

Pastoral Skills Training – Family Life

Lesson 9: Pastoral Diagnosis

Instructor Guide

Lesson Information	
Lesson Objectives	Identify the principles of religious assessment. <ul style="list-style-type: none">○ Identify the goals of assessment in counseling.○ Identify the types of potential questions used in a religious assessment.
Class Time: Presentation	Approximately 1 hour
Class Time: Discussion	Approximately 1 hour
Lesson Materials	
Webinar Presentation	Page 2
Webinar Discussion	Page 9
PowerPoint Slides for Webinar Presentation	09-slides.ppt
Supporting Lesson Materials	
Student Guide	Student advance sheet containing the objectives of the lesson and the materials required for participation (09-student-guide.pdf)
Student Readings	Assessment in Pastoral Care (09-assessment-in-pastoral-care.pdf)
	Religious Assessment and Diagnosis (09-religious-assessment-diagnosis.pdf)
	Theological Assessment (09-theological-assessment.pdf)
	Case Study (09-case-study.pdf)
Student Handout	Guide to a Pastoral Assessment (09-guide-to-pastoral-assessment.pdf)

Webinar Presentation		
Title	Description	Slide Number
Objectives	<p>At the end of this presentation, you should be able to do the following:</p> <ul style="list-style-type: none"> • Identify the principles of religious assessment. <ul style="list-style-type: none"> ○ Identify the goals of assessment in counseling. ○ Identify the types of potential questions used in a religious assessment. 	Slide 2
Part 1: Assessment in Pastoral Care		
Principles of Assessment	<ul style="list-style-type: none"> • Use of religious ideas to diagnose psychological/spiritual problems • Use of religious history to understand personal history • Use of religious developmental steps to document developmental assay of adults and children 	Slide 4
B-A-S-I-C Approach to Mental Status Interviewing	<ul style="list-style-type: none"> • Behavior and general appearance • Affect and emotional state • Sensorium and functioning of the central nervous system • Intellectual function, insight, and fund of general information • Cognitive processes 	Slide 5
B – Behavior and General Appearance	<ul style="list-style-type: none"> • Does this person seem coherent? • Are this person’s actions appropriate for the circumstances he or she is in? • Does this person appear to be appropriately dressed, and is his or her hygiene OK? • Best: Appears to be balanced, acting appropriately 	Slide 6
A – Affect and Emotional State	<ul style="list-style-type: none"> • Look for flat emotions—doesn’t respond at all to sad or happy things. • Look for hysteria—too excited/happy for what’s going on. • Look for the depressed affect. • Best: Emotions appear to fit the circumstance. 	Slide 7

S – Sensorium and Functioning of the Central Nervous System	<ul style="list-style-type: none"> • Look for fidgeting, restlessness. • Look for unexplained clumsiness, inability to perform small motor skills (write). • In some cases: numbness, hyperventilating • Best: Fully functional 	Slide 8
I – Intellectual Function, Insight, and Fund of General Information	<ul style="list-style-type: none"> • Look for memory loss, or seeing things that aren't there or didn't actually happen • Best: Clear contact with reality 	Slide 9
C – Cognitive Processes	<ul style="list-style-type: none"> • Look for poor logic, or inability to follow a conversation. 	Slide 10
Responding to BASIC Domains	<ul style="list-style-type: none"> • Minor failures in any BASIC domain tells you there is significant emotional/personal issues to further explore. • Major shortfalls could indicate medical issues. <ul style="list-style-type: none"> ○ Ensure this person sees a doctor, BUT STAY INVOLVED. ○ Often there are emotional/spiritual links to physical problems. ○ Resolving the personal issue may eliminate or help to heal the physical problem. 	Slide 11
Discussion Questions	<ol style="list-style-type: none"> 1. <i>How do you assess clients in your care, both formally and informally?</i> 2. <i>Describe a time when you sensed a parishioner showing distress in one or more of the BASIC domains.</i> 	Slide 12
Ask for questions.		

Part 2: Applying Theological Assessment		
Using a Theological Template	<p>Pastoral assessment can and should be done from a theological template. The methods described in this lesson involve the use of a series of questions. A theological template is:</p> <ul style="list-style-type: none"> • A useful tool for organizing your interview information into a manageable whole. • Not a rigid formula, but rather a way of organizing the pastor's reflection about what has happened/is happening to the parishioner. 	Slide 14
Areas to Be Explored in a Theological Assessment	<p>The following is a general outline of possible areas to be explored in order to help in the total understanding of the client as a person. No single counseling session will provide answers to all of the questions, but a general, overall picture may be developed.</p> <ul style="list-style-type: none"> • Summary of religious background • Impressions of present attitudes and needs • Summary and recommendations 	Slide 15
Pastoral Diagnosis Questions	<ul style="list-style-type: none"> • Projection and identification • Relating, suffering, and hurting patterns • Guilt/hurting patterns • Hopefulness and support 	Slide 16
	<i>Refer students to the handout, Guide to a Pastoral Assessment.</i>	
Pastoral Assessment Questions	<ul style="list-style-type: none"> • I – In the beginning • II – The way things have been • III – The way things are now • IV – The way things can change • V – Perception of God 	Slide 17

<p>Pastoral Assessment Questions: I. In the Beginning</p>	<ul style="list-style-type: none"> • What are your feelings about having been born? • What sorts of blessings did those who brought you up confer upon you? • What sorts of curses did they pronounce upon you? • What do you think you were meant to be and to become from the beginning? 	<p>Slide 18</p>
<p>Pastoral Assessment Questions: II. The Way Things Have Been</p>	<ul style="list-style-type: none"> • Whom, of all the people you know, would you most want to be like? • Whom do you have to turn to when the going gets rough? • Whom would you hurry to tell if something really good happened to you? • What are the things that people have done to you that you have the hardest time forgiving and forgetting? • What recent things have happened to you that you would say are “the straw on the camel’s back”? 	<p>Slide 19</p>
<p>Pastoral Assessment Questions: III. The Way Things Are Now</p>	<ul style="list-style-type: none"> • What is the greatest injustice that you feel has happened to you? • What keeps you from doing the things you most want to do? • If all the hindrances were removed and you could do just as you most wanted to do or have the thing you most wanted, what would it be? • What is the biggest mystery to you? What do you have the most trouble figuring out? • What appeals to your curiosity the most? • What is your greatest temptation? • Of what are you most afraid? • If you were to blame someone or a group of “someones” for your present trouble in life, whom would you blame? • If you pray, do you think God would understand if you told God what your deepest angers are? • Does God want you to do what you yourself would be happiest doing? 	<p>Slide 20</p>

<p>Pastoral Assessment Questions: IV. The Way Things Can Change</p>	<ul style="list-style-type: none"> • Do you think there is any way that things can change? • Do you have any hope that things can change? • Do things change by luck, magic, or chance? • If you were a magician and could change your whole situation, what would you change? • Have sudden and strange experiences come into your life that changed everything? • How did you feel? What did you see, hear, smell, taste? Did you want to tell about it? Whom did you tell about it? What was his or her reaction? 	<p>Slide 21</p>
<p>Pastoral Assessment Questions: V: Perception of God</p>	<ul style="list-style-type: none"> • Do you believe in a personal God? What is God like to you? • Does the church turn you on, turn you off, or leave you cold? • Settled beliefs. What are some of the things that you believe and that you don't think will ever change in your thinking? 	<p>Slide 22</p>
<p>Paul Pruyser's Eight Questions for Theological Assessment <i>(An alternative "shorter form" of pastoral assessment)</i></p>	<p><i>As an alternative to the Pastoral Assessment Questions (slides 17-22), the instructor may present this "shorter form" of pastoral assessment (slide 23). If class time allows, both may be presented.</i></p> <ul style="list-style-type: none"> • Why is this person coming to me for help? • How does this person understand God? <ul style="list-style-type: none"> ○ What is the person's prevailing picture of God? ○ Is there congruence between the person's statements of God and actual behavior? • What is the sense of sin and what role does sin play in this situation? • What is this person's relative capacity for faith? • How does this person view salvation? • How adequate are this person's faith-support resources? • What sense of hope exists here? 	<p>Slide 23</p>

	<ul style="list-style-type: none"> Does freedom exist between this person and me? (Am I providing the greatest amount of freedom possible, or am I trying to control this person? This question brings the focus back to the pastoral relationship.) 	
Concluding Thoughts on Theological Assessment	<ul style="list-style-type: none"> Assessment in care, like diagnosis in medicine, is an art as well as a science. A theological assessment is not “etched in stone.” The assessing must be attentive, cautious, and continually up for review. Finally, we ask, “Am I open to allowing this parishioner to minister to me?” (In the course of our ministering, we actually receive as well as give.) 	Slide 24
Discussion Questions	<ol style="list-style-type: none"> <i>What is a theological template that you have used to understand a particular client you have helped recently?</i> <i>Which theological assessment questions do you find yourself using regularly in your pastoral care and counseling?</i> 	Slide 25
Ask for questions.		Slide 26
Give reading and case study assignments to prepare for the discussion webinar.		
End webinar.		

Webinar Discussion

Case Study:

C – Chaplain

F – Female Spouse

Female is working on pain from a long and severe history of sexual abuse by a neighbor.

Composite of Sessions 1-3

After initial greeting and small talk:

C – I understand that you met with CH X and CH Y.

F – Yeah, CH X has been great but I didn't like CH Y.

C – It is going to be hard to replace CH X?

F – Yeah. I've just kinda dumped on him.

C – What was it that you liked about CH X? What worked?

F – I don't know. He is different. It wasn't what I expected. I normally wouldn't have seen a Chaplain, but I had to talk with someone. He didn't do all that preachy stuff. I don't believe in God. CH X puts up with my rambling. He passed the test.

C – Test?

F – Yeah. I tried him out.

C – He passed. Are you trying me out?

F – Yeah.

C – How's it going?

F – We'll see. The first sessions are a trial period. I didn't like CH Y, though. The way he looked. I knew he didn't get it. He might tell

me the answer. CH X listened. He came up with a treatment plan and let me look at it. I told him that I didn't like it, that it wouldn't work, so he said, "you write."

C – Did you write it?

F – Hell yeah. He gave me a book to read and it was awful. I gave it back to him and recommended that he read another book, and he'd get it.

C – Get it?

F – Understand what I have been through. Here (gives me handwritten journal entries—10 folded sheets of notebook paper), I thought this would help catch you up.

(After moving from normal location to a chapel and meeting for four sessions.)

Middle of session 26

C – I've noticed we haven't talked about the abuse in a while. Is that because you need to talk about the marriage and the affair?

F – I am afraid the damn roof would cave in.

C – Why would that happen?

F – If I talk about the abuse in here. I can't talk about that in here. I went to Church with my girlfriend. I told her that I don't believe and if I go in the Church the place would fall down.

C – Did it fall in?

F – I'm surprised it didn't.

C - I thought you didn't believe in God.

F – I don't.

C – But God would cause the building to fall in? Isn't that belief? Sounds a lot like belief to me but in a God who is punitive ... not a very loving God.

F – No ... I still don't believe.

C – Do you blame yourself for the abuse and think that God can't accept that part of you?

F – I've done too much shit.

C – The abuse?

F – Yeah.

Case Study Discussion Questions:

1. What do you think we have learned about this woman's faith to this point?
2. What resources does this woman already access that helps her get by?
3. There are times this chaplain seems a little "pushy" in his responses, yet it seems to work and not push the woman away. What do you suppose he is doing or saying that causes her to accept this pushiness?
4. If you were the chaplain here, what are some questions you'd like to ask the woman that you think might help her come to more insight into her situation?
5. She mentions she went to church, even though she doesn't believe. Why do you suppose she has done that?