

# THE AMERICAN NATIONAL CATHOLIC



## THEOLOGICAL INSTITUTE

ANCTI Syllabus for TM PA206 Christian Death and Ministry to the Dying and Bereaved

Fall 2023: Saturdays @ 11:00 AM ET (8:00 PT) on Zoom # 208-900-8605

Instructor: Rev. Fr. Richard S. Sinicola, MSW. M. Div., Ph.D., Licensed Psychologist

Contact: Cell 760-799-7351 Email: [rsinicola@anccmail.org](mailto:rsinicola@anccmail.org)

Address: St. Giles Catholic Community 121 Tesori Dr. Palm Desert, CA 92211

This course offers the ANCTI seminarian or student an opportunity to develop basic pastoral counseling skills with a special emphasis on death, dying, and grief counseling. It is intended to educate those entering ministry on counseling techniques and resources used to assist parishioners and others in our roles as priest, deacon, pastor and/or spiritual advisor.

### **Course Objectives:**

At the conclusion of this course, the student will:

1. Develop a better understanding of the issues faced by those experiencing grief and loss.
2. Have an understanding and ability to apply basic yet appropriate counseling techniques to facilitate an effective listening and pastoral relationship.
3. Demonstrate through classroom discussion and written assignments a working knowledge of counseling skills and sensitivity in working with parishioners and others seeking counsel and guidance on issues related to loss.

### **Required texts:**

James, J., & Friedman, R. (2009). *The grief recovery handbook*. New York: William Morrow.

Leonard, R. (2010). *Where the hell is God*. South Bend: Paulist Press

Sandberg, S., & Grant, A. (2017). *Option B*. New York: Alfred A Knopf.

**Strongly recommended:** \* these are highly recommended.

\*Benner, D. (2003). *Strategic pastoral counseling: A short term structured model (2<sup>nd</sup>. Ed.)*.

Grand Rapids: Baker Academic Press

Carkhuff, R. (2000). *The art of helping*. Amherst: Human Resource Development Press.

Hickman, M. (1994). *Healing after loss*. New York: William Morrow

Levine, S. (2005). *Unattended sorrow*. New York: Hurst Communications.

\*Lewis, C.S. (1961). *A grief observed*. New York: Harper One.

Oates, W. (1976). *Pastoral care and counseling in grief and separation*. Philadelphia: Fortress Press.

Pargament, K. (1997). *The psychology of religion and coping*. New York: The Guilford Press.

\*Schupp, L. (2003). *Grief: Normal, complicated, traumatic*. Eau Claire: Pesi Healthcare Publications.

\*Seager, S. (2020) *The smallest lights in the universe*. New York: Random House.

Sinacola, R. (2000). *Professional counselors in private practice*. Gulf Shores: Learning Publications. (available on Amazon).

Sinacola, R. (2017). Spirituality and Mental Health. *Audio Digest Psychology*, 6, 15.

Sinacola, R., Peters-Strickland, T., & Wyner, J. (2020). *Basic psychopharmacology for mental health professionals (3<sup>rd</sup> Ed.)* Boston: Pearson.

Sinacola, R. (2023). *The five Cs of a healthy relationship*. San Diego: Cognella Academic Publishers.

\*Walsh-Burke, K. (2006). *Grief and loss: Theories and Skills for helping professionals*. Boston: Pearson.

\*Weinberg, G. (1984). *The heart of psychotherapy*. New York: St. Martin's Press.

### **Assignments:**

In order for the student to receive a passing grade in this course, he/she must complete and receive a passing grade on all three assignments:

1. Regular and active attendance in the class. The student should attend all lectures with his/her camera on and actively participate in discussions on the topic of the day. Clergy and all students are encouraged to actively share experiences and expertise.
2. Prepare a 20 minute summary lecture of one of the resources, books, or articles mentioned in the reference list of this course. The student may prepare a PowerPoint to be used along with his or her lecture. Check with instructor so there are no duplicates on topics. This lecture should include a general summary of the work and specific passages or techniques the student found helpful along with how he or she plans to use them in counseling. This is due and will be presented on the last day of class.
3. Research and prepare a one to two page summary of helpful scripture and/or prayer that could be used in a grief counseling session with a client or parishioner. Be prepared to share this with the class. Due on the last class period. Submit this paper to the instructor.

**Course Schedule:** (The instructor reserves the right to alter the schedule as needed).

Week One: (10-21-23) Introduction to the course and introduction to basic counseling skills. See Carkhuff (2000), Sinicola (2000), and Weinberg (1984) for additional reading. (This will be a double lecture).

Week Two: (10-28) How is Grief and Loss defined and assessed? See James and Friedman (2009) and Walsh-Burke (2006) for additional reading.

Week Three: (11-4) Conclude above topic.

Week Four: (11-11) Pastoral counseling versus psychotherapy: The prudence of referral for further assessment or medication if needed. See Brenner (2003), James and Friedman (2009), Sinicola (2020) and (2017) for additional reading.

Week Five: (11-18) Techniques and counseling approaches. See James and Friedman (2009), Sinicola (2020).

Week Six: (12-2) Week Seven: Continue above topic. Address anger at God. See Leonard (2010) for additional reading. (This will be a double lecture).

Week Seven: (12-9) Presented summaries of student research. Student lectures on selected readings. Course conclusion and final thoughts. (This will run a few minutes longer than usual).