

HUMAN RELATIONS SKILLS FOR THE PASTORAL COUNSELOR

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TEXT

Looking In – Speaking out. Allan Schnarr, Connie Vitale, Kevin O'Connor
(Blackboard)

REQUIRED READING (second half of semester)

Saying What's Real, Susan Campbell. (HJ Kramer, 2005)

Nonviolent Communication. Marshall Rosenberg. (Puddle Dancer, 2002)

DATE	SKILL FOCUS (Read Chapter on Blackboard)
Aug.31	1. Orientation
Sept.7	2. Self-Reflection
Sept.14	3. Attending & Paraphrasing
Sept.21	4. Self-disclosure
Sept.28	5. Emotional Availability
Oct. 5	6. Empathy
Oct. 12	NO CLASS
Oct.19	7. Assertiveness & Integrated Response
Oct.26	8. Immediacy
Nov.2	9. Differing / Conflict
Nov.9	10. Differing / Conflict
Nov.16	11. Encouragement

Nov.23 12. **Skills Assessment** (small group)

Nov. 30 13. **Open Group** (small group)

Dec.2 14. **Closure** (large group – small group)

ASSIGNMENTS:

Whole Class:

- *Reading as assigned each class. Important for participation in class.*
- *Reflection exercises identified in the reading **(not handed in)***
- *Self-assessment, written, **handed in** (Class # 12).*

Small Group:

- **Weekly Relational Review:** *Follow the instructions as handed out by Allan in the second class. **Handed in to small group leader.***

“It is through listening that your mind will turn with faith and devotion, and you will be able to cultivate joy within your mind and make your mind stable. It is through listening that you will be able to cultivate wisdom and be able to remove ignorance. ... Listening is like a torch that dispels the darkness.”

The Dalai Lama

HUMAN RELATIONS SKILLS

GRADING GUIDELINES

*Grades will be assigned primarily based on
the behaviors outlined in the Contract.*

This includes

consistency of initiative

and degree of skill

within the small group.

*Arriving on time for class and returning from break,
communicating about absences,
and participating in the large group may also be considered.*

Available Grades: A, B+, B, C.

Note regarding a C grade:

This grade means that readiness for internship is in question. Internship application may proceed, but a final decision as to readiness will be made during the Fundamentals class, second semester.

More than two C's means discontinuation in the Graduate School at Loyola.

HUMAN RELATIONS SKILLS

SKILLS ASSESSMENT

PART ONE

SELF-REFLECTION:

- a)explores events using **Sense, Reason, Imagine, and Feel**
- b)identifies **patterns** in interpersonal style
- c)**plans** a skilled response in a specific relationship

ATTENDING:

- a)SOLER - communicates **presence** to Discloser
- b)**Facial Responsiveness** (psychological attending)

PARAPHRASING:

- a)Responds with a **frequency** that maintains connection
- b)Paraphrases **briefly**
- c)Selectively paraphrases the **core**

SELF-DISCLOSURE:

- a)Identifies own **feeling state entering** the event
- b)Describes **words and actions** of self and other
- c)Describes own **thoughts** (reasoning & images) **& feelings**
- d)Identifies **personal meaning** of the event, including feelings
- e)Identifies **feelings now**, while disclosing
- f)Shows **congruence** between verbal and bodily expression

EMPATHY:

- a)responds with **frequency** that maintains empathic connection
- b)Identifies **feelings in the past**
- c)Identifies **present feelings**
- d)**Connects feelings to context** or meaning
- e)Is **brief** with basic empathy

EMOTIONAL AVAILABILITY:

- a)**Experiences own feelings**
- b)**Identifies feelings** in self to self
- c)**Verbally expresses past feelings** to the other
- d)**Verbally expresses present feelings** to the other
- e)**Allows bodily expression of feelings**