

# IST3034 PTSD: Post-traumatic stress disorder: Pastoral, psychological, and theological responses

## Overview

Winter, 2022



# Gathering Days Classes





- **Mandatory Week 5 Gathering Days** Schedule for Sections 1 and 2 on Feb 11 and 12:
- Students registered in Section 1 are required to attend on Friday, Feb 11 from 1 - 5 p.m.: Edie Broadbent, Vicki Bryant-Cano, ShaShawna Bush, Christina Fleming, Geoffrey Gross, Carla Shibuya, Kyren Schultz, Cheryl Sherman, Brigitta Vieyra, Kathy Waite
- Students registered in section 2 are required to attend Saturday, Feb 12 from 8 a.m. – noon: B. J. Brannon, Baranda Fermin, Kyndyl Greyland, Lauren Johnson, Scott Kearney, Andrea Murdock, Tiziana Severse

There is a module for each week in our ten-week quarter. Each module lists instructions and assignments for that week

Winter 2022

Home

Announcements 

 Modules

Assignments

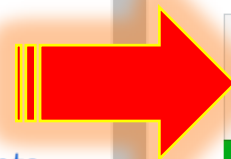
Discussions


Grades


People


Pages

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 Week 1

 **Week 1 Instructions**  
Jan 10, 2022

 **Week 1 Discussion**  
Jan 10, 2022 | 10 pts

 **Week 1 Response**  
Jan 13, 2022 | 0 pts

When you post in your discussion forum: Write in complete sentences and use good grammar.

HTML Editor

**B** *I* U A A I<sub>x</sub>  $x^2$   $x_2$

12pt Paragraph

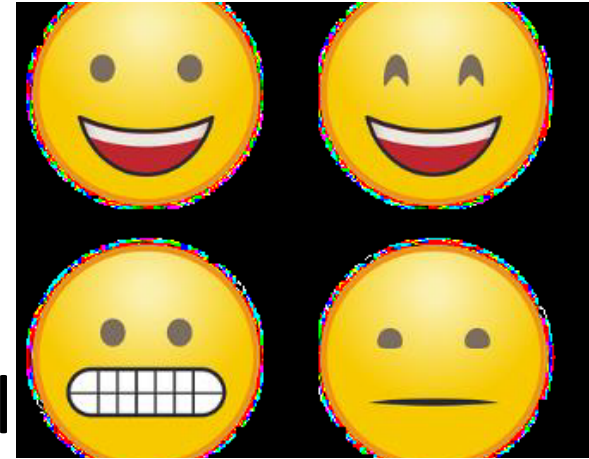
Write in complete sentences and use good grammar in Discussion forums!

p 11 words

Attach

No emojis.

Do not use a casual, conversational tone, as you might in a text or email to a friend.



# Requirements:

## Summary:

- Discussion posts and responses (55%)
- Journal Assignment: (20%)
- Spiritual Care Conversation Reflections: (25%)

# Discussion posts and responses are worth 45% of grade *Note:*

*Each point is 1% of the final grade* Weeks 1 – 4 Discussions(10 points each week), Week 10 Discussions (5 points)

*7 points for discussion posts:*

- On time (1)
- Demonstrates *spiritual self-care* through reflexive descriptions exploring spiritual practices (2)
- Cite *quotations* referencing key concepts from each reading (2)
- Substantive discussion of *key concepts* in response to each discussion prompt (2)

*3 points for responses:*

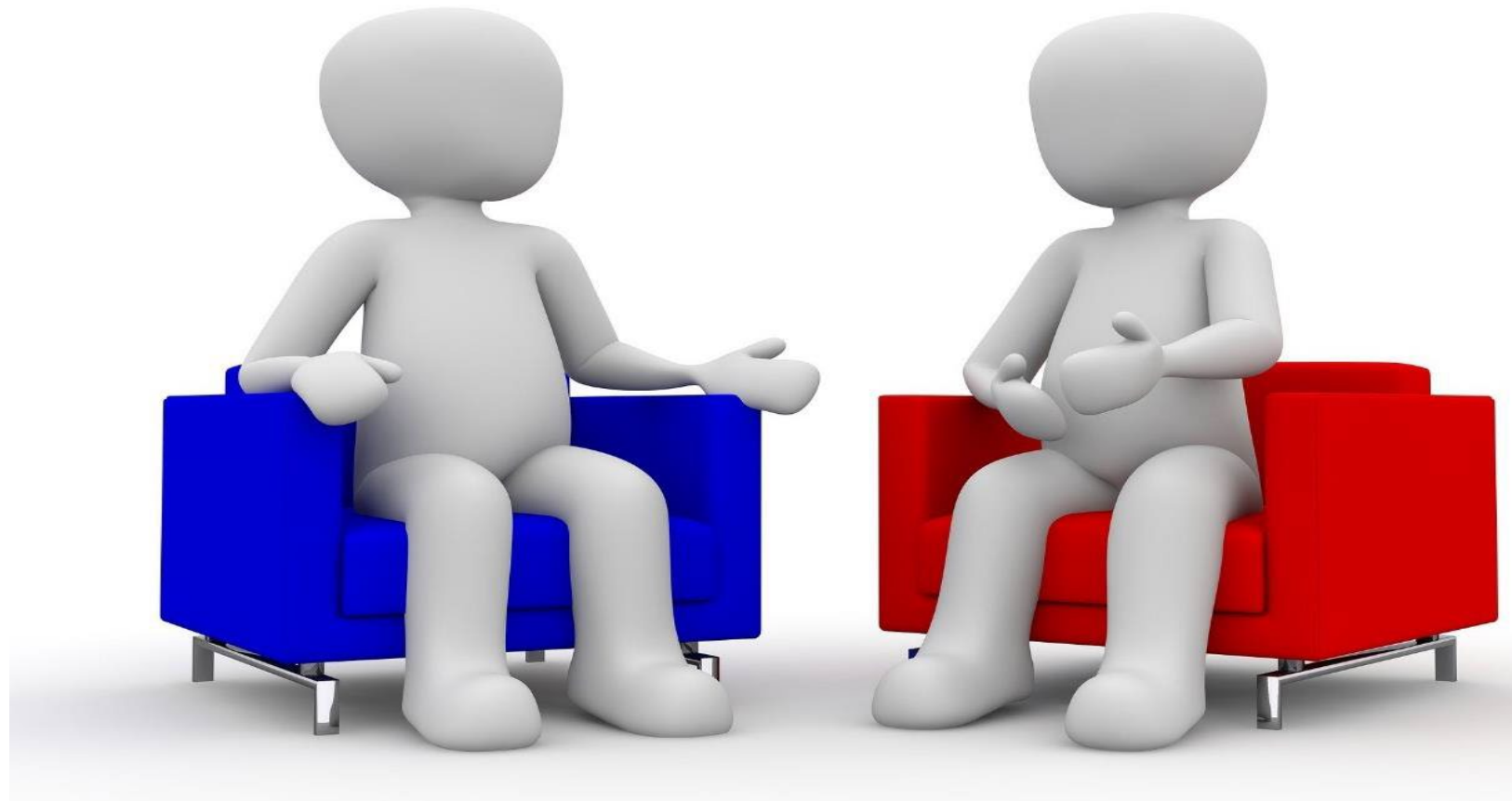
- On time (1)
- Demonstrates *active listening* by referencing details from a group member's post (1)
- Deepens substantive discussion of *key concepts* (1)

# Journal Assignment due Week 6

- A detailed outline guides you through the process of reflecting upon a particular experience of overwhelming stress. You will also do a literature search using terms that describe the kind of overwhelming stress you experienced and/or the beliefs from your spiritual/religious/cultural background that shaped your initial understanding and/or how you now understand this experience. (20% of grade)

# You will learn and practice spiritual care in two recorded and transcribed spiritual care conversations

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- You will have the opportunity to practice being the spiritual ***caregiver*** and the ***care receiver*** in two conversations, one recorded in week 5, the other recorded in Week 8.





**Spiritual Care Learning Partners:** If you want to find your own learning partner in your section, email that person (Ilf emails addresses are usually the first initial and last name), and if they agree to be your learning partner, go to the week 2 Learning partner page, and edit it to list you and your partner as a learning pair. Dr. Doebling will pair up those who have not signed up as partners by week 3.

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# Spiritual Care Conversation tasks, assignments and discussions: 35% of grade

W2: Sign up with a learning partner or asked to be matched with one in your section so that you can meet during our gathering days' time

W5 During Gathering Days you will schedule and record two 15" conversations spiritual care conversation about spiritual self-care practices with your partner (these will be recorded using instructions for saving iCloud recordings that generate transcriptions). In one conversation, you will be the spiritual caregiver practicing deep listening skills, and in the other conversation, you will be the spiritual care seeker describing spiritual self-care practices for coping with stress. You will also schedule your W8 spiritual care conversation

W7 Active Listening Assignment: Assessing active listening and spiritual differentiation using the Week 5 transcript – 10 points

W7 Read your partner's assignment and submit your conversation guide – 5 points

W8 Record two 20-minute spiritual care conversations with your learning partner. In one conversation, you will be the spiritual caregiver, and in the other conversation, you will be the spiritual care seeker (these will be recorded using instructions for saving iCloud recordings that generate transcriptions)

W9 Spiritual Care Conversation Reflection Assignment: how you did/did not demonstrate course learning outcomes in this spiritual care conversation. 20 points

# Week 5 conversations

- During gathering days, we will use part of our time for you to do your zoom iCloud recordings of spiritual care conversations with your partner (one in which you receive care, the other in which you offer care).
- You will use this **Conversation guide for exploring spiritual practices for managing stress**
- Opening question: What helps when you feel stressed out?
- *Use deep listening to pay attention to the words/phrases used by your partner. Demonstrate that you are listening by making an affirming response using the words/phrases you remember, in a following style (that is, you do not interpret or translate their words into your own words, and you do not ask questions; you simply affirm) and then pause. You might allow for a moment of silence and then if your partner doesn't continue, prompt them to say more, provide more details (e.g., can you say more about how that helps?).*

Recording and saving this conversation to Zoom iCloud will generate a transcription, which you will use for your week 7 assignment assessing what it was like to practice deep listening.

# Week 6 : Assessing Deep Listening and Self-Differentiation

**Part 1: Transcription:** Copy and paste the transcription generated by your cloud recording of the spiritual care conversation in which you were the care provider. This page gives details on how to access the [transcriptions generated from iCloud zoom recordings](#).

**Part 2: Assessing Deep Listening and Self-Differentiation.** In each of the sections below, you are required to **include quotations** describing key concepts from these two [course learning goals: \(1\)](#) Practicing a spiritually integrative learning process; (2) Practicing spiritual self-differentiation

***a. SPIRITUAL PRACTICES***

***b. SELF-COMPASSION:***

***c. DEEP LISTENING:***

***d. SPIRITUAL SELF-DIFFERENTIATION:***

## **Grading rubric**

- Cite *quotations* referencing the following key concepts from learning goals: (a) spiritual self-care and integration, (b) spiritual differentiation (5)
- Substantive *self-assessments* of: (a) spiritual self-care and integration, (b) deep listening skills, (c) spiritual differentiation (5)

# Week 8 Conversations and Week 9 Assignment

When you meet with your partner during gathering days, you will schedule your week 8 conversations, and then when you meet on zoom you will use the conversation guide that you develop after reading your partner's assignment. Dr. Doebling will review your conversation guide and give you feedback on it.

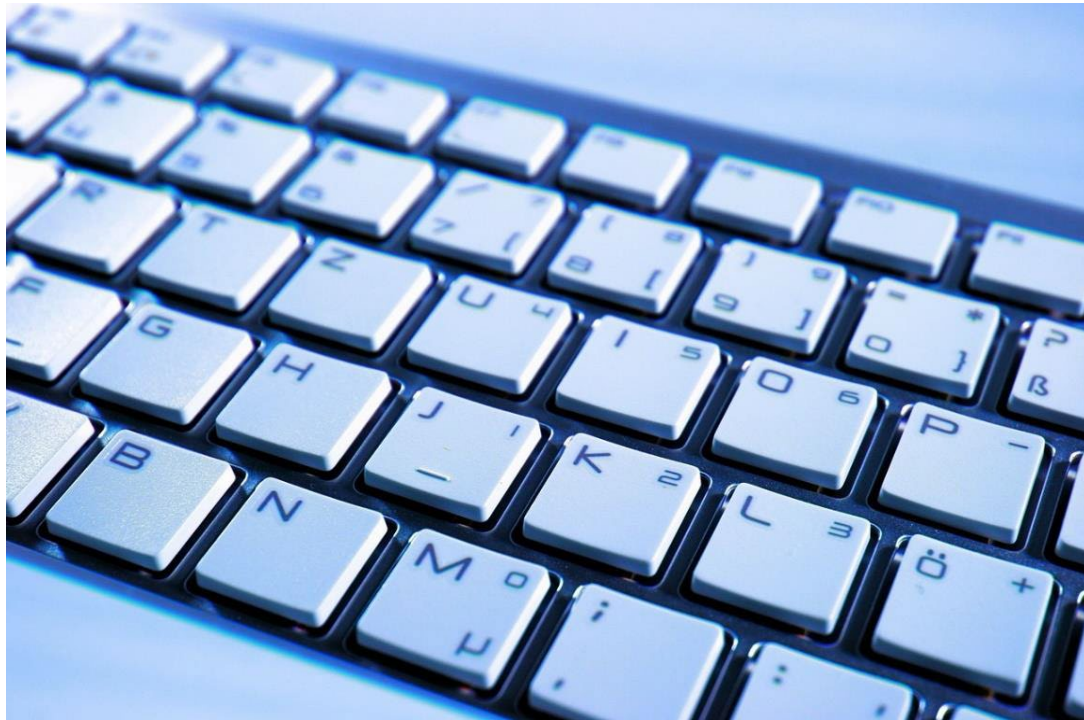
Recording and saving this conversation to Zoom icloud will generate a transcription, which you will use for your week 9 assignment assessing how well you practiced the course learning goals.

# Grading rubric for Week 9 Assignment

- Cite *quotations* referencing the following five key concepts from learning goals and Doebling and Kestenbaum (in press): (a) spiritual self-care and integration, (b) spiritual trust, (c) spiritual differentiation, (d) spiritual empathy, and (e) spiritual reflexivity (5)
- Quote from five *readings in the course* [bibliography](#) (one point for each reference quoted). (5)
- Substantive *self-assessments* of each of the five key concepts from learning goals and Doebling and Kestenbaum (in press): (a) spiritual self-care and integration, (b) spiritual trust, (c) spiritual differentiation, (d) spiritual empathy, and (e) spiritual reflexivity (15)



**Tech Questions**  
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