

Chapter 1 : Clinical Pastoral Education Program - Sharp Memorial - San Diego

Basic Types of Pastoral Care and Counseling remains the standard in pastoral care and counseling. This third edition is enlarged and revised with updated resources, methods, exercises, and illustrations from actual counseling sessions.

Watch for these signs of caregiver stress: Feeling overwhelmed or constantly worried Feeling tired often Getting too much sleep or not enough sleep Gaining or losing weight Becoming easily irritated or angry Losing interest in activities you used to enjoy Feeling sad Having frequent headaches, bodily pain or other physical problems Abusing alcohol or drugs, including prescription medications Too much stress, especially over a long time, can harm your health. In addition, you may not get enough sleep or physical activity, or eat a balanced diet “ which increases your risk of medical problems, such as heart disease and diabetes. Strategies for dealing with caregiver stress The emotional and physical demands involved with caregiving can strain even the most resilient person. To help manage caregiver stress: Be prepared with a list of ways that others can help you, and let the helper choose what he or she would like to do. For instance, a friend may offer to take the person you care for on a walk a couple of times a week. Or a friend or family member may be able to run an errand, pick up your groceries or cook for you. Focus on what you are able to provide. Believe that you are doing the best you can and making the best decisions you can at any given time. Break large tasks into smaller steps that you can do one at a time. Prioritize, make lists and establish a daily routine. Begin to say no to requests that are draining, such as hosting holiday meals. Find out about caregiving resources in your community. Many communities have classes specifically about the disease your loved one is facing. Caregiving services such as transportation, meal delivery or housekeeping may be available. Join a support group. A support group can provide validation and encouragement, as well as problem-solving strategies for difficult situations. People in support groups understand what you may be going through. A support group can also be a good place to create meaningful friendships. Make an effort to stay well-connected with family and friends who can offer nonjudgmental emotional support. Set personal health goals. For example, set goals to establish a good sleep routine, find time to be physically active on most days of the week, eat a healthy diet and drink plenty of water. Many caregivers have issues with sleeping. Not getting quality sleep over a long period of time can cause health issues. Get recommended vaccinations and screenings. Most communities have some type of respite care available, such as: Health care aides come to your home to provide companionship, nursing services or both. Adult care centers and programs. Some centers provide care for both older adults and young children, and the two groups may spend time together. Some assisted living homes, memory care homes and nursing homes accept people needing care for short stays while caregivers are away. The caregiver who works outside the home Nearly 60 percent of caregivers work outside of the home. If you do, think about taking leave from your job for a period of time. Employees covered under the federal Family and Medical Leave Act may be able to take up to 12 weeks of unpaid leave a year to care for relatives. Ask your human resources office about options for unpaid leave. Unfortunately, this attitude can lead to feeling isolated, frustrated and even depressed. Rather than struggling on your own, take advantage of local resources for caregivers. You can find your local AAA online or in the government section of your telephone directory.

Chapter 2 : Pastoral Care syllabus

Pastoral care and counseling: challenges and opportunities --A model for spiritually centered holistic pastoral caregiving --The history, mission, and theological-biblical foundations of pastoral caregiving --Foundational skills for most types of caring and counseling --Methods of holistic supportive caregiving --Short-term pastoral counseling.

Share an experience when you viewed yourself as the cure-giver. Have you ever had an experience where you completely trusted God? Pastoral Care is the broad, inclusive ministry of mutual healing and growth within a congregation and its community, through the life cycle. Pastoral Counseling, one dimension of pastoral care, is the utilization of a variety of healing therapeutic methods to help people handle their problems and crises more growth-fully and thus experience healing of their brokenness. Pastoral care is a response to the need that everyone has for warmth, nurture, support and caring. This need is heightened during times of personal stress and social chaos. Pastoral counseling is a reparative expression of pastoral care, seeking to bring healing to those who are suffering from crisis-induced dysfunction and brokenness. What made them distinct? Which have you had experience in providing? It is a subtle and important helping art. I propose that we think about it as illustrative of the more generally useful skill of helping people to focus their needs and clarify their feelings. Those toward whom the minister has a strong negative reaction or intense sexual attraction. When you are in doubt refer. Signs of Severe Mental Disturbances Persons believe that others are attempting to harm them They have delusions of grandeur about themselves They show abrupt changes in their typical patterns of behavior They hallucinate. They engage in repetitious patterns of compulsive actions of obsessive thoughts. They are depressed to the point of near stupor or are strangely elated or aggressive. They withdraw into their inner world, losing interest in normal activities. It is a broadening and sharing, not a total transfer of responsibility. Referral Break into triads 3 min. The Pastoral Work of Pain-Sharing: Something has gone wrong, and a therapist is called in to set it right. Among other things pastoral work is a decision to deal, on the most personal and intimate terms, with suffering. It does not try to find ways to minimize suffering or ways to avoid it. It is not particularly interested in finding explanations for it. It is not a search after the cure for suffering. Pastoral work engages suffering. It is a conscious, deliberate plunge into the experience of suffering. The decision has its origin and maintains its integrity in the scriptures which shape pastoral ministry. When we are involved in Christian care-giving are we trying to minimize suffering? Why or why not? We enter in Pastoral Work faces suffering, encounters suffering. Encouraged by Lamentations, the pastor will have the strength to do far less in relation to suffering, and be far more. Pastors will not give in to the temptation to fix the sufferer and will engage in a ministry which honors the sufferer. He is hanging here on this gallows p. What do you need to do less of? What do you learn about suffering from the following passages:

Chapter 3 : Caregiver stress: Tips for taking care of yourself - Mayo Clinic

Pastoral care and counseling: challenges and opportunities -- A model for spiritually centered holistic pastoral caregiving -- The history, mission, and theological-biblical foundations of pastoral caregiving -- Foundational skills for most types of caring and counseling -- Methods of holistic supportive caregiving -- Short-term pastoral.

Chapter 4 : Table of Contents: Basic types of pastoral care & counseling :

The art of referral in pastoral caregiving Inclusive caregiving: bridging cultural, racial, ethnic, class, and gender diversity Equipping laypersons for caregiving ministries.

Chapter 5 : Staff View: Basic types of pastoral care & counseling :

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most types of caring and counseling -- Methods of holistic supportive caregiving -- Short-term pastoral.

Chapter 6 : Pastoral Care | The Well Bookstore | United Methodist Church of the Resurrection

It is a becoming more evident that all profession-als, especially pastors and pastoral caregivers, occasionally need to make referrals for psychological services.