning at the beginning of class.

25% B. **Final Exam** – there will be a take-home final, consisting of case studies for your analysis and application of crisis counselling principles. Knowledge of class material and the Switzer book should be apparent in your responses. Due date: June 9, 2000.

25% C. **Personal Crisis Paper** – this paper is to synthesize a past personal crisis with the principles of crisis theory. Describe, then analyze your crisis, integrating class material [crisis definition and characteristics] and All Our Losses, All Our Grievs [chapters 2-8 should be evident in your analysis]. The description of your crisis should be confined to about 2 pages, so that the focus of your interaction is on the theoretical material. Papers will be evaluated on depth and thoroughness of analysis. Length: 8-10 pages. Due June 23, 2000.

40% D. **Focused Study** – select an area of crisis counselling of particular interest to you. Imagine that you have been asked to present a one hour seminar for lay counsellors in your church. The seminar will include a description of the topics, its relevance to the church, scriptural implications for counselling, community resources, and suggested actions for the church to take. Your preparation for this seminar should include 700 pages of related reading and investigation of at least 3 community resources. Length: 10 – 12 pages. Due June 23, 2000.

Course Expectations

- A. All auditors are expected to prepare the Luna assignment for class discussion.
- B. All assignments should be delivered to Dr. Hollingshead by the due date.
- C. Written work should be typed, double-spaced, and should reflect effort appropriate to college level in terms of grammar, spelling, neatness and organization. Marks will be lowered significantly for failure to demonstrate competence in written communication.

Required Texts

Mitchell, Kenneth R. and Herbert Anderson. All Our Losses, All Our Grievs. Philadelphia: Westminster Press, 1983.

Switzer, David K. 1989. Pastoral Care Emergencies. New York: Paulist Press.