

ALM Pastoral Care

Date & Time	Session Plan
<p>19/06/21 09.30am – 11.30am</p> <p>12.15pm- 2.15pm</p>	<p>Introduction and Pastoral Care in a New Context 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> <p>Setting the boundaries 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>
<p>26/06/21 09.30am – 11.30am</p> <p>12.15pm- 2.15pm</p>	<p>Understanding ourselves Self-awareness in ministry is vitally important. In this session we will look at some different personality-type profiles (including Myers-Briggs, etc)</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> <p>Understanding others 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>
<p>29/06/21 7.30pm – 9.30pm</p>	<p>Well-being for all ages 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>
<p>06/07/21 7.30pm – 9.30pm</p>	<p>Pastoral care to all ages 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>
<p>13/07/21 7.30pm – 9.30pm</p>	<p>The bigger picture 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>