**Pastoral Care & Supporting Survivors**

**Exercise 1 – Pastoral care**

What is distinctive about Christian

pastoral care?

**Write your own notes here:**

**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?

**Write your own notes here:**

**Exercise 3 – Healthy Boundaries**

What are the characteristics of healthy boundaries in pastoral relationships?

**Write your own notes here:**

**Case Study – Part 1**

Read **Part 1** of the case study below:

St Margaret’s is a moderate sized church, which serves a congregation that spans all generations. Angela, a young woman in her late 20’s has begun to attend the evening services. She says very little about her previous church experience but it is clear that she is not new to church or the Christian faith. A number of people seek to make her welcome and offer friendship. Angela makes friends with Hilary, a church member who is a counsellor, and reveals to her that she suffers from high levels of anxiety and takes medication. Sometimes when she gets anxious, she has to leave the services. Hilary suggests a course of CBT counselling and asks the vicar, Robert if the church will pay for 10 sessions. He agrees and leaves things to Hilary, as he believes she knows best. They keep this completely confidential and no one else is informed of any concerns regarding Angela. Meanwhile Angela has told a number of people about her anxiety and they have all given Angela their phone numbers and tell her she can call them anytime at all.

**PAUSE**

What, if any, are your concerns?

**Case Study – Part 2**

Read **Part 2** of the case study below:

Angela completes the counselling and this together with the medication prescribed by her doctor is helping. She does a Freedom in Christ course and is confident that she can now manage her condition with prayer and support. She joins a small group that is led by Graham and Ruth and she attends the meetings that are held in their home regularly. Ruth is a member of the church staff team, is very caring and realizes that Angela still has some issues with anxiety. She also tells Angela she can call her any time at all.

**PAUSE**

Is there anything that could have been done differently at this stage?

**Case Study – Part 3**

Read **Part 3** of the case study below:

Twelve months later Hilary has moved away and a new vicar, James, is in post. There are no records about Angela, and no one has spoken to him about her needs. Angela’s attendance at church has been rather sporadic but she still attends the small group because Ruth is so supportive. She attends church for the first time in a while and collapses following a panic attack. Heather has recently taken on responsibility for adult safeguarding and spends some time with Angela, piecing together her story, which she records. On learning that Angela is in Graham and Ruth’s small group Heather checks whether they need any support. She learns that Angela’s anxiety levels are rising again, and Ruth has gone with her to her GP who has referred her for further counselling. Heather makes sure the new vicar is aware of all this. James becomes concerned that Ruth is not observing safe boundaries and advises her that she must do so. However, Ruth feels that Angela trusts her and believes she must not let her down. She continues to make herself constantly available and Angela often calls her late at night. Angela’s attitude towards the church starts to change. She stops attending church services or the small group but continues to send emails to Ruth and starts to make accusations against her and the church. These are becoming increasingly unpleasant and Ruth is becoming distressed and also frustrated that she has not been able to help Angela.

James decides this cannot continue and arranges to speak with Angela, in the hope of raising issues of her perceptions and actions. He meets her at the Vicarage, alone. Angela becomes distressed during the meeting and leaves, complaining he has bullied her. Heather is concerned that he may face an allegation, but James assures her that he can handle this.

**PAUSE**

What, if any, are your concerns now?

**Case Study – Part 4**

Finally read **Part 4** of the case study below:

Heather tries to contact Angela to offer support. As a result, Angela writes a letter of complaint about Heather to the Bishop and the Archdeacon. The emails to Ruth increase and are also directed against Heather, James and the wider church. Heather and James are concerned that Angela is exhibiting mental health problems of a more serious nature and are concerned that she is at risk of harm.

What if any are your concerns now?

What action could have been taken earlier to avoid this outcome?

**Exercise 4 – Care vs Co-dependency**

What’s the difference between care vs co-dependency?

**Write your own notes here:**

**Exercise 5 – Responding well to survivors of past abuse**

Watch the videos and consider to what extent the narrative tells of a victim and to what extent it portrays a survivor of abuse?

**Write your own notes here:**

**Exercise 6 – Types of ministries**

Consider all the activities in your church that involve any kind of pastoral care.

How many are there and do any of them overlap?

**Write your own notes here:**

**Exercise 7 – Managing pastoral issues safely**

Now consider what processes and measures are in place to ensure all leaders and volunteers are equipped to manage pastoral issues safely?

**Write your own notes here:**

**Exercise 8 – Next Steps**

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

**My Action Plan:**

**What do I need to do?**

**Who needs to be involved?**

**What is the timescale?**

**How will I know it’s been achieved?**

**If there’s one thing I’ve learnt......**

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**Write your own notes here:**

**Your feedback is important to us!**



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