

A hand is held palm up, centered in the lower half of the frame. The background is a soft, out-of-focus sunset or sunrise with warm orange and yellow tones. The text is overlaid on this background.

The Ministry of Soul / Pastoral / Spiritual /Congregational Care

Rev. Bert Cloud
VAUMC Licensing School 2024

Howdy

- Bias
 - Recovering Baptist
 - Recovering Psychologist
 - Practicing Pastor and Doctoral Student in Soul Care and Trauma
- Assumptions
 - You have been exposed to care
 - You will continue to be in training and formation.
- Plan
 - Brief, Practical Overview
 - Q & A





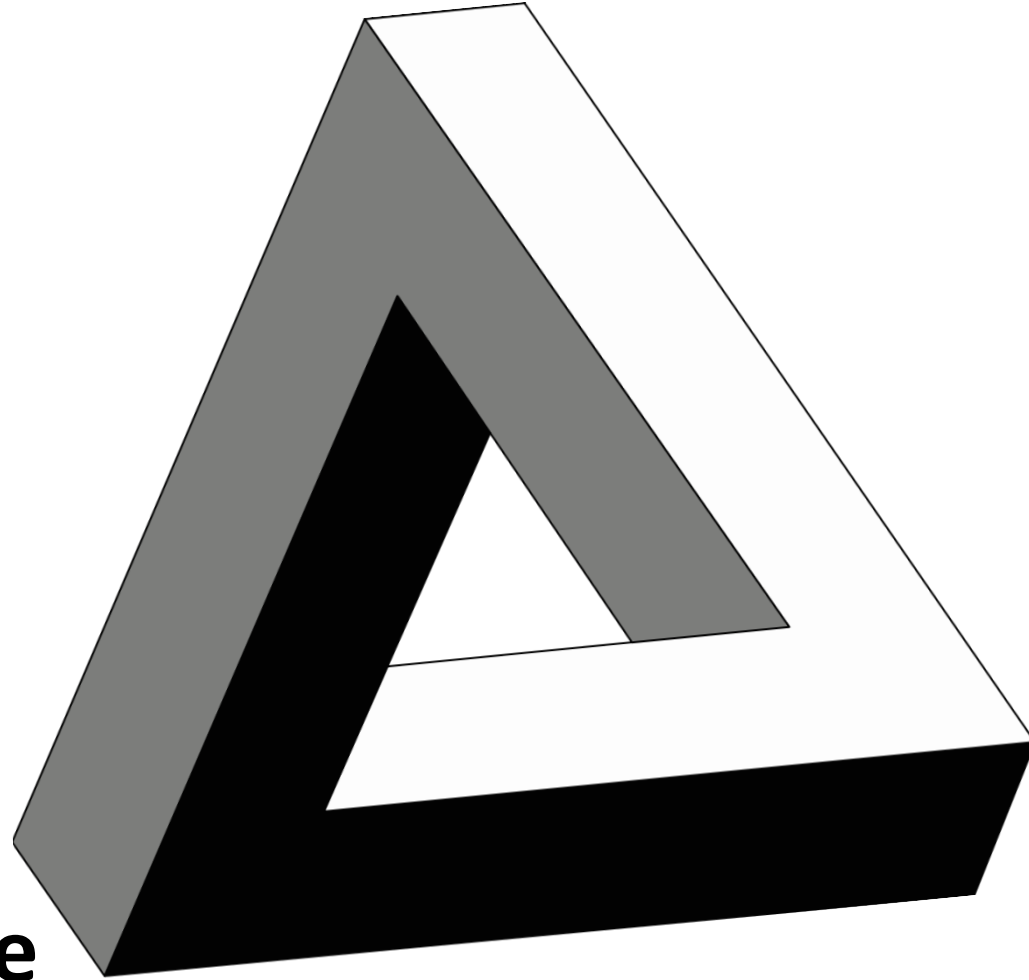
Learn More and Stay in Touch at
soulcare.substack.com

Daniel the Stylite

- 409-493
- 33 years on a pillar near the city of Constantinople



God



**Person in
need of Care**



Daniel

Where you
stand
as a pastor:



Reaching to God

Rooted in Earth

The Work of Soul / Pastoral / Spiritual/ Congregational Care



The work of care is concern and action for the well-being of souls. The soul includes the totality of a person, including their spiritual, physical, psychological, and relational health and well-being.

Continued...

Soul care providers help and collaborate but can't fix or save. Providers participate in God's encounter with suffering and evil, which takes many forms, such as trauma, grief, anxiety, sadness, illness, isolation, anger, injury, instability, and more.

Soul care can be healing, comforting, and clarifying, but not necessarily curative. It is an openness to healing and wholeness that God chooses to offer, and people choose to receive and share.

The Primary Tasks for Caregivers



Show Up

Show Up – physically, relationally, and spiritually



Pay Attention

Pay Attention - listen, pray, and reflect theologically



Collaborate with God

Bring and Offer what God has given you to offer: Faith, Hope, and Love.

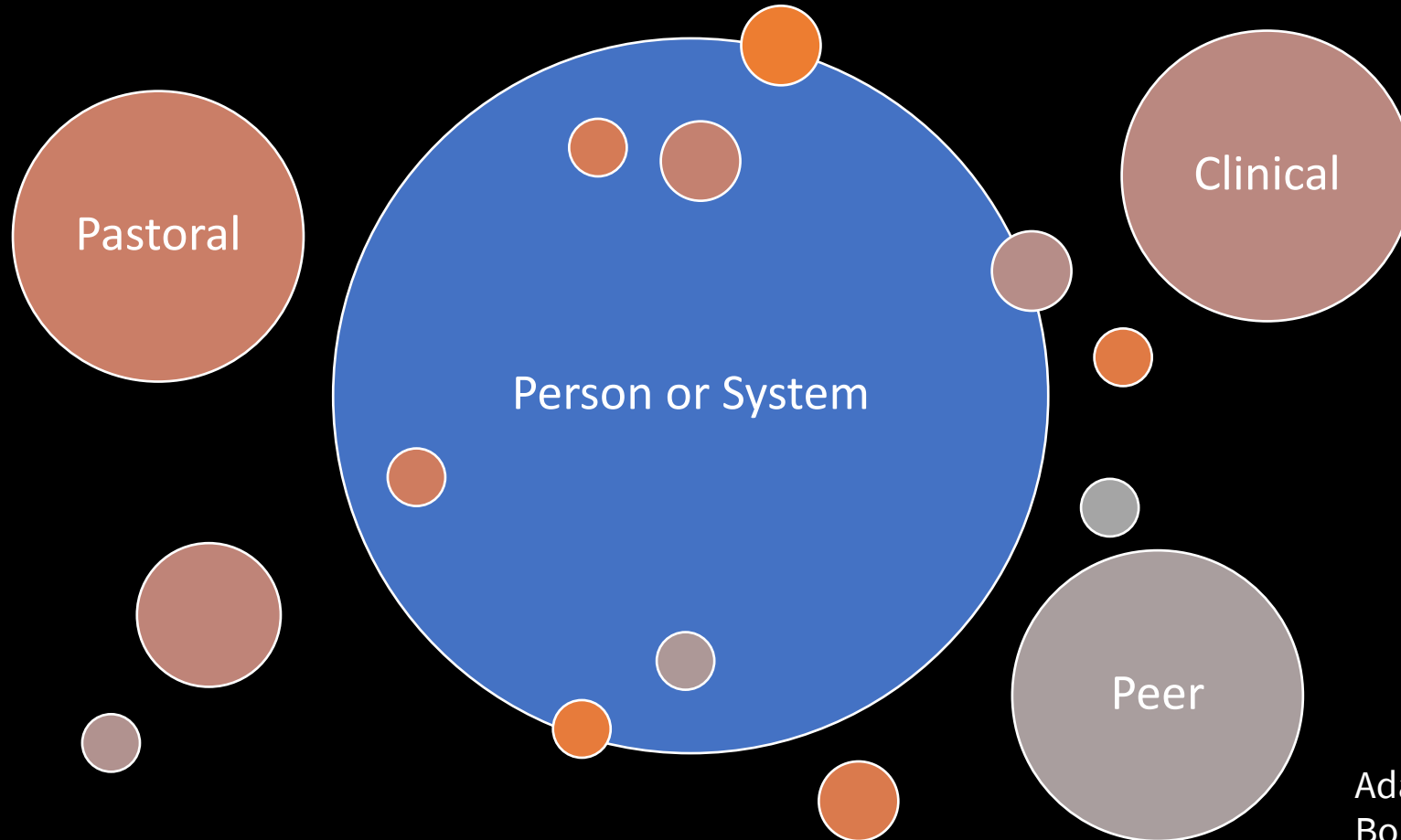


Release the Outcome

Connect care within the web of community.

Adapted from Elaine Heath

Web of Community Care



Adapted from individual work by
Bonnie Miller-McLemore &
Laura Howe

Diverse Forms of Care

N.B. These all have direct and indirect forms as well as Lay and Clergy expressions.



Direct Care of Individuals
and Groups



Preaching and Liturgy



Support and Education



Community Advocacy
and Alliance

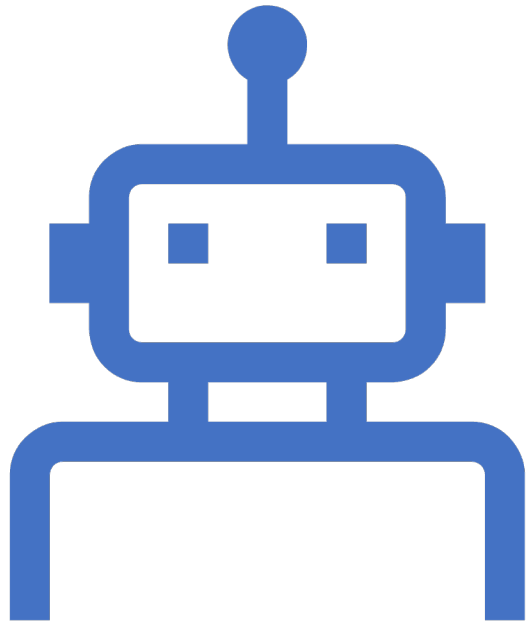


Community Information
Curation and Guarding

- Increasing Care Needs Relative to age.
- VUCA (Volatile, Uncertain, Complex and Ambiguous)
- Loneliness and Disconnection
- Increasing levels of Anxiety and Distress.
- Increased Diseases of Despair (alcohol, drug, and suicide)
- Social and Economic Pressures
- Decline and Shifts in Religious Practice and Belief
- Increasing ACEs and AAEs
- Injustice and Oppression
- Other Factors (local and global)...

Increasing Need for Care





And Now For Something
Completely Different:

You Are Not...

- Hero with a Cape
- The On-Demand Pastoral Machine
- The Failure, the Monster, the Incompetent



Guidelines for Counseling by Clergy of the Virginia Annual Conference

- “Pastoral Counseling” is different from Pastoral “Counseling”
- ‘Stay in Your Lane’ by offering listening ministry, brief supportive ‘counseling’ and refer to other care providers as appropriate.
- Set a personal policy limiting counseling relationship to three session of 60-90 minutes per concern.
- Develop a referral network and continue to care when seeing other care providers.
- Maintain confidentiality, except where legally or ethically mandated to report
- Keep Boundaries

Suicide Intervention

- Ask directly: “Are you thinking about suicide?”
- Ask directly: Do you have a plan?
- If dangerous, don’t leave them alone.
- Refer/ connect: 988 / 911 / go to the emergency room

Warning Signs of Suicide

- Talking about wanting to die or to kill themselves
- Looking for a way to kill themselves, like searching online or buying a gun
- Talking about feeling hopeless or having no reason to live
- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Acting anxious or agitated; behaving recklessly
- Sleeping too little or too much
- Withdrawing or isolating themselves
- Showing rage or talking about seeking revenge
- Extreme mood swings

More at [988lifeline.org](https://www.988lifeline.org)

The logo for the 988 Suicide & Crisis Lifeline is enclosed in a thick black rectangular border. On the left side, the number '988' is written in a large, bold, black sans-serif font. To the right of the number, the words 'SUICIDE & CRISIS' are stacked above the word 'LIFELINE'. 'SUICIDE & CRISIS' is in a smaller, all-caps, black sans-serif font, while 'LIFELINE' is in a larger, all-caps, black sans-serif font, matching the size of the '988'.

If you or someone you know is struggling or in crisis, help is available. Call or text 988 or chat 988lifeline.org.

OR, call 911 or go to the Emergency Department



scottericksonart.com



- Take Care of Yourself as part of the Web of Care.
- We take turns in caring for each other.
- We are connected with the people that we serve.
- But, as care provider, don't meet your needs with people you are providing care.

2-Minute STAND UP STRETCH Break



best
job
ever.

Q & A

Next Steps

1. Connect with a group of clergy
2. Develop Referral Lists for Your Community
 - Local Providers or Community Service Board
 - [findtreatment.gov](https://www.findtreatment.gov) is a confidential and anonymous resource for persons seeking treatment for mental and substance use disorders
 - [211virginia.org](https://www.211virginia.org) to find local resources for a variety of needs
 - Other resources like support groups





Next Steps

3. Train for Crisis Response

- Spiritual First Aid (Assessing and Referring in Religious Context) <https://www.spiritualfirstaid.org>
- Mental Health First Aid (Suicide and Crisis Care) <https://www.mentalhealthfirstaid.org>
- Psychological First Aid (Trauma and Disasters) <https://www.nctsn.org/treatments-and-practices/psychological-first-aid-and-skills-for-psychological-recovery>
- QPR (Suicidal Recognition and Response) <https://qprinstitute.com>

4. Strengthen Care Skills and Support Church Partners

- The Caring Congregation (Organizing and Supporting Care Ministry by Lay and Clergy) <https://thecaringcongregation.com>
- Hope Made Strong (Organizing and Supporting Care Ministry by Lay and Clergy) <https://www.hopemadestrong.org>
- A Field Guide for Soul Care, soulcare.substack.com



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"Our nerves are frayed, O
God. Our sense of place
and permanence is
shaken, so be to us a
foundation."

From "A Liturgy for Releasing Ambitions & Embracing Christ"
Every Moment Holy Vol. II: Death, Grief, & Hope

Every Moment Holy

A blessing
for us all...

everymomentholy.com