

Anger, Guilt and Depression
PST-D 584
AQUINAS INSTITUTE OF THEOLOGY
Spring 2005
August 26 – October 14, 2008
Tuesdays 6:30-8:20 PM

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COURSE DESCRIPTION

This course introduces the student to the basic human emotions of anger, guilt and depression and pursues knowledge into the positive and negative dynamics of these emotions upon personal health, relationships, work and pastoral sensitivity. 1 credit or 1 CEU

COURSE OBJECTIVES

1. Becoming aware of emotion in one's life being positive or negative and the influence emotions has on one's well being.
2. Looking at anger, guilt, and depression having a deeper awareness and knowledge of each and helping address these in areas of ministry.
3. To reflect upon personal attitudes and experiences of anger, guilt and depression and ways to develop personal skills of how to deal with them and all areas of treatment, i.e. holistic and traditional.
4. How does religion support one's emotional life, does it lead to a greater peace or unhealthy emotional beliefs. i.e. "God would not like anger?"

Required Reading:

- Hanh, Thich Naht. Creating True Peace
- Women please purchase: Lerner, Harriet. Dance of Anger (Available at amazon.com for \$0.01)
Men please purchase: Williams, Mark G. The Mindful Way Through Depression (Also available at amazon.com)

Additional Reading:

- Each student is responsible for reading and sharing (in small groups) one article dated after 2005 on each of our topics: anger, guilt, and depression. A copy of the article must be given to the instructor.

Course Requirements:

This is a graduate course. All work should be on that level. The class will be taught in seminar fashion.

1. Presence and participation **50%**
Each student will be responsible for reading Creating True Peace, and the book assigned to them by gender. We will discuss in class the differences in anger, guilt, and depression in relation to gender.

2. Class Presentation **25%**
Students will choose a topic from anger, guilt, or depression to work in small groups and present a case study and how one would deal with the situation in a pastoral setting. This will be fully discussed in class beforehand. (Creatively presenting the situation is encouraged)

3. Personal Reflection **25%**
Integration-a reflection paper on anger, guilt, or depression will consist of an explanation of how you dealt with a particular experience. How you see these emotions as a movement of grace; of helping you live in more holistic life. Length is from three to five pages, double-spaced.
Due October 7.

Grading Criteria:

Grading will be a personal evaluation and instructor evaluation during the last class. At any point, appointments with instructor can be arranged one week ahead of time to allow for time prior to class.

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Course Syllabus

August 26 Overall view of the course and a class discussion of anger, guilt and depression. What is emotion? When is it healthy? When is it serious illness?

September 2 Anger
The class will look at all aspects of anger and discuss the book. When and how we express anger and when it is better not to.

September 9 Finish discussion on anger
Anger presentation
Begin overview of guilt

September 16 Guilt
Lecture on guilt
Small group activity, theological reflection

September 23
Guilt presentation
Connection of anger and guilt
Film clips

September 30 Depression
Lecture on depression
Depression and treatment

October 7
Depression presentation
Connection of anger, guilt and depression

October 14
The connection and implication of anger, guilt and depression in and within ministry and the church
Theological reflection