

Portfolio Of Minister Support Sessions

“Now we exhort you, brethren, warn them that are unruly, comfort the feebleminded, support the weak, be patient toward all men.” 1 Thessalonians 5:14

ACCFS exists to support the church leadership and congregations in fulfilling the overall church mission. The support sessions we have assembled below are based on the types of situations ministers come into contact with as they serve in the church. Our desire is to support you as you interact with people in the church in order to glorify God by following the teaching given in *1 Thessalonians 5:14*.

General Notes:

- Each of the sessions is 120 minutes in length.
- You are welcome to include the ministers’ wives in some or all of the sessions.
- Feel free to set aside additional time for us to discuss how to deal with specific difficult mental health and/or relationship situations in your local church.

<u>Themes</u>	General Focus	Specific Focus
Mental Health and Relationships	<ul style="list-style-type: none"> • Overview of Mental Health and Relationship Issues • Helping Struggling Couples 	<ul style="list-style-type: none"> • Dealing with Difficult Cases: Depression and Anxiety • Dealing with Difficult Cases: Personality Disorders • Dealing with Difficult Cases: Sexual Addictions • Dealing with Difficult Cases: Substance Addiction • Working with Highly Distressed Couples and Families
Counseling Skills	<ul style="list-style-type: none"> • Core Counseling Skills for Ministers 	<ul style="list-style-type: none"> • Core Counseling Skills for Ministers- Identifying Problems, Referring, and Coordinating Care
Resiliency	<ul style="list-style-type: none"> • Resiliency in the Ministry 	<ul style="list-style-type: none"> • Dealing with Hurt and Moving Toward Healing
Relationships and Interactions	<ul style="list-style-type: none"> • Engaging the Congregation • Becoming Proactive and Prevention-Focused 	<ul style="list-style-type: none"> • Understanding Personality and Spiritual Gifts Within the Minister Group

ACCFS will request a \$275/hour donation and overhead cost reimbursement (travel and copy costs). For more information, please see our *Explanation of Seminar/Presentation Fees*. If you have any questions, please contact ACCFS at 309.263.5536 or info@accounseling.org.

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Full Descriptions of Minister Support Sessions

a. Overview of Mental Health and Relationship Issues

Note: It is highly recommended that the ministers' wives be included in this training.

- Understanding the most common reasons Apostolic Christian people seek help and the most common barriers they have to seeking help.
- Increasing awareness of the roles of biological, psychological, social, and spiritual aspects of human beings in helping or hurting an individual's level of functioning.
- Differentiating between mental health, mental health issues, and mental disorders.
- Understanding the Stages of Change Model and how it helps to know how to intervene in a struggling person's life.
- Understanding the role of ministers in reaching out to a struggling person.

b. Helping Struggling Couples

- Understanding the underlying dynamics of the most common reasons Apostolic Christian marriages struggle.
- Using the Levels of Marital Distress model to identify a struggling couple's level of functioning and to tailor one's approach on where/how to intervene.
- Helping couples build the skills they need to be successful (knowledge deficits vs. skills deficits).
- Understanding the importance of timing in use of spiritual interventions with couples (i.e., done right the interventions help; done wrong they add to conflict).
- Understanding the "Falling Out of Love Model" and the stages couples go through when trying to work on their marriages.
- The role of mentoring in strengthening marriages.

c. Core Counseling Skills for Ministers

Note: A good resource after this session as a follow-up is the book How to be a People Helper by Gary Collins.

- This session covers basic counseling skills including verbal and nonverbal communication, listening skills, asking questions effectively, clarifying issues, etc.
- Teaches on the role of emotions in helping or hindering a struggling person to be able to receive counsel.
- Teaches the core counseling mindset.

d. Resiliency in the Ministry

- Learn what resiliency is and why it is essential for those in the ministry.
- Learn about risk factors that lower resilience and fuel burnout and how Satan takes advantage of them.
- Learn about the characteristics of resilient people.
- Learn about specific things (setting boundaries, etc.) those in the ministry can do to improve their resiliency spiritually, emotionally, relationally, and physically.

e. Engaging the Congregation

- Approachability, being good listeners, and letting people know we care.
- Being role models of good relationships and interacting with the entire congregation.
- What ACCFS staff have learned about what people (mis)perceive from the pulpit and what ministers can do to provide clarity.

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f. Becoming Proactive and Prevention-Focused

- This presentation focuses on how ministers can help their congregations by becoming more prevention-focused instead of only dealing with issues reactively.

g. Dealing with Difficult Cases: Addictions

- Understanding the cycle of addiction that underlies both substance and behavioral addictions.
- Understanding the bio-psycho-social-spiritual model of addictions.
- Understanding what sexual addiction is and how it is treated differently than simply dealing with sexual temptation.
- The importance of boundaries, consequences, and balancing grace and truth when dealing with addictions.
- Understanding the role of support groups, mentoring, and accountability.
- Responsibility and addictions; proactive vs. reactive accountability.

h. Dealing with Difficult Cases: Personality Disorders

- Understanding what personality disorders are and how they manifest within individuals in the church.
- Understanding how individuals with personality disorders use Scripture inappropriately to try to get their own way.
- Identifying what is and isn't help when working with someone with a personality disorder.
- Developing realistic expectations for change and growth.
- Ways to block the dramatic or disruptive behavior of a person with a personality disorder from harming your church.
- Managing conflict and criticism with individuals with very rigid personalities.

i. Working with Highly Distressed Couples and Families

Notes: It is recommended that Helping Struggling Couples be done prior to or in conjunction with this training.

- The three "A's": Affairs, Addiction, Abuse.
- Responding to couples in crisis.
- How to handle being "put in the middle" in a couple's conflict.
- Managing fallout from the conflicts within the church family.
- Overview and examples of types of abuse and domestic violence.
- Understanding the mindsets of abusers and victims.
- Understanding what an "Order of Protection" is.
- Understanding types of marital separations.
- Understanding and working with attorneys.
- Understanding and working with child protective services.
- What Intensive Marital Treatment is and when it should be used.

j. Counseling Skills for Ministers – Identifying Problems, Referring, and Coordinating Care

Note: It is recommended that each minister receive the book The Complete Guide to Crisis & Trauma Counseling: What to Do and Say When It Matters Most by H. Norman Wright.

- Provides an overview of types of personal adjustment issues, relationship problems, and the major categories of mental disorders (e.g., depression, anxiety, psychosis, eating disorders) and how they manifest in church settings.
- Defining levels of marital distress.
- Understanding the types of mental health professionals and when to refer to each type.
- The signs that someone needs additional help and knowing when and how to refer someone for counseling.
- Understanding how ministers and counselors can work together to help struggling people.

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k. Dealing with Hurt and Moving Toward Healing

- This presentation focuses on various stresses of ministry and provides tools for dealing with them.
- Topics such as dealing with criticism, forgiveness, anger, anxiety, loss, insecurity, lament, and regret.
- Learn tools for focusing on what we can control and letting go of what is outside of our control.
- Learn about how to get “re-grounded” after you or your church has been ‘hit’ with a stressor.

l. Understanding Personality and Spiritual Gifts Within the Minister Group

Note: Approximately 2 hours of pre-work is required.

- Each minister completes a Livstyle profile and reads over his results prior to the training.
- The training helps ministers more effectively communicate with individuals in the church with various personality types.
- The training will increase communication, improve effectiveness, avoid misunderstandings, and more effectively deal with conflict within the minister group.
- Use of a spiritual gifts inventory helps the ministers understand where each minister tends to feel more inclined and where, as a group, they tend to have strengths and weaknesses.

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