

DDS133.15 Spirituality, Lifestyle and Helping Skills.

Content.

This unit will explore a variety of approaches to spirituality. It will also examine a range of tools for self-awareness, to assist in the growth and development of students. The course will also detail different understandings of pastoral care and Christian ministry, with a particular focus on working with adolescents.

Learning Outcomes.

It is expected that upon successful completion of this unit the student will be able to:

- 1 Understand and apply a range of ideas and practices that will help with daily spiritual growth.
- 2 Practice a variety of helping and pastoral skills that will assist them as they seek to work with young people.
- 3 Develop a working knowledge of the Enneagram and Myers-Briggs personality test as a way of understanding themselves and others more adequately.
- 4 Demonstrate an ability to write and present verbatim reports.
- 5 Critically evaluate at least three different models of Christian ministry.

Prerequisites.

Nil.

Teaching Methods.

The unit will be taught via a combination of lectures and tutorials.

Assessment.

One 750 word exercise on keeping a journal and praying The Psalms.	25%
One 750 word book report.	25%
One 1,500 word thematic essay on ministry	50%

Offered.

As a one week intensive at Camp Wilkin for all interns in July 6-10 2009.

Unit Value.

15 points at Diploma level.

Faculty.

Stacey Aslangul

Textbooks.

- Ford, D.F. *The Shape of Living: Spiritual Disciplines for everyday life*. Grand Rapids: Baker, 1999.
- Hale, S. and S.Bazzana (eds.) *Towards a Theology of Youth Ministry*. Sydney South: Aquila Press, 1998.
- Palmer, P. *Let Your Life Speak: Listening for the Voice of Vocation*. San Francisco: Jossey-Bass, 2000.
- Peterson, E. *Under the Unpredictable Plant: An exploration in Vocational Holiness*. Grand Rapids: William B.Eerdmans, 1994.
- Schneider Corey, M. and G. Corey. *Becoming a Helper*. 4th ed. Pacific Grove: Brooks/ Cote, 2003.
- Worthington, E.L. *When someone asks for help: A Practical Guide to Counselling*. Downers Grove: InterVarsity Press, 1982.