

# FLOURISHING IN PASTORAL MINISTRY

An Interdisciplinary Conference to Explore  
Theories and Best Practices for Clergy Wellness

September 19, 2014



Welcome to the Flourishing in Pastoral Ministry conference!

The vision of Flourishing for Pastoral Ministry is to call together scholars and leaders from a variety of fields across the church to explore the best practices, systems, and supports for clergy health and well-being. Our purpose is to make a significant, lasting contribution to the overall effectiveness of clergy caregivers.

Clergy face numerous challenges in all stages of their ministry career, regardless of the sizes, locations, or social contexts of their churches. This conference is designed to help you help them to thrive throughout their ministry. Through the keynote addresses and the breakout sessions, you will be able to explore and discuss emerging research, fresh perspectives, and empirically-based practices for helping clergy to flourish.

If you have any questions or concerns throughout the day, please contact any of the planning team members. Thank you for setting aside this day to explore this most vital task!

Sincerely,  
The Flourishing Planning Team

## Flourishing Planning Team

Russ Gunsalus	Ken Schenck
Dave Higle	Mark Gerig
Joanne Barnes	Dave Ward
Jim Fuller	Kwasi Kena

## Sponsors

Indiana Wesleyan University Graduate School

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<sup>3</sup>The Division of Graduate Counseling at Indiana Wesleyan University is an NBCC-Approved Continuing Education Provider (ACEPTM) and may offer NBCC-approved clock hours for events (or programs) that meet NBCC requirements. Sessions (or programs) for which NBCC-approved clock hours will be awarded are identified in the program bulletin (or in the catalogue or Website). The ACEP is solely responsible for all aspects of the program.<sup>2</sup>

## Schedule

Conference Registration	8:15-8:45
Welcome and Introduction	8:45-9:00
Dr. Gary Moon "An Odd Way to Avoid Burnout: Living Life with God"	9:00-10:15
Morning Break	10:00-10:15
Concurrent Session I (pgs. 7-8 )	10:30-11:30
Mall Way Exhibitors	11:30-12:00
Lunch - Baldwin Dining Room There are also several local restaurants within a short drive.	12:00-1:15
Concurrent Session II (pgs. 9-10 )	1:15-2:15
Concurrent Session III (pgs. 11-13 )	2:30-3:30
Dr. Gary Moon "The Cycle of Grace"	3:45-4:45
Benediction and Adjournment	4:45-5:00

## Dr. Gary Moon

**Dr. Gary Moon, M.Div., Ph.D.,** is the Executive Director of the Martin Institute for Christianity and Culture and the Dallas Willard Center for Christian Spiritual Formation at Westmont College. He also serves as the Executive Director of the Renovaré International Institute for Christian Spiritual formation and as Founding editor of the Conversations Journal.

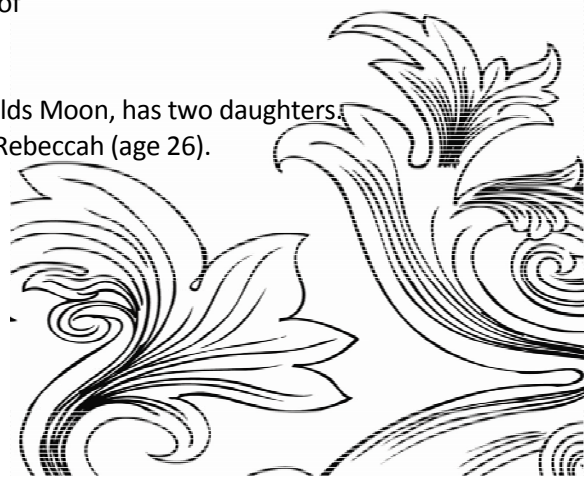


He received his B.A and M.A. from the University of Georgia and a M.Div. and Ph.D. in clinical psychology from Fuller theological Seminary. He is a licensed psychologist in Georgia and Virginia.

Moon serves on the editorial boards of The Journal of Psychology and Christianity, The Journal Psychology and Theology, Marriage and Family: A Christian Journal. He along with David Benner and Larry Crabb founded Conversations: A Forum for Authentic Transformation. He conducts research concerning the theoretical and practical integration of psychology and theology and has published and presented over 300 professional and popular papers.

His most recent books include Apprenticeship with Jesus (Baker Books, 2009). Other books include: Falling for God (Shaw/Random House, 2004), and Spiritual Direction and the Care of Souls (IVP, 2004). Other books include Homesick for Eden (Servant, 1997) and a four-volume family devotion series, The Bible Ride (Servant and Life Springs). He is presently writing the biography of Dallas Willard.

Gary is Married to Regina Reynolds Moon, has two daughters, Jessica Erin (age 31), and Jenna Rebecca (age 26).



## Keynote Speaker Topics

### **An Odd Way to Avoid Burnout: Living Life with God**

Barnes Student Center / Globe Theater 9:00-10:15 a.m.

Dallas Willard has contributed much to modern understanding of Christian spiritual formation. In this talk we will explore in practical and experiential ways how Willard's teaching on embracing God's presence can inform spiritual direction and also be incorporated into the practice of a transformational approach to counseling and psychology with respect to pastors. We will focus on three themes that are very relevant to the practice of God's presence:

- 1) Life in the Kingdom of God - here and now
- 2) Jesus' understanding of the person
- 3) Spiritual disciplines as a means of character formation and knowing God

### **The Cycle of Grace**

Barnes Student Center / Globe Theater 3:45-4:45 p.m.

Jesus modeled an important methodology for burnout prevention that can assist clergy well-being. We will explore this approach and also focus on the practical discernment of "hearing God" as a way to maintain the benefits described in the Cycle of Grace.

## Concurrent Session I

### **The Intense Client in Ministry**

Ms. Carol A. Yoder LMFT and Dr. Brent Lindquist, President of Link Care Counseling Center

10:30 -11:30 a.m. / Barnes Student Center - Henry West Banquet Room / Session I - A

Ms. Yoder and Dr. Lindquist are representatives of Link Care Counseling Center in Fresno California. Link Care Counseling Center has been a dedicated Christian counseling center that cares for missionaries, pastors, and Christian workers and their families since 1965. Link care provides care for the entire person including psychological, emotional, intellectual, cultural, spiritual, ministry and work problems, marriage and family challenges, and personality related issues. Their presentation today focuses on a new Clinical and Pastoral Treatment Plan that Link Care has implemented for "The Intense Client in Ministry" that promotes psychological and spiritual applications around four identified domains of Mindfulness, Distress, Tolerance, Emotional Regulation, and Interpersonal Effectiveness. Change is promoted through clinical interventions, trauma bases therapy, dialectical behavior skills training, experiential therapy, and pastoral care focused on identified Scriptures related to these four domains.



## Concurrent Session I

### **The Sound Relationship Church: How to Help the Pastor to Nurture a Sound Relationship with the Church**

Dr. Virginia T. Holman, Professor of Counseling, Asbury Theological Seminary

10:30 -11:30 a.m. / Barnes Student Center - Bedford Banquet Room / Session I - B

Dr. Holeman is Professor of Counseling at Asbury Theological Seminary where she has taught since 1995. She is a Licensed Professional Clinical Counselor and a Licensed Marriage and Family Therapist. Her research interests include interpersonal forgiveness, repentance, and reconciliation. Her passion is the integration of theology and counseling practice. She is the author of *Theology for Better Counseling* (IVP, 2012) and *Inside the Leaders' Head* (Abingdon Press, 2008). Dr. Holman's presentation will apply principles from John Gottman's Sound Relationship House to the relationship between pastor and members of the pastor's church. Participants will learn:

1. How to build a foundation of friendship between the pastor and church members
2. How to understand and manage conflicts
3. How to understand the relational impact of trustworthiness
4. How to encourage the pastor's dreams for the future

### **Gilead Revisited: What a Fictional Pastor Might Teach Us About Ministry and Self-care**

Dr. J. Michael Walters, Associate Dean of Biblical Studies, Houghton College

10:30-11:30 a.m. / Barnes Student Center - Leedy Banquet Room / Session I - C

Dr. J. Michael Walters has lived in Houghton, New York for 32 years, the first of which he served as Senior Pastor of the College Church, joining the Houghton faculty full-time in 1995. He holds Bachelor's degrees from Ohio Christian University and Houghton College; Master's degrees from Asbury Theological Seminary and St. Mary's University; and a Doctor of Ministry degree from Trinity Evangelical Divinity School.. Dr. Walters' presentation will focus on factors contributing to clergy flourishing in ministry. Dr. Walters addresses the current discussions of ministerial life through the lens of a fictional pastor from an acclaimed novel. This approach provides paradigmatic insights for a conversation on ministerial flourishing and self-care.

## Concurrent Session II

### **Pastors, and their Love/Hate Relationship with Relationships**

Ms. Sandra Metz MA, IMFT, NCC Gilead Counseling, Indiana Wesleyan University, Northview Wesleyan Church

1:15 - 2:15 p.m. / Barnes Student Center - Henry West Banquet Room/ Session II - A

Ms. Sandy Metz is an alumna of Indiana Wesleyan University. She has designed programs to help those preparing for the ministry explore personal issues that could inhibit their effectiveness. She also implemented groups which focused on family systems awareness. Watching group members grow and change fueled her passion for helping students and pastors understand how their family of origin and the systems within their church impact their relationships and therefore their ministry. She continues to work with her district and The Wesleyan Church to imagine how pastors can use systems awareness to be better pastors. Ms. Metz's presentation will focus on how the awareness of the systems impacting the health of the pastor has the power to change the way the pastor sees themselves and their impulse(s) in relating to others. Achieving wellness and flourishing in ministry means understanding what drives relational patterns.

### **Ministering Effectively to Wounded Clergy and Laity**

Dr. David Vardaman, Assistant Professor of Practical Theology, Indiana Wesleyan University

Dr. David Vardaman is an ordained minister in The Wesleyan Church. He pastored for more than 30 years before transitioning to the teaching ministry. He holds a masters degree in counseling and a masters and doctorate in organizational leadership. Dr. Vardaman's presentation is a hands on workshop where participants will consider two case studies and work on developing a response that is redemptive and restorative where possible. Participants will engage in creating an effective response to clergy moral failure from the moment of discovery to the day of restoration.



## Concurrent Session II

### **Clergy Mental Health: Highlights from the Duke Clergy Health Initiative**

Rev. Chris Adams MAT, MSMFT, Ph.D., Associate Campus Pastor for Community Care/Adjunct Faculty, Azusa Pacific University

1:15 -2:15 p.m./ Barnes Student Center - Leedy Banquet Room / Session II - C

Rev. Adams graduate from Fuller Seminary, and currently serves as the Associate Campus Pastor for Community Care at Azusa Pacific University. He coordinated the pastoral care of 6,000 undergrads as well as serving as an adjunct professor in undergraduate and graduate psychology and theology. He serves as a consult to a variety of denominations and seminaries in clergy and missionary candidate assessment, health, and effectiveness. He is currently working as a consultant and researcher with the Duke Clergy Health Initiative. Rev. Adam's presentation highlights the Duke Clergy Health Initiative which is a \$12 million, seven year program intended to improve the health and well-being of United Methodist clergy in North Carolina. The Clergy Health Initiative's research is the first to examine how to tailor health interventions to clergy. The findings suggest that programs to improve clergy health are likely more effective if they address the multiple conditions that contribute to health in an ecological framework. Factors that contribute to clergy depression, anxiety, and burn-out, as well as job satisfaction and well-being will be discussed with implication for care of pastors.

## Concurrent Session II

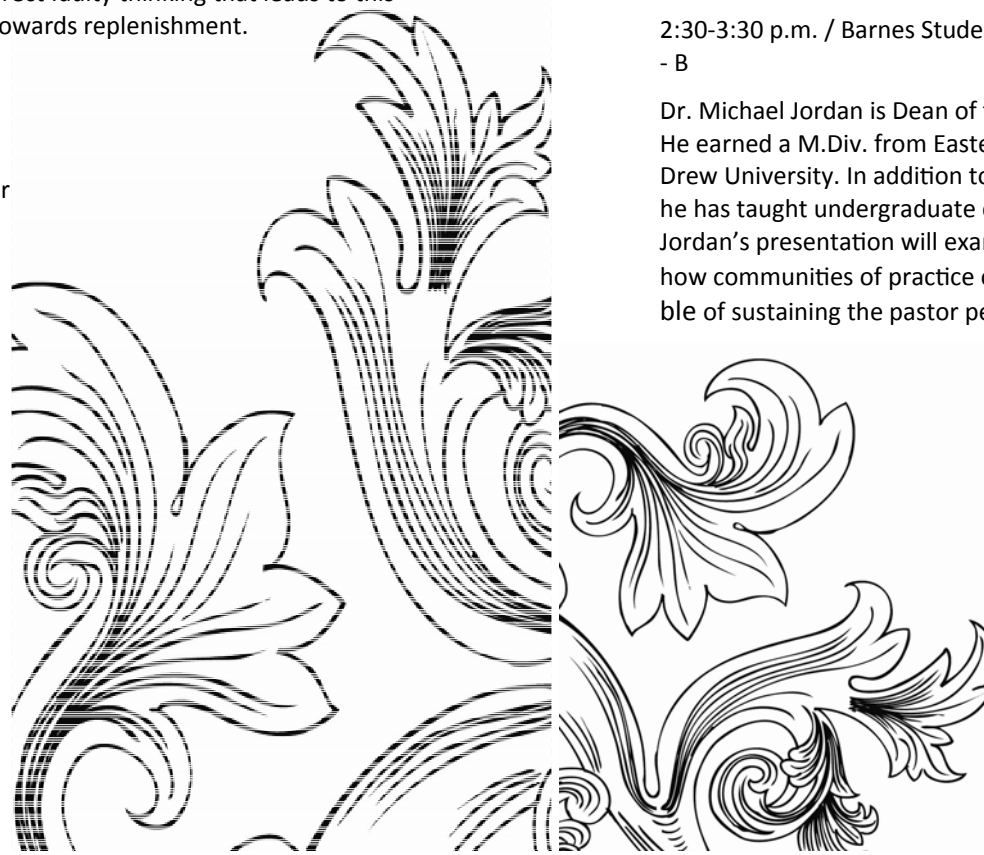
### **Maxwell, Mitford and the Methodist Impulse: A Spiritual Remedy for Ministry Depletion**

Rev. Mark O. Wilson, Senior Pastor, Hayward Wesleyan Church

1:15 -2:15 p.m. / Barnes Student Center - Globe Theater / Session II - D

Rev. Mark O. Wilson has served as senior pastor of Hayward Wesleyan Church, a vibrant, multiplying congregation in the Wisconsin north woods for over 23 years. He is the author of two books, *Filled Up*, *Poured Out* and *Purple Fish*. Rev. Wilson's heartfelt, humorous and engaging presentation will help clergy caregivers to better understand the unique pressures and challenges ministers face. Drawing from a wealth of personal experience, observation and insight, Wilson will share ways caregivers can help clergy identify early warning signs of depletion, correct faulty thinking that leads to these conditions, and take positive steps towards replenishment.

Besides tapping into the spiritual source of prayer and renewal (such as the early Methodists practiced), practical suggestions will be given for caregivers to help pastors manage ministerial energy, as well as the multiple demands and complexities of the task.



## Concurrent Session III

### **Neuroscience of Spiritual Resiliency**

Dr. R.P. Ascano , Forensic Psychologist, Lakeland Mental Health Center, Inc.

2:30-3:30 p.m. / Barnes Student Center - Henry West Banquet Room / Session III - A

Dr. Ascano is a fellow with the American College of Forensic Psychology and the American Academy of Experts in Traumatic Stress. He is also a Diplomate on the American Board of Psychological Specialty. He also serves as a Forensic Training Director with Lakeland Mental Health Center, Inc. Dr. Ascano's presentation will provide an evidence-based procedure for enhancing spiritual resiliency from the perspective of neuroscience, thereby, minimizing the risk of ministry burnout.

### **Communities of Practice for Lonely Clergy**

Dr. Michael Jordan, Dean of the Chapel, Houghton College

2:30-3:30 p.m. / Barnes Student Center - Bedford Banquet Room / Session III - B

Dr. Michael Jordan is Dean of the Chapel at Houghton College. He earned a M.Div. from Eastern Seminary and a Ph.D. from Drew University. In addition to ten years of local pastoral experience, he has taught undergraduate courses and has written journal articles. Dr. Jordan's presentation will examine loneliness as a major issue for clergy., and how communities of practice can draw clergy into genuine friendships capable of sustaining the pastor personally and professionally.

## IWU Visitor Map

### Concurrent Session III

#### **Running Partners: A Case for Relationships of Support, Encouragement, and Accountability for Pastors**

Rev. Mike Van Kampen, Director of Administration and Ministry Development, Alongside Inc.

2:30 –3:30 p.m./ Barnes Student Center - Leedy Banquet Room / Session III - C

Rev. Mike Van Kampen has been a pastor for nearly 20 years. He also serves on the board of Alongside, a counseling retreat ministry for pastors and missionaries located near Richland, Michigan. Rev. Van Kampen's presentation will focus on life-giving and sustainable ministry taking place when pastors and other Christian leaders recognize their need for relationships with colleagues that involve both personal and professional sharing. His presentation will rehearse the biblical basis for cultivating these kinds of relationships as well as discuss one possible format for fostering relationships of mutual support, encouragement, and accountability.

#### **Embracing David: Restoring Sexual Integrity following Pastoral Moral Failure**

Dr. Todd Bowman, Associate Professor of Counseling, Indiana Wesleyan University

2:30 –3:30 p.m. / Barnes Student Center - Globe Theater / Session III - D

Dr. Todd Bowman is an Associate Professor of Counseling at Indiana Wesleyan University. He received his doctorate in Counseling Psychology from Oklahoma State University in 2008 and has been practicing professional counseling since that time. He writes and presents on sexual health and sexually addictive behavior, including the publication of his first book, *Angry Birds & Killer Bees: Talking to Your Kids about Sex* (Beacon Hill Press 2013). Dr. Bowman's presentation will focus on understanding pastoral moral failure of a sexual nature as well as helping restore pastoral integrity in the recovery process. Special emphasis will be given to the etiology of sexual behavior and variables contributing to the high risk of pastoral moral failure involving sexual behaviors.



#### Points of Interest

BSC = Barnes Student Center (Flourishing Conference)

NCMC = Noggle Christian Ministries

SEM = Wesley Seminary

JWAB = John Wesley Administration Building

IWU Division of Graduate Counseling can be located at 50th street and not on map

# Flourishing In Pastoral Ministry

