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

*Winter Quarter Online; 4 credits*

*Gathering Days: Synchronous zoom meeting on Friday, Feb 11, 1:00-5:00*

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**Course Requirements**

**Discussion posts and responses:**50% of grade *Note: Each point is 1% of the final grade*

W1- 4, 10– 10 points each week (7 points for posting; 3 points for responses)

*Grading Rubric for Weekly Forum Discussion Posts and Responses*

*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 *deep listening* by referencing details from a group member’s post (1)
* Deepens substantive discussion of *key concepts* (1)

**Journal Assignment** 20% of grade

Due Week 4: Journal Assignment Draft of Parts 1 and 2 and search terms for literature review

Due Week 6: This detailed outline (week 6 Assignment) 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%)

**Spiritual Care Conversation assignments and discussions:** 30% of grade

W2 Spiritual Care Conversation Assignment: Sign up with a learning partner or wait 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 W7 spiritual care conversation

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

W7 Read your partner’s assignment and submit your conversation guide, using this resource  –  5 points

W8 Two 15-20 minute spiritual care conversations with your learning partner and Carrie Doehring. In one conversation, you will be the spiritual caregiver, and in the other conversation, you will be the spiritual care seeker

W9 Spiritual Care Conversation Reflection Assignment: how you did/did not demonstrate course learning outcomes in this spiritual care conversation. 15 points

**Final Grade Scale***(Note: at Iliff professors determine grading scales they will use to assign final course grades)*A 97-100; A- 93-96; B+ 89-92; B 85-88; B- 81-84; C+ 77-81; C: 73-76; C- 69-72; D+ 65-68; D 61-64; D- 57-60; F 0-59

**Week 1**

1. Update your Canvas Profile
2. Watch video
3. Review course material (PowerPoint slides, course requirements, learning goals, and learning covenant
4. Read Doehring (2021). Doehring, C. (2021). What makes care spiritual and trustworthy?
5. Post to weekly discussion by Tuesday
6. Post responses by Friday.

**Week 2**

1. Read Thomas, M. (2019). Creating circles of peace: Mindfulness as a pastoral response to health, education, and violence in the Black Community. In D. J. Buhuro & C. Walker-Barnes (Eds.),*Spiritual care in an age of #blacklivesmatter: Examining the spiritual and prophetic needs of African Americans in a violent America* (pp. 58-66). Cascade Books. (9 pages)

2. Experiment with using a body-aware practice

3.Read Doehring, C., & Kestenbaum, A. (in press). Practicing socially just, interreligious, and evidence-based spiritual care In S. Rambo & W. Cadge (Eds.), *Introduction to chaplaincy and spiritual care*. University of North Carolina Press. (23 pages)

4. Read the section on “Why spiritual over pastoral care” (pp. 2 – 6) in Lartey, E., & Moon, H. (2020). Introduction. In E. Lartey & H. Moon (Eds.), *Postcolonial images of spiritual care: Challenges of care in a neoliberal age* (pp. 1-14). Wipf and Stock. (5 pages)

5. Read the Outline for the Journal Assignment and Carrie Doehring’s Journal Assignment

6. Post to weekly discussion by Tuesday

7. Post responses by Friday.

8. Sign up for a partner in your section or wait to be assigned one.

**Week 3**

* 1. Listen to this interview with Bessel van der Kolk and/or read the transcript
  2. Experiment with using a breath- or body-based practice
  3. Read Pargament, K., & Exline, J. J. (2021). Chapters 1 – 3 in *Working with spiritual struggles in psychotherapy: From research to practice*. Guilford.
  4. Post to weekly discussion by Tuesday
  5. Post responses by Friday.

**Week 4**

1. Experiment with using a body-aware practice

2. Read

Keefe-Perry, C., & Moon, Z. (2019). Courage in chaos: The importance of trauma-informed adult religious education. *Religious Education*, *114*(1), 30-41. <https://doi.org/10.1080/00344087.2018.1435989>

Doehring, C. (2022). Religious, spiritual, and moral stress of religious leaders in pandemics: Spiritual self-care. In Z. Moon (Ed.), *Doing theology in the plight of pandemics, police violence, and post-truth politics* (pp. 185-206). Wipf & Stock.

1. Watch the hour video of the Jan 25 Iliff Renewal Program.
2. Post to weekly discussion by Tuesday
3. Post your draft of Parts 1 and 2 of the journal assignment, and the terms/words you are using in your literature searches of the Iliff library databases
4. Post responses by Friday.

**Week 5**

Mandatory zoom gathering day: Friday Feb 11, 1 – 5 pm MT

During gathering days, learning partners will record their first zoom conversations for the week 7 assignment. Partners will also sign up for a time in week 8 for their spiritual care conversations with Carrie Doehring

**Week 6:** Journal assignment

**Week 7:**

1. Deep Listening Transcription Assignment
2. Read your partner’s journal assignment and submit your conversation guide

**Week 8:** Do your spiritual care conversations in one of the available times with Dr. Doehring

**Week 9** Spiritual Care Conversation Reflection Assignment

**Week 10:** Post to discussion and make at least one response.