

Pastoral Ministry Workbook

TEXTBOOK: Clinebell, Howard, The Basic Types of Pastoral Care

Your authentic thoughts and feelings are a valid resource for later reference. When you do record information gathered from another resource, be sure to include appropriate reference citations.

At your qualifying exam in Pastoral Ministry, you may be asked to discuss anything covered in this workbook. You may use your completed workbook to do so. Mail or email a copy of any assignment marked with two asterisks [**] to the Dean, Father Will Smith as soon as you have completed it.

6.1 **Answer the following questions.

What is your current understanding of vocation, discipline and readiness for ministry?

What success have you had thus far in integrating your own beliefs with the practice of ministry (include a wide variety of circumstances), and what hopes do you have for doing so in future? What is your current understanding of any dozen or more of these pastoral care issues (solitude, loneliness, boundaries, empathy, reassurance, availability, vulnerability, confidentiality, dual relationships, touch, empathy, seduction, sexuality, intimacy, marriage, family, friendships, belief, fear, addiction, envy, grief, crisis care, suicide prevention, grief care, the care of souls burdened with real secular needs)?

What is your understanding of helping relationships and healing relationships?

6.2 Study in depth at least two different schools of thought about normal and abnormal human personality development. This assignment, well done, will be a major piece of work. Create a handbook by extensively outlining the important concepts of each school, paying particular attention to various normal and abnormal personality types/styles, what produces them, and what particular features of these types/styles are relevant to congregational/community life, to pastoral care, to spiritual development, etc. (For example, the different attitudes toward imagination held by obsessive-compulsive personalities and by histrionic personalities will be of relevance to spiritual development, and possibly even to congregational/community life. Why?)

6.3 With the care of a trained and experienced counselor or therapist carry out a personal "self analysis." Write (for your eyes only) a 6- to 10-page paper, logically and reasonably moving from known facts to "educated guesses" which can be made based on known developmental results, to several basic conclusions about yourself, particularly your own personality type/style. Speculate on what kinds of counter transference may challenge you in your future pastoral ministry.

**When you feel you have gained significant insight into your own personality, demonstrate your insight through private dialogue (by postal mail or email) with the Dean, who will provide you with a letter verifying your completion of this assignment.

6.4 Your pastoral care interests

- 6.4.1 What are your particular pastoral care interests? Be aware that we often attract those who have concerns, which reflect our own interests and/or our own struggles. Based on your self-analysis for assignment contemplate your strengths, weaknesses and interests. **Make a list of these, noting for each one the factors, which connect you with that particular strength, weakness or interest.
- 6.4.2 Create a well-annotated bibliography of books useful to your pastoral care interests.
- 6.4.3 Interview at least half a dozen pastoral caregivers who work in areas relevant to your own pastoral care interests. Record your notes on these interviews.
- 6.4.4 **From at least half a dozen different written resources as well as from interviews, write a well-researched article of about 3000 words in length on any aspect of pastoral care which particularly interests you.
- 6.5 Find at least half a dozen kind souls who will agree to talk to you for 20 minutes (about anything they choose). During those 20 minutes, you will say absolutely nothing, but will listen carefully. At the end of the 20 minutes, relate back to the volunteers what you believe you have heard; then listen to any correction the volunteers may offer. [see note N6.4] Keep a journal recording this entire process, including your own forethoughts and feelings, your own thoughts and feelings during both the listening and correctional sessions, and your own afterthoughts and feelings. Be certain that you record nothing, which would identify your volunteers or reveal any confidential material. **Have each volunteer write or email the Dean, Father Will Smith simply to confirm that you have listened to them, related back to them, and heard their corrections. Be sure to let them know that they are free to include constructive criticism. Father Smith will then provide you with a letter of verifying that you have completed this assignment.
- 6.6 Your pastoral encounters
 - 6.6.1 Keep a separate and strictly confidential journal of all pastoral encounters -- formal or informal, scheduled or extemporaneous -- recording date, time, the initials or a code name (never the real name) of each person so encountered, and a brief record of what happened within the encounter (recording the general process rather than specific details).
 - 6.6.2 For a consistent but random interval (say, every fourth or seventh encounter) expand the brief record into a totally anonymous and strictly confidential "verbatim" record. **Postal mail (do not email) a copy of each verbatim to Father Will for the purpose of supervision. Do not include any of your verbatim reports in this workbook. Father Smith will provide with a letter verifying that you have completed this assignment.
 - 6.6.3 Your supervising bishop may give you further assignments based on your pastoral encounters, specifically to study those human conditions, issues and schools of thought which will be helpful to the particular types of pastoral situations you typically encounter. If such assignments are given, record the results for your reference, and for use during your Pastoral Ministry qualifying exam.

- 6.7 Make a list of the various professionals to whom you will refer people who call upon you for pastoral care but have problems which (instead, or additionally) require the attention of a profession other than a pastor. Include name, address, telephone number, professional degrees and/or certifications, area(s) of professional expertise.
 **Separately, annotate a copy of your complete list with how, and how well, you know each of these professionals.
- 6.8 Your pastoral care abilities
- 6.8.1 Critically assess your ability to do each of the following:
- Your ability to listen and to encourage others
 - Your ability to hear confidential matters and keep them confidential
 - Your ability to think in terms of a variety of personality and counseling models, as needed
 - Your ability to call upon a variety of referrals, as needed
 - Your ease in forgiving others and assuring them of God's forgiveness
 - Your ease in laying on hands and Anointing for Healing
 - Your ease in praying aloud and reading scripture aloud for others who request it
 - Your ease in bringing God and God's Love into any situation
 - Your ease in seeing Christ in others and allowing others to see Christ in them
- 6.8.2 **Write a critique of about 4500 words, discussing both your pastoral abilities as discerned through assignment 6.8.1 and your suggestions and plans for gaining whatever improvement is needed.

NOTES:

N6.2 For example,

Cameron and Rychlak, Personality Development and Psychopathology: A Dynamic Approach, Houghton Mifflin, 1985.

Pearce and Newton, The Conditions of Human Growth: A Program Toward Productivity and Love Against the Forces of Despair and Deterioration (Sullivanian), Citadel, 1980.

Wilber, et al, Transformations of Consciousness: Conventional and Contemplative Perspectives on Development, Shambhala New Science, 1986.

Erikson, Erik, Childhood and Society, W. W. Norton & Co, 1963.

Sanford, Fritz Kunkel: Selected Writings. Paulist Press, 1984.

St Clain, Human Relationships and the Experience of God: Object Relations and Religion, Integration Books/Paulist Press, 1994.

N6.4.2 For example,

Williams and Williams, Spiritually Aware Pastoral Care: An Introduction and Training Program, Paulist Press, 1992.

van Deusen Hunsinger, Theology and Pastoral Counseling. Eerdmans, 1995.

Wicks, et al (Eds.), Clinical Handbook of Pastoral Counseling. Integration Books/Paulist Press, 1984.

Braswell and Seay, Approaches to Counseling and Psychotherapy. Waveland Press, 1984.

Jones and Butman, Modern Psychotherapies: A Comprehensive Christian Appraisal. InterVarsity Press, 1991.

Southard, Theology and Therapy: The Wisdom of God in a Context of Friendship, Word, 1989.

Sellner, Mentoring: The Ministry of Spiritual Kinship, Ave Maria Press, 1990.

Schultz, The Art and Vocation of Caring for People in Pain, Paulist Press, 1993.

Kelsey, Morton, Prophetic Ministry: The Psychology and Spirituality of Pastoral Care, Crossroad, 1982.

Calhoun, Pastoral Companionship: Ministry with Seriously-Ill Persons and Their Families, Paulist, 1986.

Buecher, Frederick, Telling the Truth, Harper and Row, 1977.

Willimon, William Worship as Pastoral Care. Abingdon, 1979.

Willimon, William, Preaching to Strangers, Abingdon.

Barth, Karl, Homiletics. Westminster/John Knox, 1991

Foster, The Handbook of Christian Counseling: A Practical Guide. Thomas Nelson Publ, 1995.

Ulanov and Ulanov, The Healing Imagination: The Meeting of Psyche and Soul, Integration Books/Paulist Press, 1991.

Palmer, Parker, To Know As We Are Known: A Spirituality of Education, Harper and Row, 1983.

Stephens, Please Let Me Know You, God, Thomas Nelson Publishers, 1993.

Macy, Rhythms of the Inner Life: Yearning for Closeness with God, Fleming H. Revell Co, 1988.

Nouwen, Intimacy: Essays in Pastoral Psychology, HarperSanFrancisco, 1969.

Amodeo and Amodeo, Being Intimate: A Guide to Successful Relationships, Arkana, 1986.

Sanford, John, The Invisible Partners: How the Male and Female in Each of Us Affects our Relationships, Paulist Press, 1980.

Henderson, The Lover Within: Opening to Energy in Sexual Practice. Station Hill, 1987.

Frankl, Viktor, Man's Search for Meaning. Touchstone/Simon and Schuster, 1984.

Ketterman, Surviving the Darkness: Hope and Help for Those Dealing with Depression, Nelson, 1993.

Kushner, When Bad Things Happen to Good People, Avon, 1981.

Bradshaw, John, Homecoming: Reclaiming and Championing Your Inner Child, Bantam, 1990.

Miller, Alice, The Drama of the Gifted Child: The Search for the True Self, Basic Books, 1981.

Duda, Coming Home: A Guide to Dying at Home with Dignity, Aurora, 1987.

Tatelbaum, The Courage to Grieve: Creative Living, Recovery, and Growth Through Grief, Harper Colophon, 1980.

Kelsey, Morton, Discernment: A Study in Ecstasy and Evil, Paulist, 1978.

Sanford, John, Evil: The Shadow Side of Reality, Crossroad, 1984.

Twelve Steps and Twelve Traditions, AA World Service, 1953.