

**DMN 9923: SELF-CARE AND THE FORMATIONAL COUNSELOR
ASHLAND THEOLOGICAL SEMINARY**

Summer Term, 2017

July 17–21, 2017, A

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I. Course Description

The demands of formational counseling can strain the body and soul. This course addresses the issues connected with maintaining the caregiver's total well-being. Serving as a foundation for future courses, Self-Care and the Formational Counselor will examine a variety of requirements for acquiring and maintaining physical, emotional, relational and spiritual vitality. Particular attention will be given to the journey towards wholeness that God has for us in Christ.

Further Description: All information presented will be utilized to fashion a personalized self-care plan to promote successful completion of the doctoral process.

II. Student Learning Outcomes

The student will be able to:

1. Integrate biblical, theological, and historical reflection within the practice of self-care and the upward, inward and outward journeys.
2. Discover relevant practices of ministry, as well as typical response patterns to stressors of the past and present.
3. Prepare an individualized self-care plan, to serve as a guide through ministry and the doctor of ministry process.
4. Demonstrate the importance of fundamental commitments of spiritual, emotional and relational well-being as it relates to personal self-care and growth necessary for ministry.

III. Course Requirements

A. Textbooks and Other Readings

There are six required texts for this course. There are two texts for each of the three areas of emphasis:

- ***The spiritual components of self-care.***

- o Curtis, B. & Eldredge, J. (1997). *The sacred romance*. Nashville:

- o Thomas Nelson. ISBN: 0-7852-7342-5

- o Miller, Calvin. (2001). *Into the depths of God*. Minneapolis: Bethany

- o House. ISBN: 0-7642-2426-3

- ***The personal components of self-care.***

- o Swenson, Richard. (2004). *Margin*. Colorado Springs: Navpress.

- o ISBN: 1-5768-3682-7

- o Benner, David. (2011). *Soulful spirituality: becoming fully live and deeply human*. Grand Rapids: BrazosPress

- o ISBN: 978-1-58743-297-2

• **The community components of self-care.**

- o Crabb, Larry (2004) *Connecting*. Nashville: Word Publishing Group. ISBN: 0-8499-4529-1
- o Pettit, Paul. (2008) *Foundations of spiritual formation: a community approach to becoming like Christ*. Grand Rapids: Kregel Publications. ISBN: 0-8254-3469-6

B. Attendance

According to the student handbook, attendance at all class sessions is expected unless the professor has been notified in advance. Any student missing the equivalent of 6 clock hours for a 30 hour course or 20% of a half course, will be required to do additional work, receive a lower grade or withdraw from the class; this is at the discretion of the professor.

C. Assignments/Assessment of Student Learning

1. Reflection Paper. **Due: August 21, 2017. (35 points)**

Read the six course texts and submit one reflection paper on the total reading – this means a review of Curtis & Eldredge and Miller-upward journey; **and** Swenson and Benner – inward journey; **and** Crabb and Pettit – outward journey. This 10 – 12 page paper should indicate:

- How the material spoke to the specific journey.
- How the reading was relevant to your own life.
- How it impacted your thinking, feelings and behavior as it pertains to your own three journeys.

In writing your reflection paper, consider:

- What is the main thought?
- What do I feel about it?
- How will I use it?

Note: All class papers should be submitted in Turabian style with a cover page and reference page.

4. Self-Care Plan. **Due: November 20, 2015. (65 points)**

Write a personal self-care plan integrating the concepts of the course. This 20-25 page project, written in Turabian style with a cover page and reference page, should include the following guidelines:

- a. Pertaining to the upward journey, your self-care plan should:
 - i. discuss your formative viewpoint of God, describe your current relationship with God and share how your formative viewpoint impacts your current relationship with God;
 - ii. discuss any struggles with your relationship with God and the implications of the practice of current and future spiritual disciplines on your struggles and relationship;

- iii. share any growth in your relationship with God and your plan to enhance and increase intimacy with God.
- b. Pertaining to the inward journey, your self-care plan should include:
 - i. the impact of your own woundedness and emotional weaknesses on your responses to stress, time management, grief, and core longings;
 - ii. and include a plan for dealing with each.
- c. Pertaining to the outward journey, your self-care plan should illustrate:
 - i. your past experiences of community;
 - ii. your current involvement in community;
 - iii. and a plan for involving community in self-care.
- d. Finally, pertaining to the doctoral journey and specifically your project or project proposal, your self-care plan should include a tentative life management plan and calendar.

Make sure to utilize pertinent information gleaned from all assessments, class lectures, course texts and all assignments to thoroughly complete the self-care plan.

D. Calculation of Grade and Connection with Learning Outcomes

Assignments	Learning Outcomes	Percent of Final Grade
Texts Reflection Paper	1,2,4	35%
Self-care Plan	1,2,3,4	65%

IV. Course Schedule

Day #	Date(s)	Lecture/Topic	Readings/Assignments
1	Monday 07/17/17 8:30 am - noon Monday 07/17/17 1:00pm – 4:30pm	Introduction: Self-care and the three journeys	
2	Tuesday 07/18/17 8:30 am - noon Tuesday 07/18/17 1:00pm – 4:30pm	The upward journey: discovering our true love The upward journey: disciplines, deserts and death	Upward journey texts: The Sacred Romance Into the Depths of God
3	Wednesday 07/19/17 8:30 am – noon	The inward journey: a look at our woundedness	Inward journey texts: Margin

	Wednesday 07/19/17 1:00pm – 4:30pm	The inward journey: the impact of stress, grief and loss	Soulful Spirituality
4	Thursday 07/20/17 8:30 am - noon	The outward journey: the impact of community	Outward journey texts: Connecting
	Thursday 07/20/17 1:00pm – 4:30pm	The outward journey: transparency and health	Foundations of Spiritual Formation
5	Friday 07/21/17 8:30 am - noon	Integrating the journeys into a personal self-care plan Formulating a tentative proposal life management plan and calendar	

V. Recommendations for Lifelong Learning

Students are encouraged to consider the following: attend a Formational Prayer Seminar; seek out a spiritual director; pursue a counseling relationship with a professional or pastoral counselor; experience different spiritual disciplines to deepen your personal walk with God; seek out a safe and sacred community; engage in an accountability relationship; doggedly pursue physical well-being; practice the discipline of saying no.

VI. Seminary Guidelines

A. ATS Academic Integrity Policy

Ashland Theological Seminary seeks to model servant leadership derived from biblical standards of honesty and integrity. We desire to encourage, develop, and sustain men and women of character who will exemplify these biblical qualities in their ministry to the church and the world. As members of the seminary community, students are expected to hold themselves to the highest standards of academic, personal, and social integrity. All students, therefore, are expected to abide by the academic integrity standards outlined in the *Student Handbook*.

B. Seminary Writing Consultation Service

The Seminary Writing Consultation Service can help you brainstorm, draft, and revise your writing assignments in your graduate Seminary classes. Masters-qualified Consultants can advise you online or in person. E-mail your request for assistance to swc_group@ashland.edu

Include the following information: Your name, the course # & professor's name, a brief description of the assignment, and your timeline.

For more information, visit: <http://seminary.ashland.edu/services/student-services/seminary-writing-consultation-services>

C. Students with Disabilities

It is Ashland University's goal that learning experiences be as accessible as possible. If you anticipate or experience physical or academic barriers based on a disability, please contact Disability Services at 419-289-5904, or send an email to dservices@ashland.edu. The Disability Services office and the course instructor will work together in order to establish accommodations and to meet your learning needs.

D. ATS Grading Scale

Grade	Percent	Description
A	97-100	Superior achievement of course objectives, diligence and originality, high degree of freedom from error, outstanding evidence of ability to utilize course knowledge, initiative expressed in preparing and completing assignments, positive contributions verbalized in class.
A-	92-96	
B+	89-91	
B	86-88	Good work submitted, commendable achievement of course objectives, some aspects of the course met with excellence, substantial evidence of ability to utilize course material, positive contributions verbalized in class, consistency and thoroughness of work completed.
B-	83-85	
C+	80-82	
C	77-79	Acceptable work completed, satisfactory achievement of course objectives, demonstrating at least some ability to utilize course knowledge, satisfactory class contribution.
C-	74-76	
D+	71-73	

D	68-70	Passing but minimal work, marginal achievement of course objectives, poor performance in comprehension of work submitted, inadequate class contributions.
D-	65-67	
F	Below 65	Unacceptable work resulting in failure to receive class credit, inadequacy of work submitted or of performance and attendance in class.

VII. Selected Reference List or References

UPWARD JOURNEY

1. Tilden Edwards. 1995. *Living in the Presence: Spiritual Exercises to Open Our Lives to the Awareness of God*. New York, NY: Harper. 0-06-062127-3
2. Richard J. Foster. 1992. *Prayer: Finding the Heart's True Home*. New York, NY: Haper. 0-06-062846-4
3. Brother Lawrence & Frank Laubach. 1962. *Practicing His Presence*. Jacksonville, FL: The Seed Sowers. 0-940232-01-4
4. Thomas Merton. 1961. *New Seeds of Contemplation*: New York, NY: New Directions Publishing. 0-8112-0099-X
5. Calvin Miller. 2001. *Into the Depths of God*. Minneapolis: Bethany House. 978-0-7642-2426-3

INWARD JOURNEY

6. David Benner. (2004). *The Gift of Being Yourself*. Downers Grove: Intervarsity.
7. Larry Crabb. 1988. *Inside Out*: Colorado Springs, CO. NavPress.1-57683-082-9
8. Benedict J. Groeschel, CFR. 1993. *Healing The Original Wound*. Ann Arbor, Michigan: Servant Publications. 0-89283-778-0
9. Gary Harbaugh. 1990. *God's Gifted People*. Minnesota: Augsburg. 978-0-8066-2486-0
10. Sidney M. Jourard. 1971. *The Transparent Self*. New York, NY: D. Van Nostrand Company.
11. C.S. Lewis.1976. *A Grief Observed*: New York, NY: Bantam Books.0-553-27486-4
12. Richard A. Swenson, M.D. 1992. *Margin Restoring Emotional, Physical, Financial, and Time Reserves to Overloaded Lives*. Colorado Springs, Colorado: NavPress. 08910-9887
13. Terry Wardle. 2006. *Wounded: How To Find Wholeness and Inner Healing In Christ*. Orange, CA: New Leaf Books
14. Terry Wardle. 2001. *Healing Care Healing Prayer*. Orange, CA: New Leaf Books. 0-9700836-8-8
15. Terry Wardle. 2004. *Outrageous Love Transforming Power*. Siloam Springs, Arkansas: Leafwood Publishers. 0-9748441-4-4
16. Dallas Willard. 1999. *Hearing God: Developing a Conversational Relationship with God*. Downers Grove, ILL. Intervarsity Press. 0-8308-2226-7
17. R. Neal Siler. 2010. *Healing for the Soul Devotional*. Richmond, Virginia: New Life Publishing. 978-0-9883012-2-1

OUTWARD JOURNEY

18. Gary Chapman. 1995. *The Five Love Languages: How to Express Heartfelt Commitment to Your Mate*. Chicago. Northfield Publishing. 1-881273-15-6
19. Jean Vanier. 1989. *Community and Growth*. New York: Paulist Press. 0-8091-3135-8
20. Julie A. Gorman. 2002. *Community that is Christian*. Grand Rapids, Michigan: Baker Books. 0-8010-9145-4
21. Paul Pettit. 2008. *Foundations of spiritual formation: a community approach to becoming like Christ*. Grand Rapids: Kregel Publications. 0-8254-3469-6
22. Richard Lamb. 2003. *The Pursuit of God: In the Company Of Friends*. Downers Grove, Illinois: InterVarsity Press. 0-8308-3230-0
23. R. Neal Siler. 2010. *How I Got Over: Healing for the African American Soul*. Richmond, Virginia: New Life Publishing. 978-0-9883012-0-7
24. R. Neal Siler. 2012. *Wouldn't Take Nothing for My Journey: Caring for the African American Soul*. Richmond, Virginia: New Life Publishing. 978-0-9883012-1-4
25. Richard C. Page & Daniel N. Berkow. 1994. *Creating Contact, Choosing Relationship*. San Francisco: Jossey-Bass Publishers. 1-55542-654-9