

Pastoral Care and Supporting Survivors



1

Introductions



2



2.5 hours short break

Link for slides and handbook

Webcam and microphones

Sensitive and confidential

Get support

Chat facility

3



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Course context

The changing landscape of pastoral care

- Traditional pastoral care models are no longer working for many churches
- Ministers/clergy unable to meet the growing need
- Models of pastoral care are being reshaped to be more inclusive
- Churches and organisations need to respond to need by developing strong safeguarding cultures that underpin every aspect of ministry

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Course content

Module 1

A good practice
framework for pastoral
care

Module 2

Pastoral relationships
and safer boundaries

Module 3

Supporting those who
have been abused

Module 4

Healthy pastoral care
and safer practice

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Module 1:

A good practice
framework for
pastoral care

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In this module we will explore:

- Distinctiveness of Christian pastoral care
- Who are the pastoral carers?
- Challenges of devolving pastoral care
- Safeguarding implications

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Exercise 1 – Pastoral care

What is distinctive about **Christian** pastoral care?



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Christian pastoral care

May involve:

- Supporting others through prolonged difficulty or immediate need
- Enabling people to be guided by their own convictions
- Considering the process of reconciliation with God, self and others
- Offering guidance about other resources
- Enabling different perspectives to identify solutions

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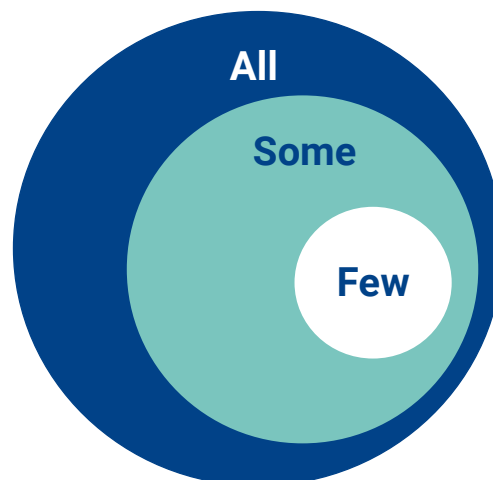
A pastoral carer is:

Someone who either formally, as part of a pastoral team, group or network or informally, as part of their fellowship group or everyday relationships in the community, offers care and support to another, in the knowledge of being loved themselves by God and in the hope of sharing that love with others.

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The 'All, Some, Few' Model:



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The ALL:

- ALL Christians have a God given responsibility to 'care' for others
- The emphasis is upon growing and maintaining a Christ centered loving relationship with others
- The ALL help to grow pastoral churches or communities

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The SOME:

- SOME Christians may be gifted and called by God to provide pastoral care in a more focused way
- This may include offering and providing pastoral care in more planned or formal ways
- It may involve the pastoral carer undertaking training
- The SOME use their gifts for the good of the whole

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The FEW:

- A FEW Christians may be called and gifted to resource, lead or co-ordinate the work of pastoral care
- The FEW may have specialist knowledge, experience and skill to enable, encourage and equip the pastoral care work of 'the all' and 'the some'

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The Challenges for the Church

Managing Expectations & Blurred Boundaries

“The minister never came to see me!”

I don't need to be part of a team, I'm just doing this as a friend.

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Exercise 2 – Safeguarding Implications

Many churches are involving their wider congregations more fully in an 'every member' model of pastoral care.

What are the safeguarding implications?



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Module 2: Pastoral relationships and safer boundaries

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In this module we will explore:

- Characteristics of healthy boundaries in pastoral relationships
- Abuse of trust
- Creating dependency
- When care becomes coercive

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Exercise 3 - Healthy Boundaries

What are the characteristics of healthy boundaries in pastoral relationships?



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Healthy boundaries

- Respects, values and nurtures each person
- Guides behaviour but respects choices
- Encourages reflection through biblical teaching
- Healthy accountability to others
- Recognises complex pastoral needs and the need to signpost to others

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Case Study - Part 1

- Read Part 1 of the case study.
- What, if any, are your concerns?



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Feedback from Part 1



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Case Study - Part 2

- Read Part 2 of the case study.
- Is there anything that could have been done differently at this stage?



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Feedback from Part 2



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Case Study - Part 3

- Read Part 3 of the case study.
- What if any are your concerns now?



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Feedback from Part 3



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Case Study - Part 4

- Finally, read Part 4 of the case study.
- What, if any are your concerns now?
- What action could have been taken earlier to avoid this outcome?



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Feedback from Part 4



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Care vs Co-dependency

- The bible teaches that we are to be interdependent on one another
- Codependency describes a relationship in which one person is perpetually needy and the other person in perpetually rescuing
- The rescuer often takes on the role of the martyr
- The rescuer enables the needy to become even more dependent

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When care becomes coercive

- Co-dependency is part of the culture and remains unchallenged
- The rescuer assumes the authority of God or a higher source
- The rescuer exerts increasing control over all areas of another individual's life
- The individual becomes fearful of displeasing the rescuer
- The individual loses all autonomy and is disempowered

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Abuse of Trust

- Defined in the Sexual Offences Act of 2003
- Imbalance of power
- Power and influence
- Strong emotions and transference of emotions
- Recognise when pastoral relationships become unhealthy

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Enabling self-care

- Support
- Accountability
- Care for Workers
- Training
- Supervision
- Self Reflection



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Coffee break

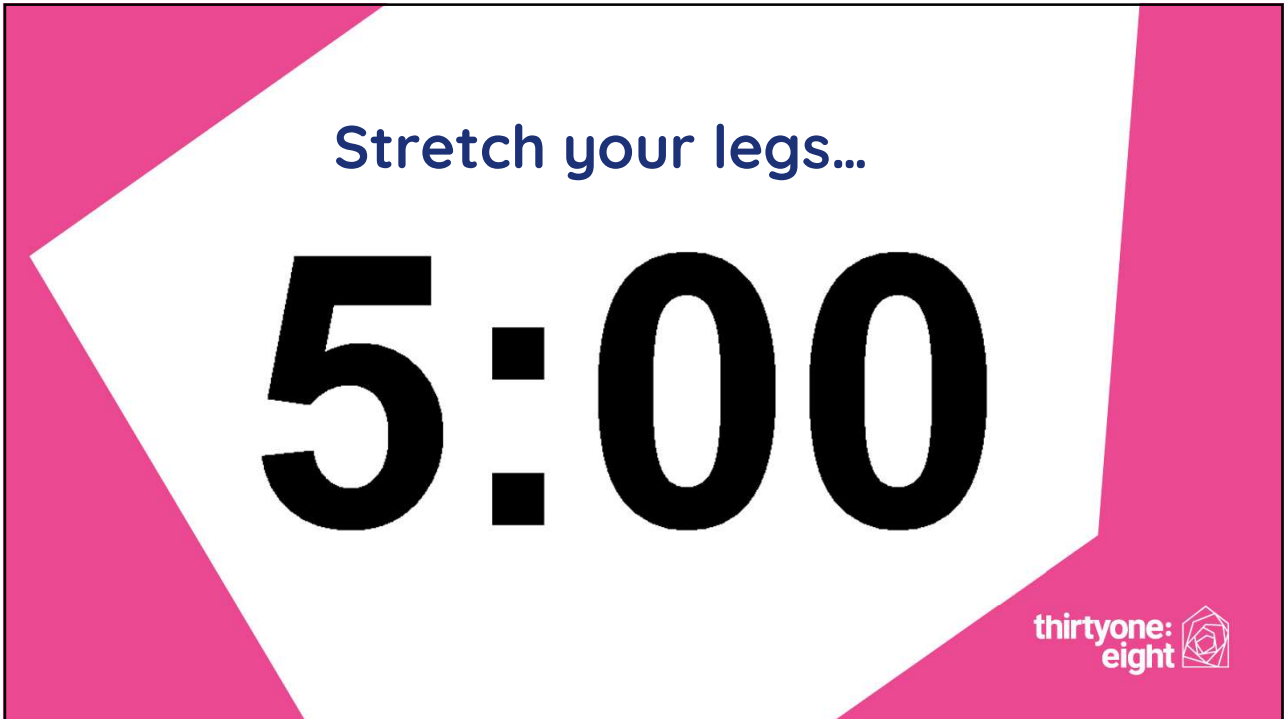


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Stretch your legs...

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Module 3:
Supporting those who
have been abused

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In this module we will explore:

- The impact of abuse on victims/survivors
- The silence that can exist around abuse
- How to make the church a safer place to disclose abuse of any kind
- How to support survivors of abuse
- Signposting to other agencies

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Terminology

- Words can harm or heal
- Listen well
- Let the individual decide

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Exercise 5 - Responding well to those who have experienced abuse

Consider:

If these stories of lived experience of abuse [recent or non-recent] were shared directly with you, how would you try to respond well?



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Exercise 5 - Continued

Reflect:

What do you find challenging in these stories?

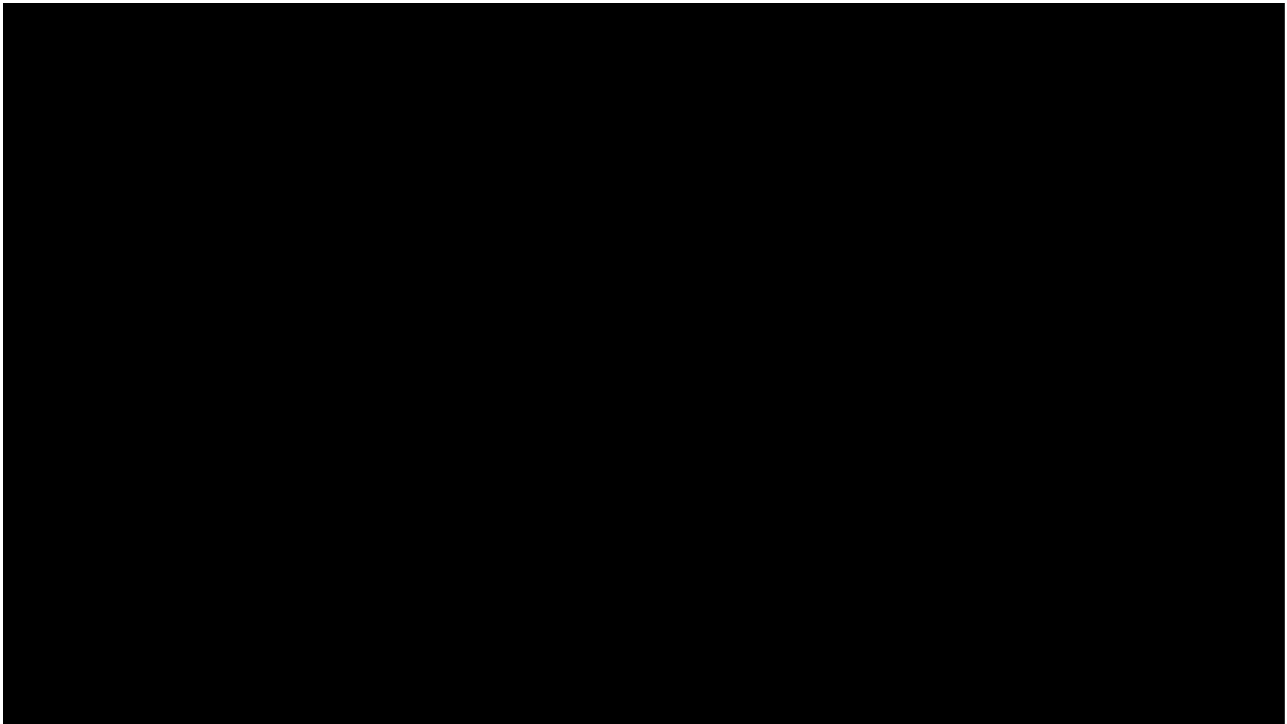
Are there any emotions or approaches that the church values over others?

How can we respond well to all expressions of experience?

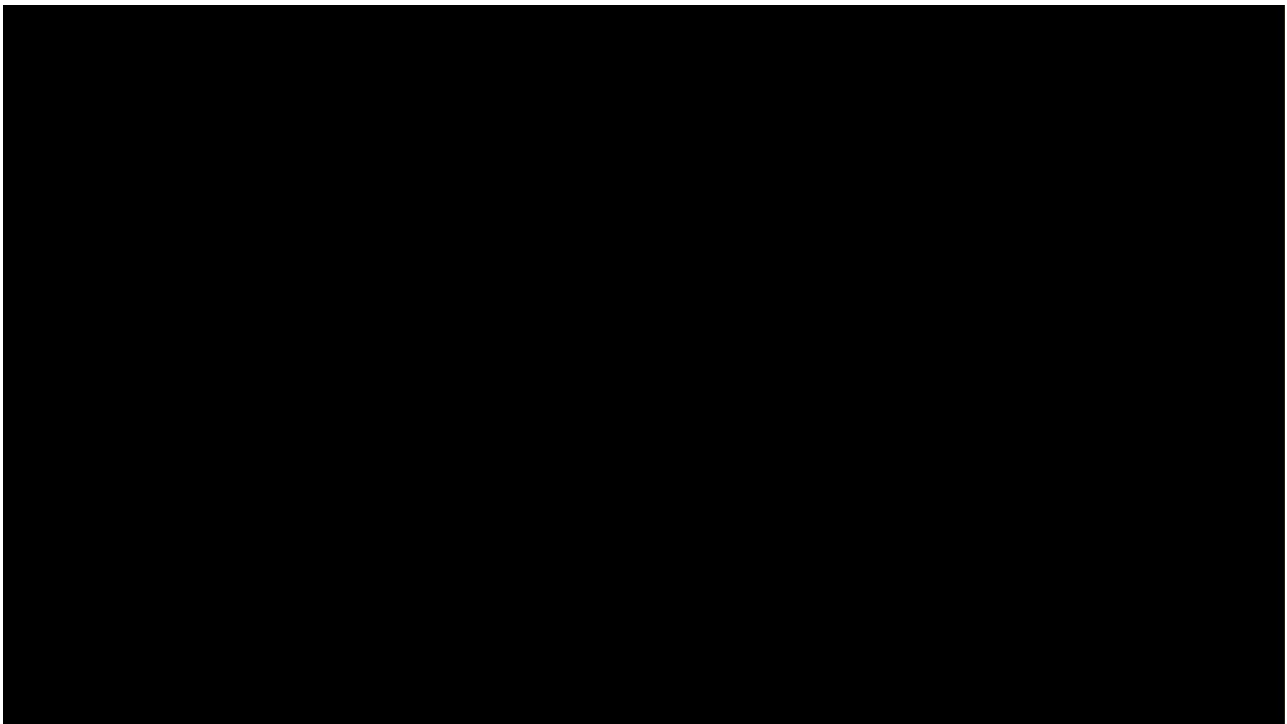


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Responses



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Responding well to survivors

- Hearing the story, hearing the struggle
- Walking alongside and allowing time
- Empowering choices
- Signposting to professional help
- Breaking down the barriers through preaching and teaching
- Leaders modelling what it means to be honest and vulnerable

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Forgiveness

This is never easy. It may be a gradual process. The other side of forgiveness is the abuser accepting responsibility for what they have done.

Responding well to a disclosure of recent or non-recent abuse

- Usual practice for disclosure – remember the 5 R's and don't be tempted investigate concerns yourself
- Ensure the person feels safe and the environment is suitable
- Ensure the person knows the disclosure is being taken seriously
- Be an active listener, show acceptance and stay calm
- Write detailed notes as soon as possible and pass on if appropriate, with consent

Additional factors

If there is a need to pass on information but the individual does not give consent for you to share, consider:

- Is anyone else at risk?
- Has a serious crime been/will be committed?
- Does the person appear to understand the implications of not doing anything?
- How likely is it that the individual or someone else will come to serious harm?
- Can you provide them with more information to help them understand the risk and are there any other services that could help?

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Possible effects of abuse

- Long Term
- Physical injury or self harm
- Spiritual
- **It's never the victims fault!**

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Support in many forms

- You may be the only person someone can trust
- Show understanding of the issues, listening might be enough
- Ensure justice is pursued
- Be there, be encouraging
- Signpost to professional counselling
- Signpost to redress schemes

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Module 4: Healthy pastoral care and safer practice

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In this module we will explore:

- Types of ministries that include pastoral care
- Prayer ministry Guidelines
- Selecting and equipping workers
- Good practice guidelines
- Codes of conduct
- Keeping records

Exercise 6 - Types of ministries

Consider all the activities in your church that involve any kind of pastoral care where people seek help and support.





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Safer Practice

- Transparency - clear communications
- Team contact details – photos
- Platform in Sunday services
- Communicating clear pathways for pastoral care
- Training and supervision for workers and group leaders

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Safer Practice

- Safer recruitment – exploring motivation, probationary period
- Clear codes of conduct
- Understanding boundaries and competency limits
- Risk assessment and risk management
- Lone working policies

Prayer Ministry

Ways of working:

- Designated prayer team
- Careful selection, training and supervision of people
- Work in pairs, preferably mixed gender, in reach of others
- Ask permission before touching or laying on hands
- Referral pathways if there are concerns

Prayer Ministry

Things to be aware of:

- Issues of confidentiality
- Some adults may be at risk
- Be sensitive to personal space
- It's a time to ask God to minister, not to preach or counsel
- Prayer should never be coercive or blaming

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Responding well through policy

- Selecting, equipping and supporting workers
- Safer recruitment policies and procedures
- Induction training and support
- Specific training on safeguarding
- Good practice guidelines and codes of conduct
- Work as part of a team within a safer culture
- Keeping records and recording concerns

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Codes of Conduct

- All workers and volunteers should have a code of conduct which sets out expectations for behaviour
- Clarifies safer boundaries for working
- Models safe boundaries for children and young people
- Safeguards the children and adults at risk of harm
- Safeguards workers and volunteers themselves

Keeping records

- System for recording incidents and concerns for all activities
- Entries signed and dated
- Sensitive information should be referenced to other records
- Visiting teams to keep records of visits – date, time and any concerns

Exercise 7 – Next steps

Getting the whole church congregation or organisation on board!

Note any areas that you think need to be in the action plan for your church or organisation.



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Review of learning outcomes

You should now:

- Understand the importance of working within safe boundaries when offering pastoral care
- Have considered the implications of this across the breadth of pastoral ministries in your setting
- Have developed your understanding of how to support survivors of abuse
- Have reflected on best practice for selecting, supporting and training pastoral workers

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Final questions?



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If there's one thing
I've learnt...



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**Your feedback is
important to us!**



**Please complete the online
feedback form which will be
emailed to you – thank you!**

