

International Institute for Secular Humanistic Judaism

Philosophic Guidance and Counseling – PS 430 June 28 - July 2, 2010

Faculty: Rabbi Miriam S. Jerris, Ph.D.

SYLLABUS

Course Description

A focused study of how to provide philosophic guidance to people in need of counseling from a Secular Humanistic Jewish perspective. Emphasis on understanding the role of the rabbi and leader, personal growth issues, marital and family problems, personal crisis intervention, and issues surrounding the cycle of life within a Jewish contextual framework.

Required Readings

- Epstein, Greg, M. *Good without God: What a Billion Nonreligious People Do Believe*. (Chapter 3, “Why be Good without God?”) – (Buy the book. You should own it.)
- Frankl, V., *Man’s Search for Meaning*. Any edition.
- Friedman, Dayle A. *Jewish Pastoral Care: A Practical Handbook from Traditional and Contemporary Sources*. Paperback available from amazon.com, April 30, 2010.
- McGowan, D., Matsumura, M., Metskas, A., & Devor, J, *Raising Freethinkers: A Practical Guide for Parenting Beyond Belief*. Available from amazon.com.
- Wine, Sherwin. T. *Staying Sane in a Crazy World: A Guide to Rational Living*. (Preface and Chapter 6), IISHJ will send you the book at no charge.
- Online sources as described and linked to from syllabus.
- Coursepack

Additional Resources

Albom, Mitch, *Tuesdays with Morrie*

Becker, Ernest, *The Denial of Death*

Byock, Ira, *Dying Well*

Chapman, Gary, *The Five Love Languages*

Crohn, Joel, *Mixed Matches*

Goldman, R. *Questioning Circumcision: A Jewish Perspective*

Hendrix, Harville, *Getting the Love you Want: A Guide for Couples*

www.interfaithfamily.com, Hundreds of articles on all aspects of intermarriage

Petsonk, Judith & Remsen, James, *The Intermarriage Handbook*

Visher, Emily and Visher, John. *How to Win as a Step-Family*

Assignments

Pre-class – Required for course participation

1. Choose one of the following topics to teach the class:
 - Retirement
 - Durable Power of Attorney, Living Wills
 - Euthanasia
 - Hospice
 - Trauma and Tragedy
 - Infertility
 - Child adoption
 - Child Abuse and Mandatory Reporting
 - Sexual Abuse
 - Drug and Alcohol Abuse
 - Domestic Violence/Spousal Abuse
 - Emotional and Sexual Infidelity
 - Divorce

Submit 3 choices. You will have one hour in class. Provide two or three readings that you will send to faculty by June 14, 2010. Research at least one Jewish source, if applicable. Please contact me for approval of the topics by June 1, 2010.

2. Go to <http://testyourself.psychtests.com/testid/2092>. Take the Emotional IQ test and send me the results by June 14, 2010. Keep a copy for yourself and bring it with you.
3. Prepare a written scenario or dilemma for class discussion on any topic related to the course. Send it to me by June 14, 2010.

Requirements to Complete the Course

1. Students shall complete a one to two page self-evaluation to be completed and sent to course faculty no later than August 1, 2010. The self-evaluation will include understanding of the readings, your assessment of your class presentation and your sense of preparedness to provide philosophic counseling to those in need in the situations we discussed.
2. Students shall complete an evaluation form for the course to be returned no later than August 1, 2010.
3. Students shall complete a research paper of 15-20 pages that covers a topic related to the course. The paper will be double spaced, 12 point type with one inch margins. Paper topics must be chosen by August 1, 2010 and be approved by the faculty. Papers are due no later than Friday, April 29, 2011.

Failure to meet deadlines will result in no credit for the course.

Topic 1: Understanding Philosophic Guidance and Counseling

Philosophic Counseling

- Philosophic Counseling – read [here](#).
- Lahav, Ran and Tillmanns, Maria da Venza, *Philosophic Essays on Philosophic Counseling*, “Introduction.” (coursepack)

Pastoral Counseling

- Dittes, James. *Pastoral Counseling: The Basics*, “Introduction.” Read [here](#).

Humanistic Psychology

- Humanistic Psychology: Theory and Therapy – read [here](#).
- Five Basic Postulates of Humanistic Psychology (coursepack)

Topic 2: Preparing Yourself to be a Philosophic Counselor

- Emotional IQ (test previously sent to faculty – see above, “Pre-class – Required”)
- The Leader and Rabbi as Philosophic Counselor
- AHR Ethical Standards (coursepack)
- LCSHJ Ethical Standards (coursepack)
- Taking Care of Yourself
- Moore, T., *Care of the Soul*, “Honoring Symptoms as a Voice of the Soul,” pp. 3-21. (coursepack)
- Setting Boundaries

Topic 3: Jewish Context for Philosophic Guidance and Counseling

- Biblical and Talmudic Sources in forming a Jewish approach
- Hebrew Terms
- Using Jewish Tradition for Humanistic Jews

Topic 4: Developing Psychological Understanding and Skills

- Jung, C.G., Psychological Terminology (coursepack)
- Biestek, Felix, The Casework Relationship, materials on seven basic human needs of people with psychosocial problems (coursepack)
- Levy, Paul, The Wounded Healer, Part 1. Read [here](#).
- Levy, Paul, The Wounded Healer, Part 2. Read [here](#).

Topic 5: Values, Meaning of Life and Suffering

- Goble, Frank, *The Third Force: The Psychology of Abraham Maslow*, Chapter 10, “Values,” pp. 109-114. Read [here](#).
- Rogers, Carl: *The Carl Rogers Reader*, “Toward a Modern Approach to Values: The Valuing Process in the Mature Person,” pp. 168-185. Read [here](#).
- Epstein, Greg, M. *Good without God: What a Billion Nonreligious People Do Believe*. (Chapter 3, “Why be Good without God?”)
- Wine, Sherwin. T. *Staying Sane in a Crazy World: A Guide to Rational Living*. (Preface and Chapter 6)

Topic 6: Illness, Aging and Facing Death

- Hospital Visits, Counseling the ill and dying from a Humanistic Jewish approach
- View Aronson's 2009 Colloquium Presentation based on Aronson, Ronald. *Living Without God: New Directions for Atheists, Agnostics, Secularists and the Undecided*. (Chapter 6)
- Tatelbaum, J. "Breaking through our Denial of Death," *Humanistic Judaism: Death, Dying and Bereavement*. Summer, 1989, Volume XVII, Number III, pp. 6-11. (coursepack)
- Friedman, Daniel, "A Humanistic Philosophy of Death," *Humanistic Judaism: Death, Dying and Bereavement*. Summer, 1989, Volume XVII, Number III, pp. 3-5. (coursepack)
- Retirement (opportunity for student presentation)
- Durable Power of Attorney, Living Wills (opportunity for student presentation)
- Euthanasia (opportunity for student presentation), Aid in Dying, LCSHJ Statement (coursepack)
- Hospice (opportunity for student presentation) – reference Byock, *Dying Well*.

Topic 7: Loss and Grief

- Dainoff, Marilyn. "Death and Other Losses," *Humanistic Judaism: Death, Dying and Bereavement*. Summer, 1989, Volume XVII, Number III, pp. 63-67. (coursepack)
- Shuch, Bunny, "Grief," *Humanistic Judaism: Death, Dying and Bereavement*. Summer, 1989, Volume XVII, Number III, pp. 68-72. (coursepack)
- Trauma and Tragedy (opportunity for student presentation)

Topic 8: Funerals and Memorials

- Funeral/Memorial/Burial Scenarios
- Class Discussion

Topic 9: Birth

- Wine, Sherwin. "Circumcision," *Humanistic Judaism: Becoming Parents*, Summer 1988, Volume XVI, Number III, pp. 4-8. (coursepack)
- Bivas, Natalie, "Letter to Our Son's Grandparents: Why We Decided Against Circumcision," *Humanistic Judaism, Becoming Parents*, Summer 1988, Volume XVI, Number III, pp.11-13. (coursepack)
- Copperman, Reuben & March, Fred., *Humanistic Judaism: Becoming Parents*, "The Covenant Between God and Abraham," Summer 1988, Volume XVI, Number III, pp.22-25. (coursepack)
- LCSHJ Circumcision Statement (coursepack)
- Birth Celebration Scenarios
- Infertility (opportunity for student presentation)
- Child adoption (opportunity for student presentation)

Topic 10: Parenting

- McGowan, D., Matsumura, M., Metskas, A., & Devor, J, *Raising Freethinkers: A Practical Guide for Parenting Beyond Belief*.
- Friedman, Daniel. "Humanistic Parenting," *Humanistic Judaism: Becoming Parents*, Summer 1988, Volume XVI, Number III, pp. 43-45. (coursepack)
- Master, Eli & Lynne, "The Blended Family," *Humanistic Judaism*, Summer 1987, Volume XV, Number III, pp. 45-47. (coursepack)
- Child Abuse and Mandatory Reporting (opportunity for student presentation)

Topic 11: Growing Up and Coming of Age

- Friedman, Edwin, H. *Humanistic Judaism, Bar and Bat Mitzvah Manual*, “A Family View of Pubescence,” pp.43-51. Originally published in “Coming of Age, The Bar and Bat Mitzvah” Winter 1982. Volume X, Number IV. pp. 48-56. (coursepack)
- Sexual Abuse (opportunity for student presentation)
- Drug and Alcohol Abuse (opportunity for student presentation)

Topic 12: Marriage

- Templeton, Rita. “Secrets of Happy Couples.” Read [here](#).
- Barry, Alyce. *Paul Dunion on Shadow Marriage*. Read [here](#).
- Smith, William. “Consequences of Unresolved Conflicts: Relationships and Projection.” Read [here](#).
- The Gottman Institute: The Newlywed Study: “Research says ‘active listening’ won’t keep couples tuned-in for a happy marriage.” Read [here](#).
- Neufeld, Bob and Marlene. “Will Your Relationship Survive? The Four Horsemen of the Apocalypse.” Read [here](#).
- Wine, Sherwin. “Marriage and Humanistic Judaism.” *Humanistic Judaism*, Summer 1987, Volume XV, Number III, pp. 3-6. (coursepack)
- Goren, Judith, *Humanistic Judaism*, “Reflections on a Marriage,” Summer 1987, Volume XV, Number III, pp. 44-45. (coursepack)
- Domestic Violence/Spousal Abuse (opportunity for student presentation)
- Emotional and Sexual Infidelity (opportunity for student presentation)

Topic 13: Intermarriage Issues

- Jerris, Miriam, “Intermarriage: Threat or Opportunity.” *Humanistic Judaism, SHJ Conference 2004 Highlights*, Summer/Autumn 2004, Volume XXXII, Number III-IV, pp. 14-18 (coursepack)
- Intercultural Scenarios
- LCSHJ/AHR Statements on Intermarriage (coursepack)
- Chalom, Adam, “The Seeker: Religious Warfare is all in the family.” Read [here](#).
- Conversion to/Adoption into Humanistic Judaism, AHR Adoption/Conversion Statement (coursepack)

Topic 14: GLBT Issues

- Cloud, John. “Are Gay Relationships Different?” Read [here](#).
- The Gottman Institute. “What We’ve Learned: What Makes Same-Sex Relationships Succeed or Fail?” Read [here](#).
- AHR Statement on Diverse Sexualities (coursepack)
- SHJ Same-sex marriage Statement (coursepack)
- Divorce (opportunity for student presentation)

Positive Outcomes

Summary and Evaluation