Four kinds of research are conducted in pastoral theology: monodisciplinary, multidisciplinary, interdisciplinary and intradisciplinary. The first kind is characterized by a common aim and a common method, the second - by a common aim and different methods, the third one - by different aims and different methods, and the fourth one - by a common aim and different methods. Multidisciplinary, interdisciplinary and intradisciplinary research is necessary for modern theology, but to conduct it, excellent qualifications of a theologian-pastoralist are necessary.

The paradigm of pastoral theology is based on practical syllogism. In the construction of this syllogism the major premise contains the norms for the given problem, and the minor premise contains the analysis of actual reality; and the conclusion has a normative and actual character. At every stage of research of the paradigm of pastoral theology different working methods are used. At the first (ecclesiological) research stage of the pastoral theology the paradigm the deductive method is used, but also the comparative method, the positive method, exegesis, interpretation of the text, analogy, etc. At the second (kairological) research stage the historical-theological method is used, the sociological-theological method, methods used in empirical sciences, as well as observations, interviews, surveys, and studies based on a questionnaire. In studies based on documents historical methods are used, the method of source criticism and interpretation, the comparative method, analysis of the text, etc. At the third (praxeological) research stage of the pastoral theology paradigm the method of synthesis, the method of interpretation, the method of classification, etc. are use.