

ALM Pastoral Care

Date & Time	Session Plan
20/04/21 7.30pm – 9.30pm	<p>Introduction and Pastoral Care in a New Context</p> <p>We will explore what pastoral care is (and isn't) and what new challenges are brought to this ministry in the light of Covid-19.</p> <p>By the end of this session, students will have explored some of their assumptions about pastoral care and considered some core biblical principles that underpin its practice as well as the boundaries in which this course will operate.</p>
27/04/21 7.30pm – 9.30pm	<p>Understanding ourselves</p> <p>Self-awareness in ministry is vitally important. In this session we will look at some different personality-type profiles (including Myers-Briggs, Gilmore-Frayleigh).</p> <p>By the end of this session, students will have a deeper understanding of what makes them 'tick' as well as exploring how our personalities can change in different contexts.</p>
04/05/21 7.30pm – 9.30pm	<p>Understanding others</p> <p>In this session we will explore the different stages of pastoral relationships.</p> <p>By the end of this session, students will have a deeper understanding of the different levels in any pastoral relationship and the importance of good chemistry within them.</p>
11/05/21 7.30pm – 9.30pm	<p>Well-being for all ages</p> <p>Our culture encourages self-reliance, and it can sometimes be hard for us to lean on other people – or on God – and admit we can't meet all our own needs ourselves. In this session we will think about wellness and wellbeing and how this relates to people of all ages.</p> <p>By the end of this session, students will have a deeper understanding of how we minister to body, mind, and spirit.</p>
18/05/21 7.30pm – 9.30pm	<p>Pastoral care to all ages</p> <p>In this session we will explore what some of the similarities and differences are across the age spectrum.</p> <p>By the end of this session, students will have a deeper understanding of the different resources we may draw on in pastoral ministry and flexibility of approaches.</p>
25/05/21 7.30pm – 9.30pm	<p>Setting the boundaries</p> <p>When is it helpful to have clear boundaries? When can boundaries be frustrating and restrictive?</p> <p>By the end of this session, students will have a deeper understanding of the importance of setting boundaries and ministering within them.</p>
01/06/21 7.30pm – 9.30pm	<p>Being a bridge-builder</p> <p>Very often we minister in tense situations where relationships have gone wrong and people turn to us for guidance and support.</p> <p>By the end of this session, students will have a deeper understanding of some of the tools and resources we can share where reconciliation is desired.</p>
08/06/21 7.30pm – 9.30pm	<p>The bigger picture</p> <p>In this final session we will explore how the role of pastoral companion fits into your own ministry context</p> <p>By the end of this session, students will have a deeper understanding of how their ministry will be exercised in their own context and the need for ongoing support and development.</p>