

Why the Pastoral Care Specialist Program?

Church professionals continue to be a front-line resource for persons experiencing problems in their daily lives. The knowledge, skill and sensitivity with which one fulfills the pastoral care functions of ministry are a key component in one's level of effectiveness.

However, the problems with which persons are dealing are often complex, and pastors & others involved in ministry seldom receive adequate training in pastoral care skills.

The Pastoral Care Specialist Program is a two-year program designed for pastors and religious professionals. Each year consists of ten three-hour sessions for a total of 60 hours. By meeting once each month and touching on areas critical to effective pastoral care, support, encouragement & consultation on their work, participants can solidify what they already do well and integrate new knowledge and skills into their ministries.

Location

Holy Cross Lutheran Church
3315 11th Street
Kearney, NE 68845
Third Monday, 1:00 to 4:00 p.m.

Cost

\$750/year
\$1,500/cost of two-year program

Certification

Completion of this program meets the academic requirements for certification by the AAPC (American Association of Pastoral Counselors) as a Pastoral Care Specialist and qualifies for 55 contact hours with the National Board for Certified Counselors.

For more information, please contact

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Pastoral Care Specialist Program
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 Lutheran Family Services
of Nebraska, Inc.

Partners in Caring
124 South 24th Street, Suite 210
Omaha, NE 68102

RO606

Pastoral Care Specialist Program



presented by

Partners in Caring

a program of

 Lutheran Family Services
of Nebraska, Inc.

www.lfsneb.org

Session Schedule— Year One

Session One: September 18, 2006

A Model of Pastoral Care & Spiritual Formation

- Orientation, format and expectations, philosophy and rationale
- What is distinctive about Christian care?

Session Two: October 16, 2006

The Art of Listening

- What it does
- How it works
- Pitfalls

Session Three: November 20, 2006

A Model of Brief Therapy:

- Step One: Encounter
 - Establishing rapport
 - Facilitating self-revelation
 - Setting boundaries

Session Four: January 15, 2007

A Model of Brief Therapy:

- Step Two: Engagement
 - Gathering information
 - Clarifying focus
 - Exploring alternatives

Session Five: February 19, 2007

A Model of Brief Therapy:

- Step Three: Disengagement
 - Evaluating progress
 - Finalizing a plan of action
 - Learning from the experience

Session Six: April 16, 2007

Referral as an Act of Pastoral Care

- When and how to make referrals

Session Seven: May 21, 2007

Understanding the Development of Self-Developmental Issues

- “True” and “false” selves

Session Eight: June 18, 2007

Spiritual Diagnosis

- Applying the language of faith to emotional experience

Session Nine: July 16, 2007

Family Systems

- Understanding family members in context
- Genograms

Session Ten: August 20, 2007

The Church as a Family System

- Understanding church conflict from a systems perspective

Session Schedule— Year Two (Dates TBA)

Session Eleven

Brain Science, Understanding How God Made Us

- What happens when we think?
- What happens when we feel?
- Brain Dualities:
 - Left and right brain
 - Rational
 - Emotional brain

Session Twelve

Theory of Change

- How do people change?
- Understanding why change is difficult

Session Thirteen

Building Healthy Marriages
Gender Differences

- Communication styles
- Providing Preventative Care to Couples

Session Fourteen

Caring for Those Experiencing Divorce
Issues of Attachment and Re-attachment

Session Fifteen

Caring for Children
Developmental Differences in
the Effects of Trauma

Session Sixteen

Caring for Those Caught in Addiction Cycles

Session Seventeen

Caring for Those Who Grieve
Understanding Grief from a
Narrative Perspective

Session Eighteen

Caring for the Terminally Ill

Session Nineteen

Understanding the Dark Side of Leadership

- Developing self-awareness of strengths and weaknesses

Session Twenty

Care for the Caregiver: The Importance of Self-Care

- Developing a plan to sustain you in ministry

Pastoral Care Specialist Program Registration

*Please submit one form per person.
You may duplicate this form if necessary.
Please print.*

Name _____

Address _____

City, State, Zip _____

Home phone (_____) _____

Work phone (_____) _____

E-mail _____

Highest degree earned, year, & name of institution:

Your congregation name, city, state:

Professional Title

____ Pastor

____ DCE

____ PMA

____ Deaconess

____ Principal

____ Teacher

____ Lay Leader

____ Other _____

Return registration to:

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