

## **SYLLABUS**

SW502 (with YM689) Effective Relationships, Healing & Growth in Youth Ministry

CUME, Fall 07  
Oct. 5-6; 8-13  
Class times (6-9:30pm; Sats. 8:30-3:30)

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Or by appointment

### **Course Aim**

This course looks at the socio-psychological dynamics of human growth, psychic injury as a hindrance to growth, and nature of healing relationships. We know that youth ministry must be relational and growth facilitating. We also realize how much hurt there is these days in young people and in us their leaders. This course aims to take a courageous look at the pain in the light of God's healing power and resources for personal growth.

### **Course Caution!**

This is a very intensive course, in time and emotions. You must clear away as much as possible from your life—no other course work, cutting way back on ministry, avoiding any social events, your family's permission, nothing but intensive study for 9 days and nights—along with your job if you have one. There will be a quiz on your first book, on Saturday of the first weekend—then, a quiz on a book each following class session. Together with pre-reading before class you will, by then, have accomplished a good bit of your course work. This will be a great class experience if you give it your singular attention.

### **Course Goals**

1. Students will understand the basic stages and characteristics of human (and especially adolescent) development. They should be able to apply this knowledge to issues in relating to youth and to youth ministry.
2. Students should understand the dynamics of human growth, wounding, and healing in a context of healthy relationships and be able to apply this understanding to personal healing and relationships with youth. In other words, we will study the way society and we ourselves hinder our full potential and positive achievements.
3. The importance of identity will be stressed, and students will be able to explain the various aspects of identity as it relates to (for instance) successful relationships and sense of personal calling.
4. Students should be able to relate to the growth, wounds and goals of un-churched, youth without faith commitment as well as to teach and lead believing young people. In other words, we will integrate social science with the Gospel and biblical principles.
5. Students will study and be able to use SEARCH Institutes 40 assets as a positive approach to youth ministry. Young people will be assessed in terms of available internal and external assets or positive resources.

## Course Texts

(Your two required texts take you into the painful issues of fatherlessness and childhood abuse. In addition, as a certificate student, I'd like you to spend some time and be familiar with my *Hear My Story* and Ray Anderson's *Self-Care*. Hopefully, you will be building up your own library for your life-time study and reference—as well as that of your church or organization. )

Jonetta Rose Barras (reprint 2002) *Whatever Happened to Daddy's Little Girl? The Impact of Fatherlessness on Black Women*, One World, 272pp. This is, as the subtitle suggests, a poignant look at fatherlessness and its consequences—on boys as well as girls. I've been deeply struck by Barras' story, especially when she confides: "I go from house to house, from bed to bed, from wrong man to wrong man—sometimes a right man but for the wrong reason" seeking the face of my father... for unconditional love. Ch. 6 consists of just 25 questions: a powerful self-examination, which is a purpose for this course.

Richard B. Pelzer (2005, '06) *A Brother's Journey: Surviving a Childhood of Abuse*, Wellness Central, 272pp. N.B. Richard is the brother of the more well-known Dave Pelzer (see below). I've chosen this rather than one of David's books for several reasons. It should be a good balance to your reading of Jonetta Barras (above). It is a very sad yet inspirational story of resilience, survival, healing and forgiveness.

(Be familiar with main ideas in these two books)

Dean Borgman (2003) *Hear My Story: Understanding the Cries of Troubled Youth*, Hendrickson Publishers, 418pp. Read Preface, Introduction & Parts I & II on growth and pain and chapter on sexuality.

Ray S. Anderson (1995) *Self Care: A Theology of Personal Empowerment and Spiritual Healing*, Victor Books, 275 pp. Our main text for this course, this book is heavy reading at time, but sprinkled with clarifying case studies and questions. A theological professor (Fuller) and pastoral counselor, Anderson exemplifies passionate theology and compassionate ministry. After studying the *self* from biblical, theological and social science perspectives, he helps us deal deeply with issues of abuse (from others and ourselves), shame, betrayal, tragedies and grief.

## Further Reading

Dean Borgman (1997) *When Kumbaya Is Not Enough: A Practical Theology of Youth Ministry*, Hendrickson Publishers, 241pp. Read or reread Chs. 5-6 on growth and family.

Larry Brendtro & Scott Larson (2006) *The Resilience Revolution: Discovering the Strengths in Challenging Kids*, Solution Tree, 158pp. This text for both secular and faith-based youth workers, provides positive ways to think about and deal with those giving us, or society, trouble out of pain-based behavior.

Valerie Burton (2005) *What's Really Holding You Back?: Closing the Gap Between Where You Are and Where You Want to Be*, Waterbrook Press, 240pp. Especially for women by a talented African American professional coach. "Learn Why You Do What You Do, Stop Sabotaging Your Own Success, Overcome Fears That Have Held You Back, Keep Your Emotions from Controlling Your Actions, Break Through Internal and External Obstacles."

Robert C. Dykstra (1997) *Counseling Troubled Youth*, Louisville, KY: Westminster John Knox Press, 144pp. Dykstra states the central issue: "the suffering... reflects a widespread loss of hope and faith in a meaningful future." He then points us to what a hurting youth can be rather than getting lost in the problem: "the eschatological self is a theological way of expressing the self's awareness

of newness, surprise, and hope.” Importantly he cites the church’s need for continual repentance. This is a thoughtful book with case studies.

Beth Erickson (1998) *Longing for Dad: Father Loss and Its Impact*, Health Communications, 286pp. Not an explicitly Christian approach but with helpful case studies and principles for dealing with the loss of fathers through death, divorce or busyness—and the symptoms that cover such loss.

Hans Finzel (revised 2007) *The Top Ten Mistakes Leaders Make*, David C. Cook, 256pp. A classic leadership book updated for today’s generation looks at the most common errors leaders consistently make regardless of training or age and how to stop bad habits from undermining positive talents and accomplishments.

James Garbarino (1999) *Lost Boys: Why Our Sons Turn Violent and How We Can Save Them*, Free Press, 274pp. I highly recommend, first because I think of him as our national expert on youthful violence and secondly because of this book’s contents, chapter such as: “Rejected and Neglected, Ashamed and Depressed, Discovering the Dark Side, A Boy’s Code of Honor, Power of Spiritual, Psychological, Social Anchors, Saving Violent Boys, Reclaiming Lost Boys.” & Resources

Scott Larson (1999) *At Risk: Bringing Hope to Hurting Teenagers*, Loveland, CO: Group, 144pp. From an experienced youth worker, founder of Straight Ahead Ministries, and national speaker, comes some of the best of his material: stories of hurting youth, an emphasis on fathers and mothers in Christ, healthy identity and boundaries and empowerment.

Brennan Manning (1994, 2002) *Abba’s Child: The Cry of the Heart for Intimate Belonging*, NavPress, 191pp. A book recommended by many including some Boston youth workers.

Wayne Muller (1992) *Legacy of the Heart: The Spiritual Advantages of a Painful Childhood*, Simon & Schuster, Fireside Book, 204pp. Insightful, edifying and encouraging as we look at our own pain and how to deal with the hurts of young people.

Dave Pelzer

(1993, 1995) *A Child Called “It”: One Child’s Courage to Survive*, Deerfield Beach, FL: Health Communications, Inc. 178pp. a horrific and inspirational story of abuse, resilience and survival.

(1997) *The Lost Boy: A Foster Child’s Search for LOVE of a Family*, HCI, 338pp. This quick and powerful reading of an abused boy in five foster homes, one positive, is painfully sad and encouraging.

(1999) *A Man Called Dave: A Story of Triumph and Forgiveness*, Plume of Penguin, 281pp. With brief review, this third book of the trilogy tells the story of finding for himself the soul of a man.

(2001) *Help Yourself: Finding Hope, Courage and Happiness*, Plume, 240pp. Something like “Chicken Soup for the Abused Soul.” With stories and reflections on his own past, Pelzer seeks to help troubled lives overcome adversity and let go of the past.

(2006) *Help Yourself for Teens*, Joseph Michael (Peng), 208pp. You will have to let me know how you assess this book for students with troubled pasts. It encourages them to “face current and past problems, realize the importance of decisions, and finally, never give up on themselves.”

Marv Penner (2005) *Help, My Kids Are Hurting: A survival guide for those working with students in pain*, Youth Specialties/Zondervan, 144pp. This is as close to a brief manual on counseling as we’ll get in this course. It complements Larson’s book.

Mary Pipher (1994) *Reviving Ophelia: Saving the Selves of Adolescent Girls*, Ballantine Books, 304pp. I rather think every guy leader, as well as women leaders, ought to read this book—for its insights in issues among teenage girls and for its counseling style we can emulate.

John Powell (1995) *Why Am I Afraid to Tell You Who I Am? Insights into Personal Growth*, Thomas More Association, 157pp. This little book can help you and even some teens, understand why you and others may not be able to be “real” in ‘certain deeper and emotional ways.

John Powell (1990) *Why Am I Afraid To Love? Overcoming Rejection and Indifference*, Thomas More Association, 106pp. It’s not a big book, the plain and simple truths are at its beginning and ending

with more thoughtful psychological information in between. Another book for those of us afraid of intimacy.

Monique Robinson (2004) *Longing for Daddy: Healing from the Pain of an Absent or Emotionally Distant Father*, Waterbrook Press, 208pp. You may find this especially helpful if you are a conservative Christian. Each chapter ends with reflective questions, a Bible verse to memorize, and a prayer to pray. Some have found this simplistic or over-spiritualized as if relating to our heavenly Father releases one from troubles automatically. But there is truth and method here.

Peter Scazzero (2006) *Emotionally Healthy Spirituality: Unleash a revolution in your life in Christ*, Thomas Nelson, 227pp. “Peter Scazzero learned the hard way; you can’t be spiritually mature while remaining emotionally immature.” After looking at “emotionally unhealthy spirituality, the radical antidote: emotional health and contemplative spirituality.” Another modern, independent church leader (New Life Fellowship in Queens, NY) finding ancient practices—combined with current therapeutic understanding.

SEARCH Institute, *An Asset Builder’s Guide to Youth Leadership*. Provides tools, ideas and suggestions for nurturing Developmental Assets in young people through leadership opportunities.

Herbert Wagemaker (1999) Ponte Vedra, FL: Ponte Vedra Pub. 155pp. A friend and wild psychiatrist with Young Life and community health experience covers important aspects of reaching and restoring troubled boys.

### **Development of the Course**

Before we can effectively minister to youth’s pain, we must attend our own hurts. This is seldom done, but that’s what this course is about. The class will begin viewing the movie, “The Antwone Fisher Story.” Discussion of that movie, along with some other video clips, will lead us to consider the challenge of facing old wounds in youth ministry and the necessity of considering our own personal places of pain and seek healing. It will emphasize the therapeutic aspect of Jesus’ ministry and youth ministry.

We will consider human development and healthy inner dynamics. Issues such as socialization, identity formation, social dysfunction (in family, community/streets, peers, school and the media will be seen in terms of their potential for thwarting growth and twisting the dynamics of our inner lives.

We will consider appropriate sharing of our personal stories and our own need for healing. Personal journals will help our self-reflection on the basis of readings and class discussions.

Relationships will be a major theme of this course (as it is a fundamental issue in youth ministry). We will discuss the power of bad relationships to inflict psychic wounds, as well as the healing potential of good relationships and the supportive power of small groups and community. Though we begin with an honest look at our woundedness, our emphasis will be on the positive: healing and development of internal and external assets. The possibilities of an asset-based ministry will be discussed. We will consider the 40 Assets and the skills needed to implement an asset approach into our day-to-day relationships with youth and our organizational or church programs.

### **Course Assignments**

(All work for this course can be turned in during or at the end of our intensive—or end of semester. Your Pass or Fail grade will show how you accomplished the two assignments below. As a certificate student you will be exempt from quizzes and reading reports.)

1. Journal and Participation. Your prompt attendance at all sessions and active participation in small group and class discussions is important. Your personal journal or reflections on your experience through this class is a critical part of your work. It should be an emotional and rational response to all this class brings up for you—whether from the class, your classmates, your professor or your reading. Some of it will be “gut-level” reactions to your readings beyond what you would put into your more academic paper (Assignment 2). We will explain more about your journal entries in class.

2. Paper. Your paper, “Effective Relationships through Healing and Growth” is meant to integrate most of your reading and class content with your personal experience and ministry. I will be looking for some key ideas gained from your reading. In addition I want you, in this paper, to show how you are drawing on examples from Jesus’ therapeutic ministry as they apply to your ministry. How must we find healing ourselves before we foster healing and empowerment in youth people? Our course and this paper assumes that youth ministry is all about relationships, but that relationships are hindered by unhealed wounds and underlying resentments and fears.

### Tentative Class Schedule

Fri.	Personal Introductions, Introduction to this Class, Syllabus Introductory Power Point Viewing the Antwone Fisher Story Small Group and Class Discussion Assignment: continue your reading
Sat.	Discussion of Assignments and course in general Discussion of <i>Whatever Happened to Daddy’s Little Girl?</i> and <i>A Brother’s Journey</i> Overview of Human Development and Psychic Dynamics Dealing with specific cases of personal hurt (Small and large group) Assignment: Prepare for Quiz on <i>Whatever Happened...</i> and <i>Lost Boy</i>
Mon.	Quiz on <i>Whatever Happened to Daddy’s Little Girl?</i> and <i>A Brother’s Journey</i> Discussion of Childhood Abuse and Rape as Trauma Defense Mechanisms and Psychological Healing Small group discussion Individual and Group issues and methods of therapy Assignment: Study two chapters (5-6) of <i>When Kumbaya Is Not Enough</i>
Tues.	Quiz on <i>When Kymbaya Is Not Enough</i> , Chs. 5-6 Further Discussion of Healthy vs. Unhealthy Growth “Functional” and “Dysfunctional” Families, Family Growth & Health Responding to Families under Stress Small and large group discussion (our families; our selves) Assignment: continue reading; study Preface, Intro., Chs. 1-7 of <i>Hear My Story</i> .
Wed.	Video clip

Healthy Relationships with Young People  
 Sexual injury and pain  
 Issues between Leaders and Youth  
 Issues between Leaders, Parent, and Church Leaders  
 Small and large group discussion (Where have we come in healing and growth?)  
 Assignment: Study assigned readings from *Hear My Story*

Thurs. Discussion of *Hear My Story*, Preface, Intro., Chs. 1-7  
 Responding to Youth in Pain  
 Assignment: Read *An Asset Builder's Guide* and *Resilience Revolution* and  
*Legacy of the Heart*

Fri. Discussion of *An Asset Builder's Guide to Youth Leadership*  
 Discussion of *The Resilience Revolution: Discovering the Strengths in Challenging Kids*  
 Positive approaches in dealing with pain-based behavior and growth among youth at high risk

Sat. Discussion of *Legacy of the Heart: The Spiritual Advantages of a Painful Childhood*  
 Lessons from Christ's Ministry  
 Application of this course to youth ministry  
 Small and large group discussions  
 Termination and Evaluation of Course

### Further Bibliography

- Anonymous. *Go Ask Alice: A Real Diary*, Avon, 1971, Aladdin Paperbacks, 1999. Some teenage girls can share in diaries what they can't speak from the depths of their young souls. This is a poignant and disturbing chronicle of teenager pain.
- Kunjufu, Jawanza(1984) *Developing Positive Self-Images & Discipline in Black Children*, African American Images, 104pp.
- Kunjufu, Jawanza (1993) *Hip-Hop vs. MAAT: A Psycho/Social Analysis of Values*, Chicago, IL: African American Images, 151 pp. A well-known lecturer and educational consultant challenges a reconsideration of hip-hop and our values. How has culture shaped our thoughts feelings about abortion, welfare, drugs, gun control, and "shacking"? And what positive change is possible?
- Larson, Scott and Larry Brendtro. *Reclaiming Our Prodigal Sons and Daughters*, National Educational Service, 2000. A realistic appraisal of troubled youth from two who know from experience what they are talking about, this book adds to analysis practical and biblical principles.
- Lerner, Richard M, Carl S. Taylor & Alexander von Eye (2002) *Pathways to Positive Development Among Diverse Youth*, (New Directions for Youth Development: Theory, Practice, Research) Jossey-Bass, 169pp.

### About Girls

Barras, Jonetta Rose. *Whatever Happened to Daddy's Little Girl: The Impact of Fatherlessness on Black Women*, One World, 2000, 272 pp. "By the time I was 8 years old, I had already lost three fathers—Bill, John, Noel. Each one had abandoned me.... I know the symptoms of this

syndrome... I think every man wears my father's face... I go from house to house, from bed to bed... The search is relentless..." Such quotes let you know this book is hard-hitting and courageous, if controversial, in raising hushed issues. The issue of "fatherlessness" in the lives of all girls and boys, urban and suburban, is clearly critical for the health of young people and our society today.

- Blais, Madeline. *In These Girls, Hope Is A Muscle: A True Story of Hoop Dreams and One Very Special Team*, Warner Books, 1005. 266 pp. The Amherst Lady Hurricanes were a Massachusetts' high school basketball team that played over their heads to stay in state playoff contention for a half dozen years. This book takes you through one year of their lives. The author is clearly a fan, and this is a good book about girls' basketball. But it seems to fail in bringing what is practically a subculture to life and probing the deeper issues of these young lives.
- Carlip, Hillary. *Girl Power: Young Women Speak Out! Personal Writings from Teenage Girls*, New York: Time Warner, 1995, 353 pp. From various backgrounds and subcultures come these stirring personal reflections.
- Clark, Chap & Dee. *Daughters and Dads: Building a Lasting Relationship*, NavPress, 1998, 172pp. This book draws on biblical wisdom and is practically helpful. It tells why dads are important and how they can build better relationships with their daughters.
- Orenstein, Peggy. *School Girls: Young Women, Self-Esteem, and the Confidence Gap*, New York: Doubleday, 1994, 335 pp. Research done with the American Association of University Women. Shows how girls begin first grade with same ambition and skills as boys but tend to lose out as they pass through middle school. Insightful interviews; important conclusions even though these have been criticized by some.
- Pipher, Mary. *Reviving Ophelia: Saving the Selves of Adolescent Girls*, New York: Ballantine Books, 1994, 304 pp. A powerful and important critique about our culture's socialization of pubescent and teenage girls and how leaders and parents can respond.
- Ryan, Joan. *Little Girls In Pretty Boxes: The Making and Breaking of Elite Gymnasts and Figure Skaters*, Warner Books, 1995, 243 pp. This book is a polemic and will be condemned as unfair by many good coaches, parents and athletes. But the dangers of extreme competition and training at early ages needs to be pointed out.
- Shandler, Sara. *Ophelia Speaks: Adolescent Girls Write About Their Search for Self*, HarperCollins, 1999, 285 pp. The author read Pipher's *Reviving Ophelia* when she was 16. So while still a teenager at Wesleyan University in Middletown, CT, she convinced a number of adolescent females to give extended voice describing their struggle toward adulthood.

### About Boys

- Bissinger, H. G. *Friday Night Lights: A Town, A Team, and a Dream*, HarperCollins, 1990, 363 pp. You should know about the jock and football subculture and about Friday night football games in much of America. You will become interested in Odessa, West Texas and get caught up in the excitement of the Permian Panthers—and some of the best high school football in the country. And you will ask yourself about the cost. There is also a powerful section on the exploitation of black athletes from Dallas, and how their lives were shattered. A B-movie, "Varsity Blues" was made from this story as well as the TV series.
- Biddulph, Steve (1998) *Raising Boys*, Celestial Arts, 216pp. You will find this book by an Australian family therapist, easy reading, over generalized at points and even dogmatic (boys should not be put into daycare before the age of 3), and a good challenge for fathers.
- Garbarino, James. *Lost Boys: Why Our Sons Turn Violent and How We Can Save Them*, NY: The Free Press, 1999, 274 pp. In my opinion, Garbarino is the expert on violence and troubled youth. I

would recommend this as the best single book on why boys have become so violent in our society and what we can do to help them and save our society.

- Gurian, Michael. *The Wonder of Boys: What Parents, Mentors, and Educators Can Do To Shape Boys into Exceptional Men*, New York: Putnam, 1996, 294 pp. Several books were written in the nineties about society's abuse of young women. Apart from the works of Jawanza Kunjufu written about black boys in the 1980s, this is a first consideration of boys.
- Gurian, Michael. *A Fine Young Man: What Parents, Mentors and Educators Can Do to Shape Adolescent Boys into Exceptional Men*, New York: Putnam, 1998, 298 pp. Further insights into the inner lives of boys with step-by-step advice to those who care enough to enter their private worlds.
- Kindlon, Dan and Michael Thompson. *Raising Cain: Protecting the Emotional Life of Boys*, Ballantine Books, 1999, 287 pp. Another glimpse into the inner lives of boys with practical suggestions as to how to stay tuned and help them develop their autonomy with "emotional literacy."
- Kunjufu, Jawanza, *Countering the Conspiracy to Destroy Black Boys*, Vol. I, II and III. A powerful indictment of the neglect and abuse of Black boys in homes and society and what can be done about it.
- Lefkowitz, Bernard. *Our Guys: The Glen Ridge Rape and the Secret Life of the Perfect Suburb*, NY: Vintage Books, 1998, 516 pp. How could the most popular boys in town rape a retarded girl they had known since kindergarten? How could a town deny and defend them and turn on the victim? What would you have done as a youth worker in this town? We should all grapple with this story.
- Pollack, William. *Real Boys: Rescuing Our Sons from the Myths of Boyhood*, Random House, 1998, 447 pp. The subtitle of its Introduction gives us two clues: "Listening to Boys' Voices" Rescuing Ophelia's Brothers." It is not only girls who are suffering from low self-esteem, and boys need to the voices of boys. This book does not deny the difference between boys and girls, but it tries to counter the myths of "real manhood" and "big boys don't cry." The soft, emotional core of a boy needs tending.
- Silverstein, Olga and Beth Rashbaum. *The Courage to Raise Good Men*, Viking Press, 1994, 275 pp. Note the date; this book is one of the first in the rash of books about boys—following those on girls. The authors anticipate the emphasis of later writers to break the codes of manhood and raise boys who exude "empathy, love, and connection."
- Sommers, Christina Hoff. *The War Against Boys: How Misguided Feminism Is Harming Our Young Men*, Simon & Schuster, 2000. This book is meant to be a stiff antidote for feminism as found in Carol Gilligan, Mary Pipher and William Pollack. These experts sold the media and public on the notion that ours is a male-dominated culture harming girls, but their research appears flawed. Boys still get the short end of the stick and are in much graver danger of suicide, homicide and permanent damage.
- Thompson, Michael. *Speaking of Boys: Answers to the Most-Asked Questions about Raising Sons*, NY: Ballantine Books, 2000, 288p. Co-author of *Raising Cain*, which championed the emotional life of boys, here provides parents and others with practical and very useful advice—along with the sense that they/we are not alone in our communication frustrations. This advice is delivered in sections: "nature of boys," "mothers and sons," "fathers and sons," "siblings," "divorce," "friendship," "girls, love, and sexuality." There even a chapter for teachers—which would help youth workers.