

# WESLEY UNITING CHURCH

## PASTORAL CARE TRAINING



Rev Dr Bruce Stevens, supply minister at Wesley, will provide pastoral care training to Uniting church people based on his extensive experience as a practicing Clinical Psychologist and Minister of the Word. He has extensive experience offering professional training to psychologists and convened the clinical psychology program at the University of Canberra for five years.

There will be sessions held from 14 – 16 June at the following times:

- Friday evening (commencing 7.30 pm)
- Saturday (9am – 5pm)
- Sunday afternoon (2 – 5pm)

An outline of the topics to be covered includes:

**Session 1:** Why care? The place of pastoral care in a church. Ethical practices such as confidentiality are foundational to an emotionally safe community.

**Session 2:** The skill of active listening. Some practical exercises. Listening as an act of courage.

**Session 3:** Grief with a special focus on the loss of the child. Worden's four tasks of grief.

**Session 4:** Surviving trauma. Symptoms of PTSD. The idea of post-traumatic growth.

**Session 5:** A general classification of mental disorders with a special focus on an awareness of suicide risk.

**Session 6:** Issues related to chronic pain. The chronic pain trap. The importance of remaining active.

**Session 7:** Towards a deep story of the self. How we construct identity. How to elicit and encourage spiritual integration around a healthy narrative.

Bruce will provide notes. Sessions will be video recorded for anyone who may not be able to attend the full weekend of training.

Morning/afternoon tea will be provided each day, along with a light lunch on Saturday. The anticipated cost for this is around \$30.

If you are interested in attending please contact Wesley office 62953680 or email Bruce [burce@ccfpsych.com.au](mailto:burce@ccfpsych.com.au)