

Wisconsin Lutheran Seminary

Syllabus

I. Course Identification

PC5010 Mental Health Disorders: Support for Those Who Suffer

Summer Quarter, 2 credits

II. Course Description

This course will not help the pastor provide professional clinical treatment for those who suffer mental illness. Rather it will help them identify the various mental health disorders, understand the dynamics and treatment used to bring healing, and support those who suffer by providing the necessary spiritual support.

III. Course Objectives

This course will build students skills to:

- Understand the prevalence and burdens of mental illness
- Recognize the symptoms of the most common mental health disorders
- Realize the difference between a core issue and a surface issue
- Appreciate the importance of seeking professional help for those who suffer
- Comprehend the appropriate mental health treatment
- Provide the necessary spiritual support member need to heal

IV. Class Procedure and Instructional Method

Students will be required to read material from the textbook and other sources in advance and participate in class discussion. They will also be asked to react to numerous case studies and share with participates their experiences in providing support for those who suffer various mental health disorders.

V. Textbook and Course Materials

A Christian Guide to Mental Illness, vol. 1, by Stephen M. Saunders

VI. Course Project

Each student will prepare a practical project that addresses mental health for his area of ministry. This can focus on either a preventive, reactive, or supportive approach or a combination of any of these. It can include education via Bible class, sermons, handouts, newsletter articles, etc. This project should display effort that is fitting a two-credit course.