



Pastoral Support

Training Materials for NRPSN volunteers

Wednesday May 17th 2017

What is non-religious pastoral support?

- Objectives
 - 1) To be able to define non-religious pastoral care
 - 2) To consider humanist pastoral care's place in the context of what is available
 - 3) To consider what distinguishes pastoral care from counselling and low level chit chat



What is non-religious pastoral support?

- Read the Case Studies collected from BHA Pastoral Carers
- As a group Discuss:
 - 1) What is pastoral care?
 - 2) What is non-religious pastoral care?
 - 3) What distinguishes pastoral care from counselling, 'chit chat' etc?

What is humanist pastoral support?

“...clarification of the human situation on the basis of the humanist worldview”

Jaap van Praag

Father of Dutch Humanist Pastoral Support

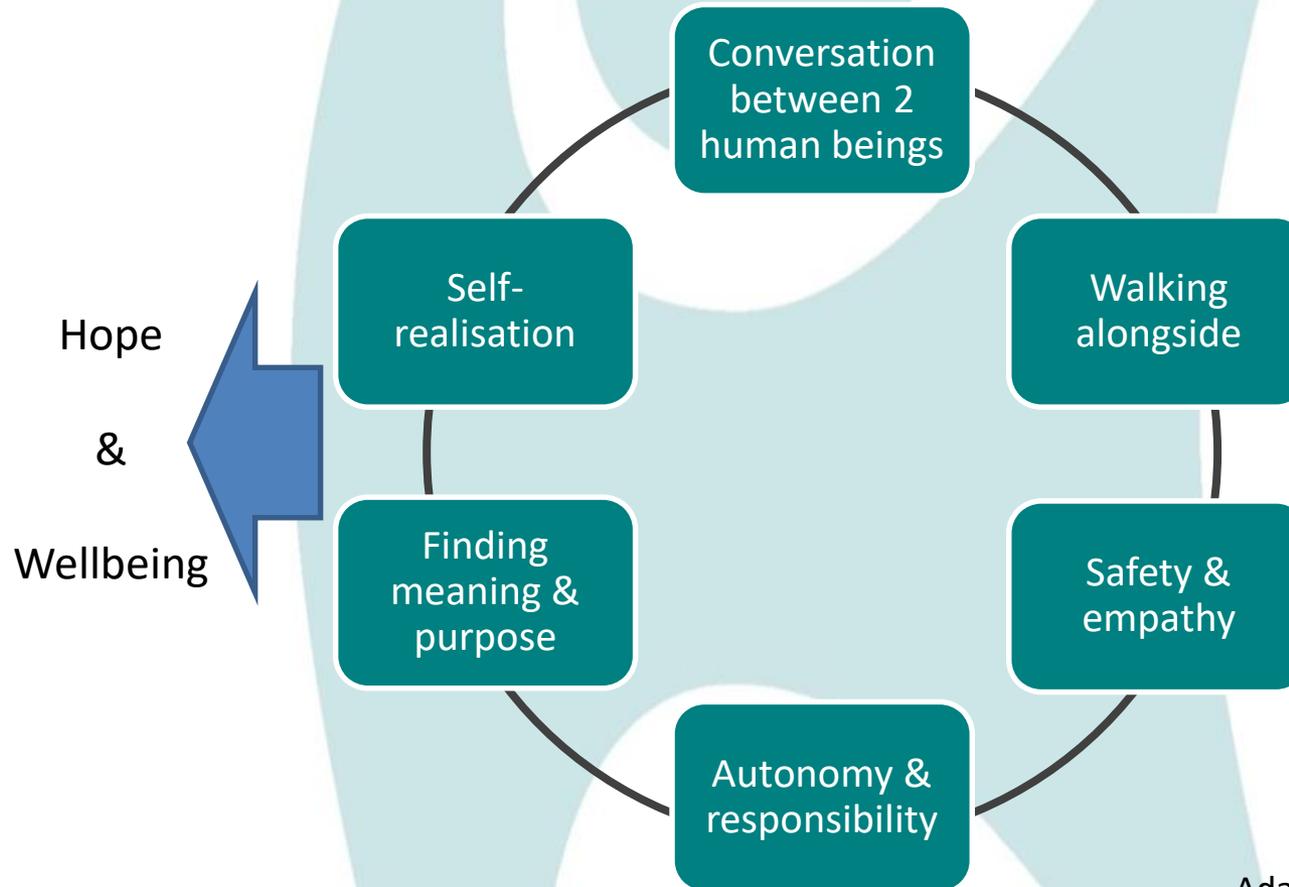
What is the ideal human situation (the ‘good life’)?

- Life with dignity / a liveable life
- A meaningful life (‘flourishing’)
- An ethical life (having a moral compass)

What is the humanist worldview (‘visions of the good life’)?

- (Hu)man-made
- Uniqueness
- Autonomy
- Equality

Humanism in pastoral support



Adapted from Jan Hein Mooren
"Beacons in the Stream"

Stay with

Ways to
support
someone

Cheer up

Sort out

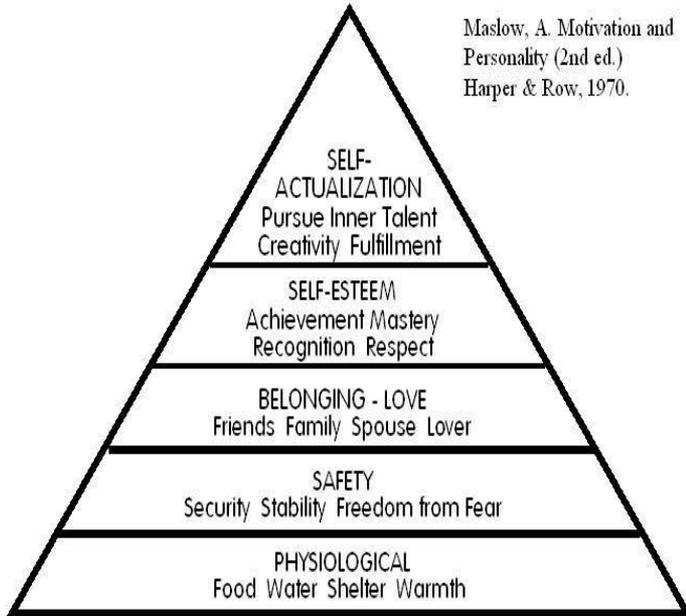
Humanist Pastoral Care/ 'Chit Chat'/ Counselling

What's the difference?

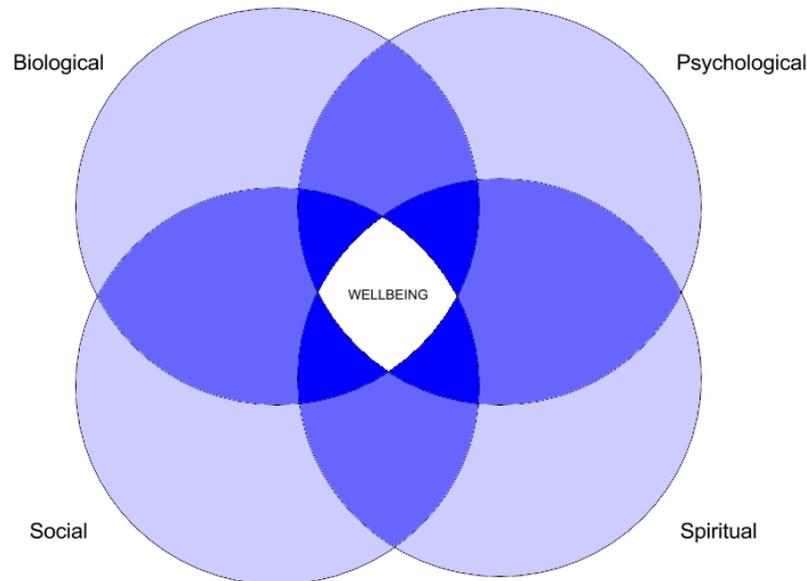
- Some skills required identical to person centred counselling (empathy, UPR, honesty etc.)
- Pastoral support is spiritual guidance through a crisis, counselling is solution focussed and looks to address a problem – behaviour change and management
- Can be practical
- Counselling has clear boundaries and clear processes (time, contract etc.)
- Specialised knowledge of the non-religious worldview/humanism required

ABRAHAM MASLOW HIERARCHY OF NEEDS

Maslow, A. Motivation and Personality (2nd ed.)
Harper & Row, 1970.



DIMENSION	AREA EXAMINED
BIOLOGICAL	<ul style="list-style-type: none"> • GENETIC INFLUENCES • THE BODY'S BIOCHEMICAL, CELL, ORGAN, AND PHYSIOLOGICAL SYSTEMS
PSYCHOLOGICAL	<ul style="list-style-type: none"> • COGNITIONS • EMOTIONS
SOCIAL	<ul style="list-style-type: none"> • FAMILY • PEER GROUP • COMMUNITY • FORMAL ORGANIZATIONS • SOCIAL INSTITUTIONS
SPIRITUAL	<ul style="list-style-type: none"> • SEARCH FOR MEANING AND PURPOSE • RELIGION



Spirituality is about:

- ✓ hope and strength
- ✓ trust
- ✓ meaning and purpose
- ✓ forgiveness
- ✓ belief and faith in self, others, and for some this includes a belief in a deity/higher power
- ✓ peoples' values
- ✓ love and relationships
- ✓ morality
- ✓ creativity and self expression.

Utrecht 2 Legs model©

Treatment domain:

Symptoms

Problems

Solutions

Treating physician

Professional distance

Facts

Description

Knowledge

Explaining causal links

Intervention

Pastoral Care domain:

Signs

Dilemmas

Choices and meaning

Person in conversation

Professional closeness

Stories and beliefs: secular and religious

Experience

The art of life/wisdom

Understanding the meaning of things

Presence

Utrecht 2 Legs model©

Treatment domain: **Pastoral Care domain:**

Treatment objective

Focus on recovery

Getting better

Treatment restrictions

Discontinuation of treatment

Evidence-based

Pathology

Patient

Doing

Open process

Focus on resilience

Being able to stay in control

Life choice

Accepting that life is finite

Value-based

Vulnerability

Person

Being/existing

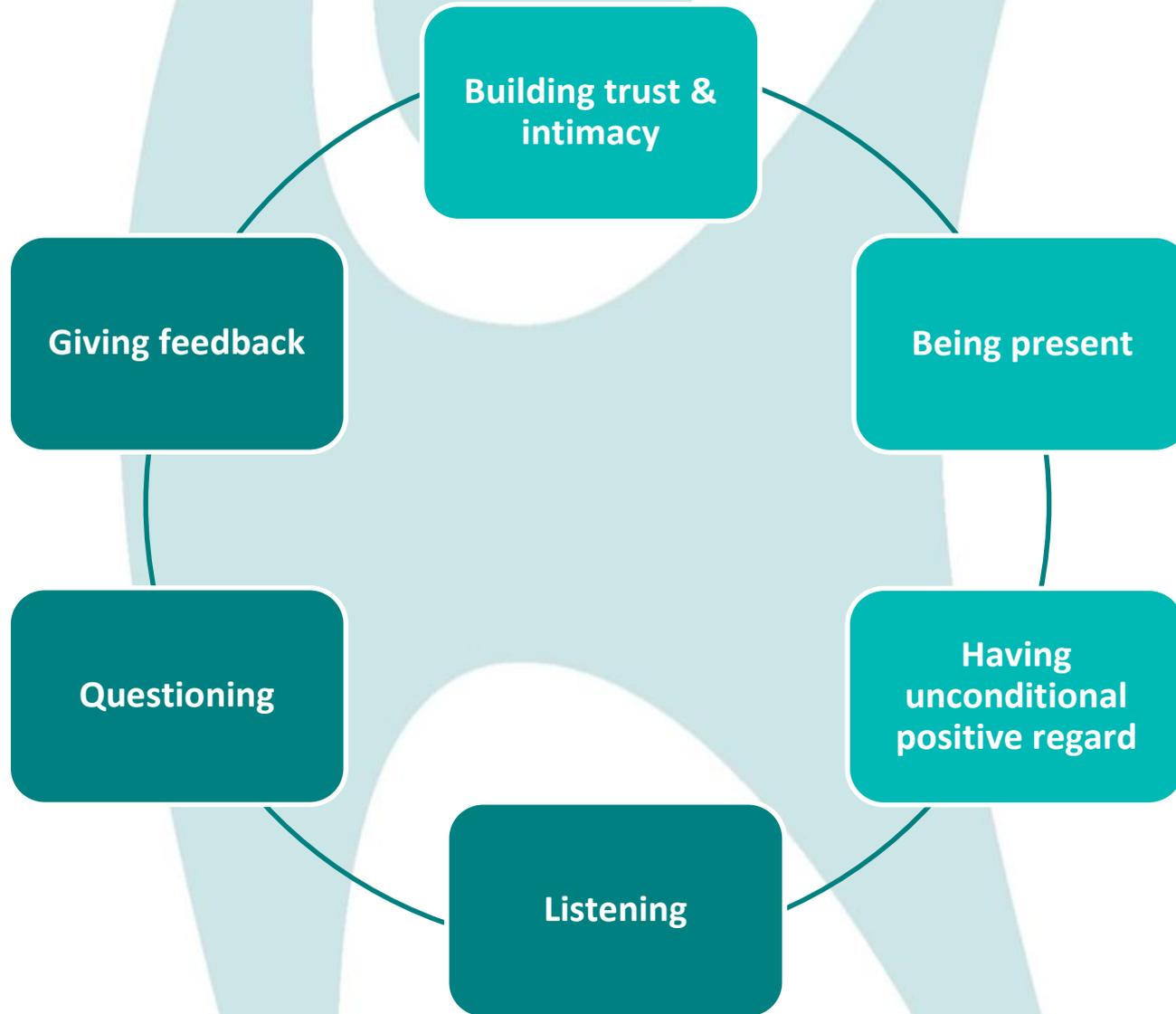
Pastoral Support Skills

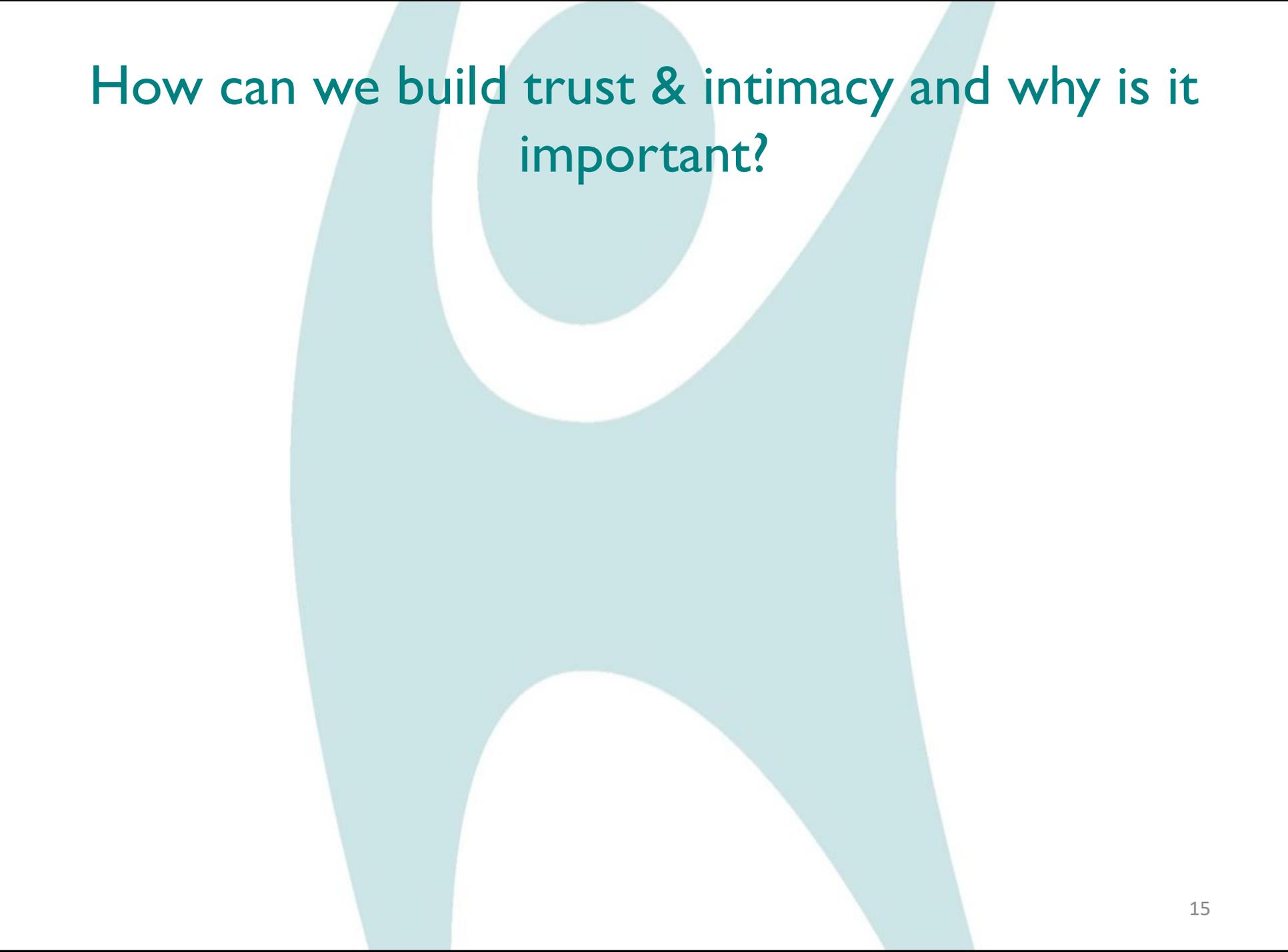


Objectives

- To understand the key skills required to provide pastoral support
- To consider the ways in which the key elements of questioning, feedback, and active listening can be delivered

Pastoral Support Skills Framework





How can we build trust & intimacy and why is it important?

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• How?

- Be friendly
- Show genuine concern
- Be authentic
- Demonstrate integrity, honesty, sincerity
- Keep promises
- Respect differences
- Maintain confidences
- Ask permission

• Why?

- Creates a safe, supportive environment for your journey together

Being present

- What is it?

- Understanding the resources I have at this moment
- Giving full attention
- Being able to access one's intuition
- Being comfortable not knowing everything
- Using humour to create lightness and energy
- Being ready to shift perspectives at any time

- What is the benefit?

- Being able to be fully conscious and create a spontaneous relationship, with an open, flexible and confident style

“Dancing in the moment”

What is unconditional positive regard and why is it important?

- What?

- Be non-judgemental
- Support regardless of what they do or have done
- Treat with dignity and respect
- Value them as a person
- Nurture and care for them
- Show compassion & understanding

- Why?

- You will be different from anyone else they meet
- They feel respected and secure and therefore stronger
- They can be authentic in what they say
- They will allow you to join them on their journey

A large, stylized teal graphic of a person with their arms raised, serving as a background for the slide. The figure is composed of simple, rounded shapes in a light teal color.

Skills Examples Activity

- Active Listening