



How can the people in your church become more effective at walking alongside those facing life's challenges and opportunities? Pastoral care is an integral part of any ministry—caring for individuals dealing with personal struggles, hopes, fears, and choices. This translates into meaningful influence in the lives of those in your ministry context. This course will equip learners to understand mental health challenges and provide them with insight into key issues and topics that arise in pastoral care conversations. They will also learn tools for a biblical, integrated, and holistic pastoral care model that will equip learners to help others navigate through life well.



COURSE OUTCOMES

This course will help learners:

- Demonstrate reflective listening skills essential to good shepherding.
- Identify and reflectively process key issues that influence your pastoral care.
- Demonstrate familiarity with the symptoms of selected mental and emotional problems as well as the basic ethical principles of pastoral care.
- Educate others about specific mental health issues and appropriate pastoral counsel.

TEXTS & ASSIGNMENTS

- *The Cry of the Soul* by Dan Allender & Tremper Longman.

The course assignment will help you:

- Develop understanding of life and mental health issues common in pastoral settings.
- Strengthen your understanding of pastoral care in your ministry context.

TEACHING AGENDA

Friday, March 4, 2022 - 6:30pm - 9:30pm

- Session 1: Being an effective people helper
- Session 2: Pastoral counselling

Saturday, March 5, 2022 - 8:30am - 4:30pm

- Session 3: Integrating theology and psychology
- Session 4: The Banner Model
- Session 5: Mental health problems and illness
- Session 6: Encouraging expression; prayer and Scripture in counselling; conclusion.



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Gloria is passionate about the ministry of spiritual care because it reveals that God is present and active amidst the varied circumstances of life. She excels at building into learners through interactive discovery and discussion, enabling them to become effective in coming alongside others and sharing the compassion of Christ.



CONTINUING EDUCATION APPLICATION ASSIGNMENT

The Continuing Education assignment for Pastoral Care has two parts.

Part 1 – Read the full text: *The Cry of the Soul*

Allender, Dan & Longman, Tremper. *The Cry of the Soul: How our Emotions Reveal our Deepest Questions about God*. 1994/2015. Colorado Springs: Navigators. ISBN #978 1576831809

After reading the text, select one of the following topical sections from the text, write a minimum 3-page response using the following questions to guide your reflections.

What has your selected topic said to you?

Have you encountered the selected topic in your life and/or ministry? If so, how does the material relate, or not? What insights are you gaining?

How will you apply your learning on this topic in your life or ministry?

Topical Selections – choose one

Anger – Chapters 4 & 5

Fear – Chapters 6 & 7

Envy & Jealousy – Chapters 8 & 9

Despair & Hope – Chapters 10 & 11

Contempt – Chapters 12 & 13

Shame – Chapters 14 & 15

Part 2 – Submit a pastoral care & counselling scenario using a client/congregant situation that you would typically encounter in your field of ministry.

Be succinct in writing the issues presented, the agreed-on area of focus and the client's feelings, thoughts, and behaviours. Remember to explain the session using the Benner Model; clearly showing how you followed the stages and how you disengaged as well as what next steps may be required. Please also specify how you included the use of prayer or scripture as a supportive tool in the session. A verbatim is not required, just a summation of the case and the process used in pastoral care and counsel. Please also include any comments on reflective practice and theological reflection that relates to the case.