

Course Syllabus—Certificate in Spiritual Care and Counselling/Psychotherapy courses Toronto School of Theology

Note: courses posted to the Toronto School of Theology website have been approved by the appropriate departments; the work “draft” indicates University of Toronto policy that a professor may adjust the course content up to 20 percent after the course has been approved.

Course Identification

Course Number: KNP3510
Course Name: Suffering and Hope
Campus: Knox College, St. George
Contact hours: 24 contact hours, winter semester 2016 – Wednesdays 11am-1pm
30 contact hours summer semester

Instructor Information

Instructor: Pamela McCarroll, PhD,
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Course Prerequisites or Requisites

This is an elective course for all 2 and 3-year master programs. It is strongly recommended that students wishing to take this course have completed at least one full year of their program.

Course Description

This course explores the practical and theological intersections of suffering and hope. Drawing from pastoral theology, spiritual care, healthcare and psychological literature and the scriptures we will consider ways to understand, recognize, practice and nurture hope in the context of the devastations and suffering in life. Far from ignoring suffering in the face of hope, this course explores the hidden intersections and discontinuities between suffering and hope and seeks out a deeper ground for hope that does not flee from or obscure the trauma, grief and injustice in life, but faces it head on in theology and spiritual care/pastoral practice. This course is relevant for students training for congregational or social ministry and those training for spiritual care and counselling as well as interested others.

Course Methodology

The course includes lectures, small group and large group discussions, readings, journaling, spiritual practices, experiential activities and case studies.

Course Outcomes

By the end of this course students will:

- become familiar with contemporary literature on suffering and hope in the fields of pastoral theology and practice and have familiarity with the hope literature in the fields of spiritual care psychology and health sciences. (RH)
- be able to distinguish between multiple experiences and theologies of suffering;(CC)
- be able to articulate diverse theologies and practices of hope. (CC)
- Be able to identify how contextual issues (power dynamics, culture, gender, etc.) affect experiences of suffering and hope. (CC)
- understand diverse perspectives on theodicy and be able to further articulate their own perspectives on theodicy; (PSF)
- be able to articulate how their theology of suffering and hope and pastoral/ spiritual care practice intersect.(PSF)
- be able to identify pastoral/spiritual care practices and tools that can serve hope in the face of suffering; (CM)
- be able to identify areas for further exploration and study in healthcare research, their theology of suffering and hope and their pastoral/ spiritual care practice (CM)

CPRO Entry-to-Practice Competencies¹

1. Foundations - through in-class opportunities, and through submitted case studies, reflection papers and research students will demonstrate the following:
 - 1.1 Integrate theory of human psychological functioning in terms of hope and suffering
 - 1.2 Work within a framework based upon established spiritual care practice in terms of suffering and hope – assessment and care in context
 - 1.4 Integrate awareness of self in relation to professional role – not only will students explore their own experiences of suffering and hope, they will engage hope index/inventory tools for themselves as a means for self awareness and building assessment capacity for the presence of hope.
 - 1.5. Integrate knowledge of human and cultural diversity – particularly through group interaction across diverse cultural/life experiences. As well, the course explores diverse manifestations of hope.
2. Collegial and Interprofessional Relationships – through class participation, presentations, written reports and small group work, students will develop capacity for clear communication, maintaining relationships and contributing to a collaborative and productive atmosphere.
3. Professional Responsibilities – Through case studies, discussion groups, role plays and final paper students will demonstrate the following:
 - 3.2 Apply an Ethical Decision making process
 - 3.3 Maintain self care and level of health necessary for responsible therapy
 - 3.4 Evaluate and enhance professional practice
 - 3.5 Obtain clinical supervision/consultation
 - 3.8 Assist Client with needs for advocacy and support
4. Therapeutic Process – through role plays and case studies as well as in-class assignments and final paper students will demonstrate the following:
 - 4.3 Safe and Effective Use of Self in therapeutic relationship

¹ Please see College of Registered Psychotherapists Entry-to-Practice Competencies at www.crpo.ca

Course Resources

Required Course Texts

Frankl, Viktor with foreword by Harold Kushner. *Man's Search for Meaning*. Beacon Press, 2006. Or any edition.

Hermann, Judith. *Trauma and Recovery*. Basic Books, 1997.

Kertes Weaver, Natalie. *The Theology of Suffering and Death: An Introduction for Caregivers*. Routledge, 2012.

McCarroll, Pamela R. *At the End of Hope – The Beginning: Narratives of Hope in the Face of Trauma and Death*. Minneapolis: Fortress, 2014

Other required readings/sites will be made available online –
Hope Herth Index;
Scioli Adult Hope Inventory;
Forgiveness project, etc.

AD Students required course texts (in addition):

Herbert, Russell. *Living Hope: A Practical Theology of Hope for the Dying*. UK: Epworth Press, 2009.

McCarroll, Pamela R. *Waiting at the Foot of the Cross: toward a Theology of Hope for Today*. OR: Pickwick Pub., 2014.

Recommended Books – both classic and contemporary texts

Capps, Donald. *Agents of Hope: A Pastoral Psychology*. Minneapolis: Fortress Press, 1995.

de Gruchy, John. *Led Into Mystery: Faith Seeking Answers in Life and Death*. London: SCM Press, 2013.

Farley, Wendy. *Tragic Vision and Divine Compassion: Contemporary Theodicy*. Louisville: Westminster John Knox, 1990.

Hall, Douglas John Hall. *God and Human Suffering*. Minneapolis: Augsburg Fortress, 1987.

Herbert, Russell. *Living Hope: A Practical Theology of Hope for the Dying*. UK: Epworth Press, 2009.

Lester, Andrew. *Hope in Pastoral Care and Counseling*. Louisville: Westminster John Knox Press, 1995.

Brock, Rita Nakashima & Lettini, Gabriella, *Soul Repair: Recovering from Moral Injury after War* Beacon Press, 2013.

McCarroll, Pamela R. *Waiting at the Foot of the Cross: toward a Theology of Hope for Today*. OR: Pickwick Pub., 2014.

Simone Weil, *Waiting for God*. Any edition.

Snyder, C. Richard. *Handbook of Hope: Theory, Measures and Applications*. 2000.

<http://gainhope.com/hope/author.cfm>

Course Website(s)

- Blackboard <https://weblogin.utoronto.ca/>

This course uses Blackboard for its course website. To access it, go to the UofT portal login page at <http://portal.utoronto.ca> and login using your UTORid and password. Once you have logged in to the portal using your UTORid and password, look for the **My Courses** module, where you'll find the link to the website for all your Blackboard-based courses. (Your course registration with ROSI gives you access to the course website at Blackboard.) Note also the information at <http://www.portalinfo.utoronto.ca/content/information-students>. Students who have trouble accessing Blackboard should ask librarian for further help.

Evaluation

Requirements

Basic Degree Students: it is expected that students will gear the assignments and readings to the context in which they serve or seek to serve.

Participation – 20% - this is based on evidence of having read and absorbed the material; be present and timely; fulfilling commitments to class; being prepared to engage in discussion in small and large group setting; willingness to listen and hear others.

Reflection Paper on Suffering and Hope – 15% – in this brief 4-5 page reflection paper you will share your thoughts, questions and concerns regarding the experiences of suffering and hope in life (see questions Week 1 in-class activity).

Case Study - 30% - based on cases distributed in class or from your own experience. Case study outline is posted on Blackboard.

Final problem-based research Paper – 35% - exploring practical theological understandings of suffering and hope and how this impacts practices of spiritual care. You are to choose a topic that grows out of a situation of care in which you felt (or anticipate feeling) unprepared to work with the person(s) involved. You will research the situation/condition more fully and explore assessment and care implications resulting in general plan for care in such situations. See outline on Blackboard. Proposal must be approved by professor ahead of time.

Grading System

- A+ (90-100)
- A (85-89)
- A- (80-84)
- B+ (77-79)
- B (73-76)
- B- (70-72)
- Failure

Please see the appropriate handbook for more details about the grading scale and non-numerical grades (e.g. SDF, INC, etc).

Late work.

Instructors are not obliged to accept late work, except where there are legitimate, documented reasons beyond a student's control. In such cases, a late penalty is normally not appropriate. Where an Instructor intends to accept and apply penalties to late assignments, this must be set out clearly here in the course syllabus. Degree students are expected to hand in assignments by the date given in the course outline. **Late Policy:** one grade (4 marks) deducted per week late.

Completion of Course work:

All course work must be completed by the due date of final paper. Only in the case of illness (with a note from a doctor), bereavement or other unusual circumstances will an SDF extension be considered and this must be authorized by the Faculty. A request for a SDF extension must be submitted in writing by the last day of the class to the Registrar or the Director of Academic Programs who will refer the matter with a recommendation, to the Faculty for final decision.

Attendance and lateness: Consistent and timely attendance is required. If a student is unable to attend a class the professor is to be informed by email. More than 2 absences will result in failure to pass the course. Habitual lateness will be regarded as absence.

Course grades. Consistent with the policy of the University of Toronto, course grades submitted by an instructor are reviewed by a committee of the instructor's college before being posted. Course grades may be adjusted where they do not comply with University grading policy (<http://www.governingcouncil.utoronto.ca/policies/grading.htm>) or college grading policy.

Policies

Accessibility. Students with a disability or health consideration are entitled to accommodation. Students must register at the University of Toronto's Accessibility Services offices; information is available at <http://www.accessibility.utoronto.ca/>. The sooner a student seeks accommodation, the quicker we can assist.

Plagiarism. Students submitting written material in courses are expected to provide full documentation for sources of both words and ideas in footnotes or endnotes. Direct quotations should be placed within quotation marks. (If small changes are made in the quotation, they should be indicated by appropriate punctuation such as brackets and ellipses, but the quotation still counts as a direct quotation.) Failure to document borrowed material constitutes plagiarism, which is a serious breach of academic, professional, and Christian ethics. An instructor who discovers evidence of student plagiarism is not permitted to deal with the situation individually but is required to report it to his or her head of college or delegate according to the TST *Basic Degree Handbook* (linked from <http://www.tst.edu/content/handbooks>) and the University of Toronto *Code of Behaviour on Academic Matters* <http://www.governingcouncil.utoronto.ca/AssetFactory.aspx?did=4871>. A student who plagiarizes in this course. Students will be assumed to have read the document "Avoidance of plagiarism in theological writing" published by the Graham Library of Trinity and Wycliffe Colleges (<http://www.trinity.utoronto.ca/Library Archives/Theological Resources/Tools/Guides/plag.htm>).

Other academic offences. TST students come under the jurisdiction of the University of Toronto Code of Behaviour on Academic Matters (<http://www.governingcouncil.utoronto.ca/policies/behaveac.htm>).

Weekly Descriptions

Describe each class session with topics and readings.

Week 1 – Situating our Discussion Contextually, Theologically, Practically, Spiritually

Reading - Natalie Kertes Weaver, *The Theology of Suffering and Death*, pp 1-73
McCarroll, *At the End of Hope*, Intro, pp. 1-6
Recommended Wendy Farley, *Tragic Vision and Divine Compassion*
McCarroll, *Waiting at the Foot of the Cross*, chapter 1 & part 1, pp 1-86

Week 2 – Suffering – A Brief History, making some distinctions

Reading - Pamela Cooper-White, "Suffering", *Wiley-Blackwell Companion to Practical Theology*, pp 23-31 <http://go.utlib.ca/cat/8312223>
Natalie Kertes Weaver, *The Theology of Suffering and Death*
Recommended
Simone Weil, "The Love of God and Affliction" in *Waiting for God*
Douglas John Hall, *God and Human Suffering*
Wendy Farley, *Tragic Vision and Divine Compassion*

Week 3 - Hope – A Brief History, making some distinctions

Reflection Paper Due

Reading - McCarroll, *At the End of Hope* - chs 1-2, pp 7-52
Carrigan, Robert L. "Where Has Hope Gone? Toward an Understanding of Hope in Pastoral Care," *Pastoral Psychology*, 25.1 (Fall 1976), 39-53.

Recommended
McCarroll, *Waiting at the Foot of the Cross*, Part 2, "Deconstructing Modern Mastery: Waiting on Hope," pp 89-188

Week 4 – Hope, Suffering and the meaning and purpose of life - Human Identity, Vocation, Agency

Reading - Louw, Daniel J., "Fides Quaerens Spem: A Pastoral and Theological Response to Suffering and Evil," *Interpretation*, Oct 2003, 57.4, 384-397 - see PDF
Recommended
Louw, Daniel J., "The HIV Pandemic from the Perspective of a Theologia Resurrectionis: Resurrection Hope as a Pastoral Critique on the punishment and Stigma Paradigm," *Journal of Theology for Southern Africa*, 126 (November 2006), 100-114. : <http://go.utlib.ca/cat/7728235>

Week 5 – Suffering and Hope in Job – Guest the Rev. Dr. Harris Athanasiadis

Reading - Job 1-42

Week 6 – Hope as Fight

Reading - McCarroll, *At the End of Hope*, ch 3
Kwan, Simon S.M., "Interrogating "Hope" – The Pastoral Theology of Hope and Positive Psychology," *International Journal of Practical Theology*, 14 (2010): 47-67.

Recommended

Snyder, C. Richard. Handbook of Hope: Theory, Measures and Applications. 2000.
Donald Capps, *Agents of Hope*
Andrew Lester, *Hope in Pastoral Care and Counseling*

Week 7 – Hope as Meaning

Reading – McCarroll, *At the End of Hope*, ch 4
Viktor Frankl, *Man's Search for Meaning*

Week 8 - Hope as Survival, Hope as Lament

Reading - McCarroll, *At the End of Hope*, ch 5-6, pp 81-116
Judith Hermann, *Trauma and Recovery*

Recommended- Walter Brueggemann, *Spirituality of the Psalms*
Ann Weems, *Psalms of Lament*

Week 9 -- Hope as Surrender, Hope as Forgiveness...

Reading - McCarroll, *At the End of Hope*, ch 7, pp 117-134
<http://theforgivenessproject.com/stories/>

Recommended

Russell Herbert, *Living Hope: A Practical Theology of Hope*
John de Gruchy, *Led Into Mystery: Faith Seeking Answers in Life and Death*

Week 10 – Hope indexes/ measures for clinical practice and self use

Reading: Herth Hope Index, handout
http://gainhope.com/hope/test_form.cfm - Adult Hope test
Gain hope – Anthony Scioli, Clinical Psychologist and founder
<http://gainhope.com/hope/default.cfm>

Stoner, Martha H. "Measuring Hope," *Instruments for Clinical Healthcare Research*, 3rd ed. Marilyn Frank-Stromberg & Sharon J. Olsen, eds. Mississauga: Jones & Bartlett Pub. Co., 2004.

Week 11 - Indicators of Hope, Inhibitors of Hope

Reading – See above and read your own life – When/how do you recognize hope's presence? What are times that you have experienced a shift toward hope? write and describe the experience. How might this effect how you work with others or perceive hope's possibility in others? Positively? Negatively?

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----- & Donald L. Batsky, "Abundance in Finitude: An Exploratory Study of Children's Accounts of Hope in Chronic Illness," The Journal of Pastoral Theology, 19.1, Summer 2009: 38-59.

----- "Hope and Possibility: The Theology of Culture Inherent to Solution-Focused Brief Therapy," American Journal of Pastoral Counseling, 3.1, 1999, 3-21

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----- Old Testament Theology. Nashville: Abingdon Press, 2008.

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