



**Centre for Ageing and Pastoral Studies**

## **2012 Course Guide**



The Centre for Ageing and Pastoral Studies (CAPS) is a not-for-profit centre dedicated to quality of life issues for older persons and actively engages in multidisciplinary research, education and policy development in pastoral studies, ageing, and related ethical issues.

Whatever your background in aged care - whether you are a health care professional, pastoral care worker or clergy - CAPS provides an avenue for further personal and professional enrichment through courses that will prepare and train you in the methods of providing holistic care to older adults. CAPS offers the following courses by distance education through Charles Sturt University:

**Graduate Certificate in Ageing and Pastoral Studies**  
**Graduate Diploma of Ageing and Pastoral Studies**  
**Master of Arts (Ageing and Pastoral Studies)**

The Graduate Certificate articulates with the Graduate Diploma, which then articulates with the Master of Arts. Credits are awarded towards each higher award as appropriate.

Application forms and information on fees and FEE-HELP are available from the CAPS website or through Charles Sturt University at:

[http://www.csu.edu.au/courses/postgraduate/ageing\\_pastoral/application\\_det.html](http://www.csu.edu.au/courses/postgraduate/ageing_pastoral/application_det.html)



**CHARLES STURT**  
**UNIVERSITY**

### **Application closing dates:**

**Session 1, 2012 - 1st December 2011**

**Session 2, 2012 - 1st June 2012**

#### **Enquiries and applications:**

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## Graduate Certificate in Ageing and Pastoral Studies

The Graduate Certificate may be completed in one year of part-time study. It consists of five core subjects (including a residential school) totaling 32 credit points:

THL442 Ageing and Pastoral Studies Residential

(Four-day compulsory residential school for Graduate Certificate subjects)

THL445 Psychosocial and Spiritual Development in Older People

THL446 Pastoral Care and Elderly People

THL451 Ethical and Theological Issues in Ageing

THL459 The Ageing Person: Challenges for Body and Spirit

### Admission Requirements:

1. A relevant undergraduate degree; or
2. For applicants without tertiary qualifications a letter of motivation must be provided together with evidence of at least four years relevant work experience.

Upon completion of this course, graduates will:

- be able to apply knowledge of biological, psychosocial and spiritual processes of ageing to working with older people;
- be able to assess at a basic level psychosocial and spiritual needs of older people;
- be able to use fundamental strategies to assist older people to develop quality of life in ageing, particularly related to spiritual well being;
- be able to assist older people to meet their needs for worship;
- be able to assist older people to develop an effective spiritual portfolio; and
- be able to plan, implement and evaluate at a basic level effective pastoral and spiritual care for older adults.

THL442 Ageing and Pastoral Studies Residential; *Autumn and spring semesters*

The aim of this four-day compulsory residential school is to introduce students to the study of ageing, spirituality and pastoral studies. It also covers the core skills and competencies crucial to working with older people in a professional and ethical manner. All students are required to attend the residential either before commencing their first semester of enrolment, if beginning in the autumn semester, or prior to their second semester of enrolment if they commence in the spring semester.

THL445 Psychosocial and Spiritual Development in Older People (8 credit points); *Autumn semester*

This subject provides a theoretical basis for understanding the ageing process from a psychosocial and spiritual perspective for health care workers, clergy and pastoral carers. It introduces students to various aspects of the study of psychosocial and spiritual development in the later years of life. The subject pays special attention to theories of psychosocial and spiritual development and the impact of such development on role changes, study of narrative, life review and meaning in later life.

THL446 Pastoral Care and Elderly People (8 credit points); *Autumn semester*

Building on the theoretical content covered in THL445, this subject examines strategies for quality of life and well being for older people. It further develops understandings of how older people may find meaning in later life, explores the needs of older people for pastoral and spiritual care, and addresses ways of working with older people across the health-illness continuum. The subject prepares students to work effectively and creatively with elderly people in a variety of settings, and it also explores the multicultural/multifaith dimensions of ageing and aged care.

THL451 Ethical and Theological Issues in Ageing (8 credit points); *Spring semester*

This subject has as its starting point the individual and societal experience of ageing in a twenty-first century context. Students will critically reflect on the theological concepts that Christian, other religious traditions and humanistic approaches bring to a consideration of ageing. In this pluralist theological and philosophical context a range of ethical issues associated with ageing in contemporary life are examined critically.

THL459 The Ageing Person: Challenges for Body and Spirit (8 credit points); *Spring semester*

This subject provides a holistic framework for the practice of pastoral and spiritual care in later life. It focuses on changes in the ageing body, experiences of ageing, the common illnesses of ageing, and is set against a theological understanding of health and illness in later life. Positive ageing and the process of self-transcendence, while living with suffering, pain and bodily disabilities are also examined.

## Graduate Diploma of Ageing and Pastoral Studies

The Graduate Diploma may be completed in one year of full-time study or the equivalent part time. It consists of nine core subjects (including a residential school) totaling 64 credit points. In addition to the five core subjects in the Graduate Certificate, students will also undertake study in:

WEL424 Loss, Grief and Palliative Care in Older People (Contains a two-day residential school)

THL444 Ministry with Older People in Residential Care (Contains a two-day residential school)

THL447 Pastoral Care in Mental Health and Dementia

THL462 Theological Perspectives in Ageing

Admission Requirements:

1. A relevant undergraduate degree; or
2. Successful completion of the Graduate Certificate in Ageing and Pastoral Studies, or equivalent.

Upon completion of this course, graduates will:

- be able to apply knowledge of biological, psychosocial and spiritual processes of ageing to working with older people;
- be able to assess psychosocial and spiritual needs of older people;
- be able to use fundamental strategies to assist older people to
- develop quality of life in ageing, particularly related to spiritual well being;
- be able to assist older people to meet their needs for worship;
- be able to assist older people to develop an effective spiritual portfolio;
- be able to plan, implement and evaluate effective pastoral care strategies for older adults;
- be able to deliver holistic pastoral and spiritual care to older people;
- be able to take their place within a multidisciplinary team in aged care in order to assist in the production of best practice in aged care in relation to pastoral and spiritual care;
- be able to function within an ethical framework to maximise well being for all older people, honouring the personhood of frail and mentally disabled people as well as those who are mentally healthy; and
- be able to actively engage in continuous professional and vocational development.

WEL424 Loss, Grief and Palliative Care in Older People (8 credit points); *Autumn semester*

This subject prepares students to work with older people experiencing loss and grief caused by chronic and terminal illness, loss of independence, and declining capacity. It includes the spiritual, psychosocial and physical aspects of care. The focus is on the multidisciplinary nature of care for older people including those requiring palliative care at the end of life. Issues of communication, spiritual need, social interaction, cultural norms and quality of life are addressed to prepare students to assist individuals experiencing grief, their families, and staff. This subject requires attendance at a two-day residential school that will be held in Canberra.

THL444 Ministry with Older People in Residential Care (8 credit points); *Autumn semester*

This subject provides students with basic training in the area of Aged Care Chaplaincy. It examines Chaplaincy from a historical and cultural perspective as it has developed in the Australian context. It traces the development of models of Chaplaincy, particularly in the aged care area, and seeks to examine specific issues facing those providing spiritual care in aged care facilities. These issues include: ethics, appropriate ritual, and administration. This subject requires attendance at a two-day residential school that will be held in Canberra.

THL447 Pastoral Care in Mental Health and Dementia (8 credit points); *Spring semester*

This subject addresses the challenges of providing effective pastoral and spiritual care to older adults adversely affected by mental health problems, including dementia. It carefully examines mental health and illness issues relating to ageing and explores appropriate pastoral care strategies to maximise quality of life for older people. Issues of faith and meaning are explored in relation to depression, dementia and other mental health issues in later life, and appropriate referral processes are addressed. This subject requires attendance at a two-day residential school that will be held in Canberra.

THL462 Theological Perspectives in Ageing (8 credit points); *Spring semester*

This subject examines the processes of ageing and dying from the perspective of Christian practical theology. It considers the human person in various Christian theological traditions together with biblical perspectives on ageing. The content focuses on persons in relation to God and the concern of practical theology with relational personhood. Spirituality is examined as human experience of the divine. Crucial concepts in pastoral practice such as forgiveness and reconciliation, critical self-reflection and self-transcendence, finding peace in loss and the place of ritual in pastoral care and spiritual growth are explored.

## Master of Arts (Ageing and Pastoral Studies)

The Master of Arts may be completed in two years of full-time study or the equivalent part time. It consists of 12 core subjects (including a residential school) totaling 96 credit points, and one of two 32-point elective streams. In addition to the nine core subjects in the Graduate Certificate and Graduate Diploma, students will also undertake study in:

THL563 Pastoral Care in Ageing: Family and Social Contexts  
THL566 Pastoral Practice in Ageing: Politics, Policy and Principles  
THL530 Social Research Methods for Pastoral Studies

Student may then elect to undertake either the *Pastoral Care* stream or the *Research in Ageing and Pastoral Studies* stream:

### *Pastoral Care*

THL564 Dementia: Challenge for Pastoral Care  
THL565 Dying, Death and Pastoral Care in Ageing  
THL560 Issues in Ageing: Project

### *Research in Ageing and Pastoral Studies*

THL660 Masters Dissertation in Ageing and Pastoral Studies

### Admission Requirements:

1. A relevant undergraduate degree; or
2. Successful completion of the Graduate Diploma of Ageing and Pastoral Studies, or equivalent.

Upon completion of this course, graduates will:

- be able to deliver high quality and holistic pastoral and spiritual care to older people;
- be able to act as role models in pastoral and spiritual care for workers in the aged care industry;
- be able to take roles as leaders in developing strategic plans for pastoral and spiritual care in an ageing community and in aged care;
- be able to work within the structures of the churches to provide optimum care for older people;
- be able to work within a multidisciplinary team to produce best practice in aged care;
- be able to work with government agencies in leadership in both the provision of healthy and meaningful ageing and care for frail older people;
- be able to function within an ethical framework to maximise well being for all older people, honouring the personhood of frail and mentally disabled people as well as those who are mentally healthy;
- be able to effectively apply research findings to pastoral and spiritual practice; and
- be able to actively engage in continuous professional and vocational development.

### THL563 Pastoral Care in Ageing: Family and Social Contexts (16 credit points); *Autumn semester*

This subject prepares students for advanced professional practice with older people in family, social and cultural contexts. It addresses the types and significance of relationships for the well being of the older person. Selected contexts of ageing are explored including multifaith and multicultural ageing, singles, gays and lesbians, and indigenous persons. Contexts of care studied include family and non-family carers and the opportunities and difficulties that may arise. Appropriate professional spiritual and pastoral responses to stressful family and social issues such as isolation, abuse, and homelessness are also considered. This subject requires attendance at a two-day residential school that will be held in Canberra.

### THL566 Pastoral Practice in Ageing: Politics, Policy and Principles (8 credit points); *Spring semester*

This subject provides an in-depth examination of the current practice of pastoral care in ageing within a context of policy, politics, and principles of care and practice in a multifaith and multicultural society. Historical perspectives on community attitudes to older people and their care are examined. The subject also investigates and critiques political and policy initiatives in the care of ageing people, together with the way these are influenced by ecclesial philosophy and pastoral practice. The anticipation of future needs in an ageing society and their implications for the role of pastoral care are analysed.

### THL530 Social Research Methods for Pastoral Studies (8 credit points); *Spring semester*

This subject examines social research and data collection methods appropriate to ageing and pastoral studies. It provides a comprehensive understanding of the research strategies and data collection methods appropriate for pastoral studies, and addresses the principles and procedures that define and regulate research investigations. The primary focus of the subject is on the nature of the research process, and on the qualitative, quantitative, and mixed methods traditions that underlie social research inquiry.

### THL564 Dementia: Challenge for Pastoral Care (8 credit points); *Autumn semester*

This subject addresses biological, genetic, psychological, social and spiritual dimensions of dementia and implications for the person and their family. It examines current understandings of dementia relevant to the professional practice of spiritual and pastoral care and includes critical theological reflection on the understanding of the human person. It includes in-depth critical analysis of public policy and ethical issues. This subject requires attendance at a two-day residential school that will be held in Canberra.

### THL565 Dying, Death and Pastoral Care in Ageing (8 credit points); *Spring semester*

This subject presents a holistic approach to death and dying in the later part of the lifespan. The focus of the subject is on developing a high level of knowledge and understanding of pastoral and theological considerations for professional and vocational practice. It examines religious, spiritual, and secular perspectives on death and dying. Ethical aspects and rituals surrounding death and dying are considered from a variety of cultures and religious traditions. This subject requires attendance at a two-day residential school that will be held in Canberra.

### THL560 Issues in Ageing: Project (16 credit points); *Two semesters, commences in Autumn*

This subject provides an opportunity for students to undertake theological reflection on ageing through a 10,000 word research project related to an issue in ageing and pastoral studies in which the student advances theoretical and/or practical foundations for ageing, spirituality and pastoral care concerns. It builds on and applies the foundations and methods acquired in THL530.

### THL660 Masters Dissertation in Ageing and Pastoral Studies (32 credit points); *Two semesters, commences in Autumn*

In this subject students will implement a research proposal and write a dissertation on their completed research in ageing and pastoral studies. It is designed to enhance academic and professional development of students working in the field of ageing and pastoral studies and to equip graduates with analytic and conceptual competencies. The program allows significant flexibility to accommodate individual student preferences and/or professional requirements. Students will be encouraged to publish their research findings in appropriate journals.