

Pastoral Care 401

Pastoral Care Revisited

August 26-October 28, 2021

Time: Thursdays from 12:00-1:30 PM Eastern time

I. Course Description

This seminar will be an opportunity for seasoned Pastoral Caregivers to evaluate and enrich their pastoral work revisiting our Orthodox traditions and modern principles of pastoral care. After a short discussion, participants will present cases and the group will evaluate them from a basis of best practices.

II. At the conclusion of this course, participants will be better able to:

- **Frame (describe) situations in manageable terms**
- **Identify ramifications of cases on parish, family, and individual levels**
- **Identify and utilize peer support appropriately**
- **Gather language and frames of best practices**
- **Be more self-reflective and understand our role as caregivers**
- **Utilize therapeutic processes.**
- **Get out of your own way**

III. Suggested Reading

1. Word into Spirit; Pastoral Perspectives on Confession edited by Vasileios Thermos and Stephen Muse (St, Tikhon Press).

IV. Course Content

Class numbers:

1. Pastoral Identity and Developing a "contract"
2. Approaching a Parishioner with Awe; the complexities of the human condition in the fallen world.

3. Nature/nurture: developing and understanding the genogram. Examining the effects of family systems. Make your own genogram before class.
<https://www.genopro.com/genogram/assessment-and-intervention/>
4. Priest as Healer – hospitality as the Church offers a safe space to understand and heal.
5. Resilience and trauma in our own lives and those we serve.
6. Self-disclosure: what is appropriate to share and when.
7. Multi-roles in the Orthodox Church is a way of life.
8. When and how to refer, get support or retreat.
9. Note taking; get permission and what to include.
10. Diagnoses? Using the DSM and medical student syndrome.

V. Procedures and Assignments

Each participant will present a case study to the group describing a difficult situation. The group will evaluate the case offering possible understandings and suggest responses and interventions. The presenter will then respond and update the group on the situation. After the session, each participant will write an evaluation which will include

1. what was learned from the case
2. what further investigation or study is appropriate
3. identification of the people in the case who should have pastoral care and by whom
4. How the case could impact extended family and parish community.