

St. Mary's Ecumenical Institute
Fall 2023

Class Day & Time: December 8, Friday evening 6:00-9:00; Saturday, December 9, 8:30am-4:30pm

Course Number & Name: TH655 I & Thou (1 credit)

Instructor: Dr. Pat Fosarelli; **Guest Lecturers:** Dr. John Hayes & Alisha Wimbush

Course Description: This module explores “I-Thou” relationships as the core of healing in both individual and group settings. Active listening is a primary intervention for building “I-Thou” relationships. Essential to active listening is the capacity for “mentalization”, the ability in relationships to accurately and empathically make meaning of the states of mind we discover in ourselves and others.

There will be an exploration of each learner’s personal story which leans into strengths and opportunities in building relationships. Various concepts including transference and countertransference, empathic connection, managing anxiety, feeling observations, uses of silence and mindfulness will be explored as they contribute to active listening.

It is critical that providers of care recognize the nuances of engaging others in a respectful and comprehensive way. Hence, this module builds on the work in the previous module that elucidated the Testaments’ understandings of health, healing, and wholeness, with regard to both individual and community.

Course Requirements with Percentage Contribution to Final Grade:

Reading	Approximately 300 pages
Writing	6-10 page paper: <u>The first part</u> is a reflection on the student’s core story and the aspects that undergird empathy for her or him. (3-5 pages.) <u>The second part</u> is a case study of a situation in which the student provided a healing presence and care to an individual. (3 -5 pages.) 70% of final grade
Class Participation	30% of final grade

Required Texts:

- *Shared Wisdom: Use of the Self in Pastoral Care and Counseling* by Pamela Cooper-White. 256 pages; \$23.00 Fortress Press ISBN # 0-8006-3454-3

Additional Required Readings on Canvas: TBD