



SPRING 2007 Modular Course

May 14 - 18, 2007

CS 745

**Spiritual Care for Those in Crisis:
A Contemporary Health Care Perspective**

**Instructor: Rev. Dan Cooper, MDiv
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and Teaching Supervisor (Clinical Pastoral Education)**

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Brief Course Description

In this course, we will study ministry to persons experiencing sudden and possibly life-threatening health care crisis and to those facing an expected death from life-limiting illness. We will reflect upon the nature of health and sickness and identify important paradigms for spiritual care, including distinguishing between pain and suffering, cure and healing, spiritual and religious care, and the implications for practice suggested by these concepts. We will explore aspects of crisis management theory that help inform the development of sound ministry theory and effective practice. We will consider the roles of community clergy, volunteers and healthcare chaplains in the continuum of care, and discuss the spiritual formation of those engaged in ministry to the sick and dying. Material reviewed will include a set of the knowledge, skills and professional attitudes requisite for such ministry, based upon the most recent Canadian and international practice standards and occupational profiles for these roles. Theology and theory will be firmly grounded in clinical case work demonstrating effective ministry practice, and will draw upon the extensive Hospice Palliative Care experience and published work of the instructor.

Summary of Learning Outcomes

Upon completing this course participants will be able to

- discuss the spiritual formation necessary for effective crisis ministry in health care settings
- articulate a personal theology of ministry relevant to crisis situations in general and health care crises in particular
- articulate how the integration of psychological and theological ways of understanding crisis benefit pastoral practice
- describe the role of the community pastor and the interaction of the pastor with institutional spiritual care resources and medical personnel
- identify the major areas of responsibility and skill sets of the health care chaplain
- utilize the case study method as a vehicle for theological reflection and the enhancement of pastoral practice
- describe methods of pastoral intervention suitable to health care crises

Student Information

Class Schedules:

Monday: 8:30 am – 10:00 am -- Registration (register and pay for classes)

10:00 am – 12:00 pm -- Class in session

1:00 pm – 4:30 pm -- Class in session

Tuesday - Friday -- 8:30 am – 12:00 pm -- Class in session

-- 1:00 pm – 4.30 pm -- Class in session

Registration and Financial Policies:

- Registration and payment in full is due for all modular classes by 10am on the first day of class.
- Students may withdraw from modular classes and receive a full refund only prior to the second class session (i.e., before 1:00 pm on Monday, on the first day of class). No tuition refund will be issued after this deadline.
- Students may voluntarily withdraw or change their registration from credit to audit, without academic penalty, only prior to completing 70% of the course (i.e., before 1pm on Thursday, or the fourth day of class). Students who withdraw from a course after this deadline will receive a grade of “F.”
- All Registration changes must be made through the Registrar’s Office by completing a Registration Revision Form. Forms are available in the Registrar’s Office or can be downloaded from www.auc-nuc.ca.

Academic policies:

AUC-NUC and CTS academic policies are published in the 2006-2007 Academic Calendar, which is available online at www.auc-nuc.ca. Students are responsible to become familiar with and adhere to these policies.

Books:

Required textbooks are available for purchase from Christian Publications. Book lists are available on their website at www.christian-pub.com or call 1-800-386-7256 or e-mail textbooks@christianpublications.ca for more information.

Internet/computer access:

Course registration fees at AUC-NUC and CTS include computer and Internet access. Please contact the IT department for further details. Student computer stations are available on the 6th floor Computer Commons, the 7th floor Student Lounge area and in the library on 8th floor.

Library hours (tentative):

Monday –Thursday	8am – 7 p.m.
Friday	8am – 6pm
Saturday	11am - 3 pm
Sunday	Closed

A student ID card is required to borrow materials from the AUC-NUC library. Please see Reception on 6th floor.

Submission of Course Work:

Unless instructed otherwise by your professor, all coursework due after the end of modular classes is to be marked clearly with your name and student number, as well as the full name and code of your particular course, and delivered to the following address:

Alliance University College and Nazarene University College
Office of the Dean, CTS
Attn: Shelly Sylvester
Spring Modules
Coursework Submission for CS 745 (Instructor: Dan Cooper)
6th floor, 833 – 4th Ave SW
Calgary AB T2P 3T5

Please note: AUC- NUC cannot assume responsibility for papers lost in the mail. Students are therefore strongly advised to retain a photocopy (or backup copy) of all work submitted.

Return of Course Work/Papers

Students who wish to have their papers returned **must** provide a stamped, self-addressed envelope (*large enough to mail all assignments submitted*) with sufficient postage, together with their coursework assignments.

Please note: Unreturned assignments will be retained in the relevant Dean’s Office (six months after the coursework due date for AUC-NUC students and one year for CTS students) then destroyed.

Coursework due dates:

All coursework requirements and due dates are clearly stated in course syllabi. Coursework submitted after the due date, without prior approval by the Registrar and Academic Dean of a formal Request for Time Extension, will receive a grade of “F.” Requests for a Time Extension will be considered only in the following circumstances:

- the quality of prior coursework has been satisfactory;
- circumstances beyond the student's control, such as an extended illness or death of a family member, make it impossible for the student to complete the coursework on time; and
- the student submits a Time Extension application to the Registrar on or before two weeks prior to the due date, as indicated in the course syllabus.

Parking, Directions, Accommodations

For hotel registrations contact Velma Warnock at vwarnock@auc-nuc.ca or 403-410-2938.

For Alliance Living Centre accommodations contact Daryn Wall, Campus Services at campusservices@auc-nuc.ca or 403-410-2920

If you have further questions or need more information please contact:

Registrar's Office
6th floor, 833 – 4th Ave SW
Phone: 403-410-2905 Fax: 403-571-2556
Email: registrar@auc-nuc.ca

Course Requirements

Assignments and Grading: Participants will receive a final letter grade based upon classroom participation, reading assignments, and written assignments as follows:

1/ **Regular attendance** at all lectures and activities is mandatory. Participants may be granted limited absence without penalty, for a reason acceptable (in advance) to the Instructor. However, any student not attending 80% of required class hours, for any reason, will not receive a passing grade.

2/ **Participation** in discussion is important. Participants will assess their own involvement and this score will be averaged with the instructor's participation score for that student. **(10%)**

3/ **Personal Reflection:** All participants are required to submit a one page (approximately 250 word) written personal reflection on one's personal view of health, illness and death. **This assignment is due to the Instructor at 0830 on Tuesday, May 15th. (10%)**

4/ **Reading Log and Book Review:** See *Reading and Book Review Requirements* (below). **This assignment is due to the Office of the CTS Academic Dean not later than July 15, 2007. (30%)**

5/ **Major Paper:** See *Paper Requirements and Topics* (below). **This assignment is due to the Office of the CTS Academic Dean not later than July 15, 2007. (50%)**

Due Date and Extensions: The Book Review, Major Paper and completed Reading Log are due not later than **July 15, 2007**, and must be submitted to the Office of the CTS Academic Dean (NOT to the Instructor). Please see above for the policy on extensions.

There is **no examination** (other than that which life and ministry invariably provide).

The Instructor will return graded assignments to the Office of the Dean, CTS, not later than August 3, 2007. Please see above for instructions on how to have your assignments returned.

Reading and Book Review Requirements

To satisfy course requirements, participants may select reading materials only from the *Course Reading List* provided by the Registrar.

1/ **There is ONE required text.** Christian Publications bookstore should have 15 copies in stock. Further copies are usually available on short notice from Chapters Indigo (www.chapters.indigo.ca). It is recommended that participants read the text before the commencement of the course:

- ◆ Wright, Norman H.; The New Guide to Crisis & Trauma Counseling: A Practical Guide for Ministers, Counselors and Lay Counselors; Regal (Gospel Light); Ventura, California; 2003. ISBN: 0-8307-3241-1

2/ **There is one required article.** (*copies will be provided on the day prior to the relevant lecture by the instructor – CTS reserves the right to recover the cost of copying from participants*)

- ◆ Module # 5: Towards a Definition of Spiritual Pain and Suffering: An Overview of the Literature – Cooper, D & Temple-Jones, J. **Developing Spiritual Care Capacity for Hospice Palliative Care: A Canadian Curricular Resource** (Version 1.0). Copyright © 2006 The Pallium Project

3/ **Reading Log:** Persons registering in CS 745 will be required to present a reading log indicating that not less than one-third of the selected reading from the *Course Reading List* totaling between 850 - 1000 pages has been completed by the final lecture, and that all reading has been completed by **July 15, 2007**. The required Course Text must be counted as the first part of this requirement. Submit this assignment with other course assignments by **July 15, 2007**.

4/ **Book Review:** A book review of one of the texts read (other than the course text or required article) must be submitted with other course assignments by **July 15, 2007** and is to be prepared according to the following specifications:

- ◆ Submit a review of one text from the (*Supplementary*) *Course Reading List*. The review must be between 600-750 words. Include the following: describe and critique the author's thesis or approach to the topic, assess the foundation of the author's material in current research (if applicable), critically evaluate the theological content of the material (if applicable), discuss the usefulness of the material in a ministry setting. Book reviews should demonstrate both personal reflection upon and critical interaction with the material.

Paper Requirements and Topics

All participants in CS 745 will complete one or two papers on the following topics. These are research papers, and the proper citation of others' work and ideas is expected. Participants are advised that consideration will be given to creative and original thinking.

Submit **either**:

- (a) one paper of between 2500 – 3000 words, or
- (b) two papers each of 1250 - 1500 words.

Papers must demonstrate an in-depth comprehension of the subject matter and critical treatment of the theoretical and pastoral issues raised. The integration between theory and pastoral practice must be thoroughly explored, with good use of case studies and examples. Papers must demonstrate thoughtful reflection on how one's personal, denominational or religious perspective affects how one sees the issues and does ministry, and critical engagement with the issues raised when one ministers to those of other faith traditions.

Papers must conform to the **format** required by the Seminary. You may utilize either *A Manual for Writers of Term Papers, Theses and Dissertations*, by Kate L. Turabian (6th Edition); and/or *The Publication Manual of the American Psychological Association* (Fourth Edition). Be sure to include proper identification on the front page, including the course name, the instructor's name, your name and your box number.

Plagiarism and Academic Dishonesty Policy: *The seminary is committed to fostering personal integrity and will not overlook breeches of integrity such as plagiarism and cheating. Plagiarism and cheating can result in a failing grade for an assignment, for the course, or immediate dismissal from the seminary. Even unintentional plagiarism is to be avoided at all costs. Students are expected to be familiar with the policy statements in the current academic calendar and the student handbook that deal with plagiarism, cheating, and the penalties and procedures for dealing with these matters. All cases of academic dishonesty are reported to the Academic Dean.*

Topics: *(TENTATIVE LIST – a final list will be available by the first lecture)*

1. Issues in the development of a theory of crisis management – a spiritual care perspective
2. Life crisis as an opportunity for personal transformation and growth – an exploration of theory and the implications for pastoral practice
3. Evangelism and spiritual care in a contemporary, multi-cultural health care environment – conflicts and opportunities – a critical reflection on one's faith perspective
4. The problem of suffering – an exploration of how faith is challenged by and may be renewed through life crisis
5. The role of hope in illness and in the provision of spiritual care
6. Spiritual assessment and care planning – an exploration of theory and application of a model to practice

7. Critical reflection on a case study (thorough consideration of assessment, care planning, and follow-up, with in-depth exploration of related theological and ethical issues)
8. A topic of one's choice related to the course material (with prior consultation and approval of the instructor)

Course Outline

NB. *Lecture contents subject to revision without prior notice by the Instructor*

MONDAY CLASSES

Registration 0830 – 1000

Session 1 1000 - 1200

1. Introduction to the Course
 - ◆ Goal and objectives: KSA's of spiritual care for those in crisis
 - ◆ Theoretical foundation
 - ◆ Practical skills
 - ◆ Helpful attitudes
 - ◆ Scope of the subject
 - ◆ Session schedule
 - ◆ Course expectations
2. Getting Acquainted
 - ◆ Where we are from and why we are here
3. Administration of the *Templar Death Anxiety Scale-- TDAS* (Lonetto R & Templar D, 1986)
4. Finding Common Ground – Definitions:
 - ◆ Health and illness
 - ◆ Curing and healing
 - ◆ Death – the physical event
 - ◆ Mortality: the common ground of human solidarity
 - ◆ Story: “A Day With ALS” (Cries of the Silent pp. 20ff))
 - ◆ Spiritual and Religious Care

---- LUNCH 1200 – 1300 ----

Session 2 1300 – 1430

5. The definition and morphology of a crisis
 - ◆ Review of the early literature
 - ◆ Review of current literature
 - ◆ Identification of typical health care crises
 - ◆ Discussion of personal and professional experiences

---- BREAK 1430 – 1445 ----

Session 3 1445 – 1630

6. When dying is NOT a crisis and when it IS.
 - ◆ The philosophy of hospice palliative care (HPC)
 - ◆ The notion of *prothanasia*
 - ◆ The tasks of dying (Doka, K. et al, Spiritual Issues in Terminal Care.)
 - ◆ To find meaning in life
 - ◆ To die appropriately
 - ◆ To find hope that extends beyond the grave (immortality/resurrection)
 - ◆ Differences in understanding between persons of faith and secularists

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TUESDAY CLASSES

Session 4 0830 – 1000

7. Presentation and discussion of *Personal Reflections* on health, illness and death.

---- BREAK 100 – 1015 ----

Session 5 1015 –1200

8. Stories of journeying and meaning (videos)
 - Moyers Series – video 1: *Living With Dying*
 - Pellett, G. (producer and director) for Public Affairs Television, and presented by PBS (Thirteen/WNET). (2000). *On Our Own Terms: Moyers on Dying* [4-part video series]. Available from, Films for the Humanities and Sciences, call 1-800-257-5126.

---- LUNCH 1200 – 1300 ----

Session 6 1300 – 1430

9. Existential and theological dimensions of crisis
 - ◆ Understanding pain and suffering – a hospice palliative care perspective
 - *Background Reading: (copies will be provided on the prior day by the instructor)*
 - Module # 5: Towards a Definition of Spiritual Pain and Suffering: An Overview of the Literature – Cooper, D & Temple-Jones, J. **Developing Spiritual Care Capacity for Hospice Palliative Care: A Canadian Curricular Resource** (Version 1.0). Copyright © 2006 The Pallium Project
 - Common terminology: pain, spiritual pain/distress, soul pain, existential distress, suffering,
 - suffering with and without pain – introduction to the concept of *Total Pain* (Saunders, C., Twycross, R., Librach, L and Squires, B, Downing, M., et al.)
 - categories of physical pain

- spiritual distress as an aspect of the clinical model

---- BREAK 1430 – 1445 ----

Session 7 1445 – 1630

10. Existential and theological dimensions of crisis (continued)

- ◆ The *problem of suffering*
 - ◆ The theological problem and various solutions (“Peake”, Liderbach, Kushner et al)
 - ◆ Existential dimensions (Soelle, et al) – see further Session 10
 - ◆ experienced powerlessness
 - ◆ meaninglessness
 - ◆ alienation from one’s self
 - ◆ social isolation

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WEDNESDAY CLASSES

Session 8 0830 – 1030

11. Existential and theological dimensions of crisis (continued)

- ◆ “Dark Night of the Soul” experiences in the modern age
 - St. John of the Cross
 - Kearney, M – the soul’s journey -- cycles of descent and ascent
- ◆ An exploration of the place of doubt in faith
 - ◆ Key paradigms: the wilderness, the desert, the spiritual journey
- ◆ Reflections on the challenge of integrating medical, psychological and theological ways of knowing.

---- BREAK 1030 – 1045 ----

Session 9 1045 –1200

12. Introduction to spiritual assessment and care planning

- ◆ Revisiting key definitions: religious needs and resources, spiritual needs and resources, the notion of holism
- ◆ Principles of assessment
- ◆ A holistic model of assessment (*Four Quadrants Spiritual Assessment Model* © 2006 Dan Cooper)
- ◆ Case examples

---- LUNCH 1200 – 1300 ----

Session 10 1300 – 1430

13. The relief of existential suffering / bringing healing (research and practice)

- ◆ illness as disempowerment / healing through re-empowerment

- ◆ illness may be experienced as isolation and abandonment / healing through creating nurturing community
- ◆ medical crisis may provoke a crisis of faith / healing through *cognitive/theological reframing*
- ◆ crisis as an opportunity for re-inventing the self (Vic's story)
- ◆ illness evokes spiritual distress / healing as the amelioration of suffering

---- BREAK 1430 – 1445 ----

Session 11 1445 – 1630

14. The place of hope and meaning-based therapies in life-limiting illness and crisis
- ◆ PowerPoint: *Working Creatively with Spirituality and Hope* (© 2007 Dan Cooper, 2007 – Broadcast SK Telehealth)
 - ◆ Review of current research on hope
 - ◆ Hopelessness, depression, *Demoralization Syndrome*
 - ◆ DSM IV standards and current international research
 - ◆ The importance of “hope/meaning-based therapies” in current and future clinical work
 - ◆ Clinical case examples of working with spiritual/existential hope and *hope object* interventions

THURSDAY CLASSES

Session 12 0830 – 1030

15. Grief and bereavement as crisis
- ◆ A personal grief timeline
 - ◆ Adult grief processes
 - ◆ Grief processes of children

---- BREAK 1030 – 1045 ----

Session 13 1045 –1200

16. Review of James Miller materials (Wintergreen)
- ◆ Selection of VHS resources:
 - ◆ Miller, J. E. (n. d.) *We Will Remember* (W401/DVD401); *Invincible Summer* (W201/DVD201); *Listen to Your Sadness* (W202/DVD 202); *How Do I Go On?* (W203/DVD 203) [video/DVD series] Fort Wayne, Indiana: Willowgreen Productions.
http://www.willowgreen.com/p_cml.htm

---- LUNCH 1200 – 1300 ----

Session 14 1300 – 1430

17. Appropriate use of Scripture and other faith resources
18. Appropriate use of prayer and ceremony
- ◆ How to pray for the sick and dying

- ◆ Creative ceremonies for the sick and dying
- ◆ Creative memorial services
- ◆ Memorial services for caregivers

---- BREAK 1430 – 1445 ----

Session 15 1445 – 1630

19. The spirituality of the crisis intervener: faith tradition, pastoral identity, personal groundedness, compassion and skill

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FRIDAY CLASSES

Session 16 0830 – 1030

20. The role of the institutional Chaplain in the management of crises
- ◆ Quality care: What clients need and employers want
 - ◆ A national program: CAPPE/ACPEP Training and Accreditation
 - ◆ North American *Common Standards* for practice
 - ◆ Models of Institutional Chaplaincy
 - ◆ Denominational Chaplains
 - ◆ Multi-faith Chaplaincy

---- BREAK 1030 – 1045 ----

Session 17 1045 – 1200

(subject to availability)

21. Conversation with a health care Chaplain from Calgary
- ◆ Presentation of case
 - ◆

---- LUNCH 1200 – 1300 ----

Session 18 1300 – 1430

22. Open Session – discussion of issues and cases

---- BREAK 1430 – 1445 ----

Session 19 1445 – 1630

23. Final review of reading and paper assignments
24. Wrap up: “A conclusion is the place where you got tired of thinking.”

Course Supplementary Reading List

(Participants in CS 745 must **complete additional reading** to satisfy course requirements from the following materials only. Materials are available through inter-library loan, and many are available in the CTS Library. CTS Library copies (where available) will be on Instructor's Reserve during the week of the course).

Selected Titles Specific to Crisis and Counseling:

Cassell, Eric, MD; The Nature of Suffering and the Goals of Medicine; Oxford University Press; London; 1994

Clinebell, Eric; Basic Types of Pastoral Care and Counseling; Abingdon; Nashville 1984 (1966)

Pargament, Kenneth; The Psychology of Religion and Coping: Theory, Research and Practice; The Guilford Press; NY; 1997

Stone, Howard W.; Crisis Counseling (Revised Ed.); Creative Pastoral Care and Counseling Series; Fortress Press; Minneapolis; 1993 (1976)

Selected Titles Specific to Illness and End-of-Life Care:

Byock, Ira; Dying Well: The Prospect for Growth at the End of Life; Thorndike Press; Thorndike, Maine; 1997

Doka, Kenneth and Morgan, John (Ed's); Death and Spirituality; (Death, Value and Meaning Series) Baywood; Amityville, NY; 1993

Doka, Kenneth (Ed.); Living With Grief When Illness is Prolonged; Hospice Foundation of America / Taylor & Francis; Bristol, PA; 1997

Fitchett, George; Assessing Spiritual Needs: A Guide for Caregivers; (Guides to Pastoral Care) Augsburg; Minneapolis; 1993

Houldin, Arlene D; Patients With Cancer: Understanding the Psychological Pain; Lippincott; Philadelphia; 2000

Kearney, Michael; A Place of Healing: Working with Suffering in Living and Dying; Oxford U Press; 2000

Kearney, Michael; Mortally Wounded: Stories of Soul Pain, Death and Healing; Scribner; NY; 1996

Kuhl, David; What Dying People Want: Practical Wisdom for the End of Life; Doubleday; 2002

Nouwen, Henri; The Wounded Healer: Ministry in Contemporary Society; Doubleday, Garden City, NY; 1972

Rando, Therese (Ed.); Clinical Dimensions of Anticipatory Mourning: Theory and Practice in Working with the Dying, Their Loved Ones, and Their Caregivers; Research Press; Champaign, Illinois; 2000

Rumbold, Bruce; Helplessness and Hope: Pastoral Care in Terminal Illness; SCM Press; London; 1986

Selected Titles Specific to Bereavement

Attig, Thomas; How We Grieve: Reclaiming the World; Oxford University Press; NY; 1996

LaGrand, Louis E; After-Death Communication: Final Farewells; Llewellyn; St. Paul, Minnesota; 1997

Neimeyer, Robert A.; Meaning Reconstruction & the Experience of Loss; American Psychological Association; Washington, DC; 2001

Rando, Therese A.; Treatment of Complicated Mourning; Research Press; Champaign, Illinois; 1993

Stroebe, MS, Hanson, RO, Stroebe, W, Schut, H (Eds.); Handbook of Bereavement Research; American Psychological Association; Washington, DC; 2001

Worden, William J.; Children and Grief: When a Parent Dies; The Guilford Press; NY; 1996

Worden, William J.; Grief Counseling and Grief Therapy: A Handbook for the Mental Health Practitioner (2nd Ed.); Springer; NY; 1991