

CAROLINA INSTITUTE FOR CLINICAL PASTORAL TRAINING

Clinical Pastoral Therapy Training Programs

Overview

Clinical pastoral therapy is understood as the diagnosis and treatment, from a clinical pastoral perspective, of the psychodynamics, interpersonal dynamics or spiritual dynamics of persons experiencing various sorts of emotional, behavioral or relational distress or dysfunction. The Carolina Institute for Clinical Pastoral Training is committed to the training of men and women for this ministry of care through its Clinical Pastoral Therapy Training Programs.

Through its sponsoring agencies, Methodist Counseling and Consultation Services (MCCS) and Presbyterian Samaritan Counseling Center (PSCC), the Carolina Institute for Clinical Pastoral Training is accredited as an Approved Training Program by the American Association of Pastoral Counselors (AAPC). All work done through the training programs is acceptable toward certification in AAPC.

The program is also coordinated with advanced degree programs (Th.M. and D.Min.) at Columbia and Garrett-Evangelical Theological Seminaries, where some supervisors serve as adjunct faculty. Because of these connections, students enrolled in one of these degree programs may receive academic credit for work taken through the Clinical Pastoral Therapy Training Programs.

Because of our belief that professional competency develops through stages of growth, and our commitment to facilitating the growth of professional competence at each of these progressive stages, clinical pastoral therapy training is offered at three progressive levels: Foundations of Clinical Pastoral Therapy, Advanced Clinical Pastoral Therapy and Clinical Supervision. Each of these programs is described below.

Foundations for Clinical Pastoral Therapy

For clergy who wish to specialize in the ministry of clinical pastoral therapy, this program is intended to provide the theoretical and practical foundations for the practice of clinical pastoral therapy under direct supervision. The program is designed to facilitate the completion of requirements for certification as a *Member Associate* in the American Association of Pastoral Counselors and to satisfy requirements for certification as a *Fee-Based Pastoral Counseling Associate* in North Carolina.

This program requires students to participate in five (5) hours of theoretical and clinical seminars weekly. These are distributed as follows:

Individual Clinical Supervision

1 hour/wk

One-on-one supervision of the student's clinical work intended to facilitate the formation of the pastoral therapeutic self and clinical skills.

Clinical Case Conference

1 hour/wk

Interdisciplinary group supervision including one or more representatives from other helping professions; i.e., psychiatrist, psychologist, marriage and family therapist, etc. Each student will present case material. The central purpose of this supervision lies in the cross-referencing among various mental health disciplines, usually focused on the presentation of specific clinical problems.

Continuous Case Conference**1 hour/wk**

Group supervision under the direction of an AAPC supervisor in which students in rotation each present material from clinical work with the same client for several supervisory conferences.

Theoretical Seminar**1 hour/wk**

A didactic seminar intended to facilitate acquisition of theoretical competency for the practice of clinical pastoral therapy. Students are required to engage in intensive reading and writing assignments. The topic of this seminar changes with each trimester and follows the following sequence:

Year 1:

- | | |
|---------------------------|--|
| 1 st Trimester | Fundamentals of Clinical Pastoral Therapy |
| 2 nd Trimester | Psychopathology and Pastoral Diagnosis |
| 3 rd Trimester | Fundamentals of Clinical Pastoral Therapy with Couples |

Year 2:

- | | |
|---------------------------|---|
| 4 th Trimester | Fundamentals of Clinical Pastoral Therapy with Families |
| 5 th Trimester | Fundamentals of Time Limited Clinical Pastoral Therapy |
| 6 th Trimester | Professional Integration: Pastoral Theology and Psychotherapy |

Integrative Formation Group**1 hour/wk**

A group process designed to facilitate the integration of personal self-identity, theoretical understandings and clinical learning into the developing professional-self of the pastoral clinician.

In addition to the theoretical and supervisory components, students in training are expected to be engaged in the practice of clinical pastoral therapy. This clinical practice may be through PSCC or other training sites with which the Institute has made arrangements. Students are expected to develop their clinical practice gradually, with the goal of averaging three client contact hours per week by the end of the first year and six client contact hours per week by the end of the second year of the training program.

Advancement and graduation from the Foundations for Clinical Pastoral Therapy Training Program are based upon evaluation of demonstrated competency. Standards of competency are developed by the faculty and include the following:

Level I Standards:

1. demonstrate a basic working knowledge of principles and practices of individual and couple therapy, psychopathology, marital dynamics, and diagnostic categories (DSM IV);
2. demonstrate a capacity to form and maintain a pastoral, therapeutic alliance and frame with clients, recognize the dynamics of transference and countertransference, formulate an assessment of client need, develop a structure for intervention, keep appropriate records, and evaluate process and progress;
3. demonstrate the ability to employ individual and group supervision in order to learn from experience;
4. demonstrate the ability to reflect upon clinical experience from both socio-psychological and theological perspectives;
5. demonstrate a working knowledge of the AAPC Code of Professional Ethics and the ability to work within its parameters.

Level II Standards:

1. demonstrate a basic working knowledge of human relationships according to family systems and psychodynamic models;
2. demonstrate the ability to combine therapeutic assessment, frame and alliance into differentiated forms according to the variety of client needs and capacities;
3. demonstrate sufficient self-awareness to enable one to safeguard against harm to clients, and to employ one's own self effectively in the service of others;

4. demonstrate the ability to serve as consultant to one's peers;
5. demonstrate the capacity to reflect critically upon the relationship between socio-psychological and theological perspectives of the human predicament and its resolutions.

Graduation from the Foundations for Clinical Pastoral Therapy Training Program is based upon demonstration of competence at Level II.

Admission*

Applicants to the Foundations for Clinical Pastoral Therapy Training Program should meet the following requirements for admission:

Ecclesiastical Requirements: Ordination as clergy or consecration to religious life in one's religious faith group, or endorsement by an appropriate ecclesiastical official.

Educational Requirements: A Master of Divinity (M.Div.) degree or its equivalent from an accredited educational institution, or a Master's or equivalent degree in a related behavioral science or health care discipline.

Clinical Training: Satisfactory completion of a significant period of supervised clinical experience (e.g., one unit of CPE, a Pastoral Care Specialist training program, etc.).

Cost

Tuition for the Foundations for Clinical Pastoral Therapy Training Program is \$2,275.00 per 14-week trimester (three trimesters per year for two years).

Advanced Clinical Pastoral Therapy

For persons who have completed the Foundations for Clinical Pastoral Therapy program or for clergy already credentialed in another mental health discipline, this program is intended to provide advanced theoretical and practical training for the independent practice of intensive clinical pastoral therapy. The program is designed to facilitate completion of requirements for certification as a *Fellow* in the American Association of Pastoral Counselors and to satisfy requirements for certification as a *Fee-Based Practicing Pastoral Counselor* in North Carolina.

This training program allows students to concentrate either in psychodynamic or systems theories. It requires students to participate in two (2) hours of theoretical and clinical seminars weekly. For those who wish to include individual supervision in their advanced training, this can be contracted for in addition to the regular program. The program includes the following components:

Advanced Case Conference **1 hour/wk**
Group supervision of participants' clinical practice designed to facilitate integration of developing professional identity and clinical skills at an advanced level.

Advanced Theoretical Seminar **1 hour/wk**
A didactic seminar intended to facilitate acquisition of advanced theoretical competency for the practice of clinical pastoral therapy. Students are required to engage in intensive reading and writing assignments. The topic of this seminar changes with each trimester and follows the following sequence:

INDIVIDUAL TRACK

1 st Trimester	Psychoanalytic Theories of Religion
2 nd Trimester	Advancements in Psychoanalytic Theory: Object Relations Theories & Self Psychology
3 rd Trimester	Advancements in Psychoanalytic Theory: Intersubjectivity Theory & Interactional Construct Theory

MARRIAGE AND FAMILY TRACK

1 st Trimester	Systems Theories of Religion
2 nd Trimester	Advancements in Human Systems Theory
3 rd Trimester	Advancements in Human Systems Theory

Students in the advanced clinical pastoral therapy training program are expected to be engaged in the practice of clinical pastoral therapy. They may be residents of PSCC or MCCS, or may be engaged in practice through some other agency.

Admission

Applicants to the Advanced Clinical Pastoral Therapy Training Program should meet the following requirements for admission:

Ecclesiastical Requirements: Ordination as clergy or consecration to religious life in one's religious faith group.

Educational Requirements: A Master of Divinity (M.Div.) degree or its equivalent from an accredited educational institution, or a Master's or equivalent degree in a related behavioral science or health care discipline.

Clinical Training: Satisfactory completion of the Foundations for Clinical Pastoral Therapy Training Program or its equivalent, or state licensure in another mental health discipline.

Cost

Tuition for the Advanced Clinical Pastoral Therapy Training Program is \$750.00 per 15-week trimester (three trimesters per year).

Clinical Supervision

For Fellows of AAPC or persons credentialed in another mental health discipline, this program is intended to prepare persons for the practice of clinical supervision. It is designed to facilitate completion of requirements for certification as a *Diplomate* in AAPC and may also be accepted as satisfying Approved Supervisor requirements in other mental health disciplines as well.

This program requires students to participate in two (2) hours of theoretical and clinical seminars weekly. For those who wish to include individual supervision in their supervisory training, this can be contracted for in addition to the regular program. The program includes the following components:

Clinical Supervision Case Conference**1 hour/wk**

Group supervision of participants' practice of clinical supervision designed to facilitate integration of supervisory identity and clinical skills in the practice of clinical supervision.

Seminar in Clinical Supervision**1 hour/wk**

A didactic seminar intended to facilitate acquisition of advanced theoretical competency for the practice of clinical supervision. Students are required to engage in intensive reading and writing assignments.

Students in the Clinical Supervision Training Program are expected to be engaged in the practice of clinical supervision either through the training programs of the Charlotte Pastoral Counseling Consortium, another mental health agency in the community, or through their own individual clinical practice.

Admission

Applicants to the Clinical Supervision Training Program should meet the following requirements for admission:

Educational Requirements: A Master of Divinity (M.Div.) degree or its equivalent from an accredited educational institution, or a Master's or equivalent degree in a related behavioral science or health care discipline.

Clinical Training: Certification as a Fellow in AAPC or licensed in another mental health discipline with a minimum of five years of clinical practice experience.

Cost

Tuition for the Clinical Supervision Training Program is \$750.00 per 15-week trimester (three trimesters per year).

Faculty**Director of Training**

Louis B. Reed, D.Min., AAPC Diplomate, ACPE Certified Supervisor

Supervisors

John Arey, D.Min., AAPC Fellow

Victoria Chadwick, M.Div., NC Licensed Mental Health Counselor

Cathy Hasty, D.Min., AAPC Diplomate, ACPE Certified Supervisor

Sara Rieth, D.Min., AAPC Diplomate

John Rowe, Ph.D., AAPC Fellow

Consultant

Scott Wallace, M.D., Psychiatry

For more information on any of the programs of the Charlotte Pastoral Counseling Consortium, contact:

Louis B. Reed, D.Min.
Executive Director, CICPT
5203 Sharon Road
Charlotte, NC 28210
(704) 554-9900, ext. 22
roamingreeds@yahoo.com

*The Carolina Institute for Clinical Pastoral Training employs faculty and staff and admits students of any race, color, national or ethnic origin, gender, sexual orientation, and religious affiliation to all the rights, privileges, programs and activities generally accorded or made available to faculty, staff or students of the Institute. It does not discriminate on the basis of race, color, national and ethnic origin, gender, sexual orientation, or religious affiliation in the administration of its personnel policies, educational policies, admission policies, or scholarship and loan programs.