

The background is a deep red color with intricate, lighter red scrollwork and floral patterns. The patterns are most prominent in the upper and lower corners, framing the central text. The overall aesthetic is formal and elegant.

FLOURISHING IN PASTORAL MINISTRY

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

OCTOBER 11, 2013



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

Dave Hagle

Jim Fuller

Ken Schenck

Mark Gerig

Dave Ward

Kwasi Kena

Sponsors

Indiana Wesleyan University Graduate School

The Wesleyan Church - Education and Clergy Development

Division of Graduate Counseling

School of Theology and Ministry

Wesley Seminary



Schedule

Conference Registration & Breakfast	8:15-8:45
Welcome and Introduction	8:45-9:00
Dr. Everett Worthington Jr. "Understanding Self-Condernation , Self-Forgiveness, and How to Help"	9:00-10:00
Morning Break - snacks and beverages in Atrium	10:00-10:15
Concurrent Session I (see pgs. 7-8)	10:15-11:15
Concurrent Session II (see pgs. 9-10)	11:15-12:15
Lunch - Baldwin Dining Room is located on campus (see map pg. 15) There are also several local restaurants within a short drive.	12:15-1:30
Concurrent Session III (see pgs. 11-12)	1:30-2:30
Concurrent Session IV (see pgs. 13-14)	2:30-3:30
Afternoon Break - cookies and beverages in Atrium	3:30-3:50
Dr. Everett Worthington Jr. "What Positive Psychology Can Tell Ministers about Wellness and Flourishing"	3:50-4:50
Benediction and Adjournment	4:50-5:00

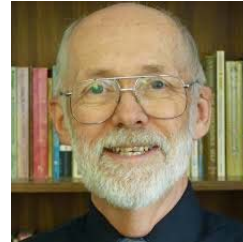
Dr. Everett Worthington Jr.

Ph.D., University of Missouri-Columbia,

Licensed Clinical Psychologist, Virginia

APS Fellow

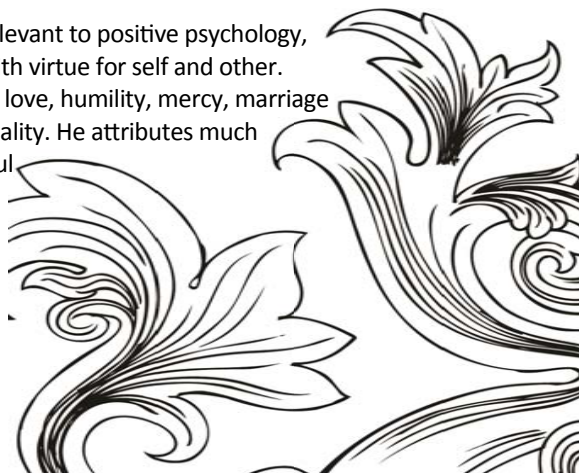
APA Fellow (Division 36/Religion and Spirituality)

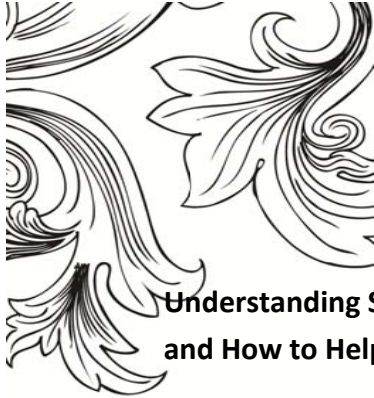


Everett Worthington, Ph.D., is Professor of Psychology at Virginia Commonwealth University (VCU; the largest state university in Virginia). He is also a licensed Clinical Psychologist in Virginia. He has published about 30 books and over 350 articles and scholarly chapters, mostly on forgiveness, marriage, and family topics. He frequently discusses forgiveness, marriage, and family in media. He is a Past-President of the American Psychological Association Division 36 (Society for the Psychology of Religion and Spirituality), and a fellow of the Association for Psychological Science and two divisions of the American Psychological Association. He won VCU's annual top award in recognition of teaching, research, and service - VCU's Award for Excellence - in 2009 and several organizations' top awards.

He became interested in forgiveness through his practice in couple counseling, and he began conducting research on forgiveness in 1990 but writing about its clinical uses in the 1980s. In the last 20 years, he has studied forgiveness, justice, faith, and a variety of virtues under the general rubric of positive psychology. He became interested in their relationship after his mother's murder and brother's subsequent suicide. Get free resources on promoting forgiveness at www.people.vcu.edu/~eworth or www.EvWorthington-forgiveness.com.

He has studied a variety of topics relevant to positive psychology, the branch of psychology dealing with virtue for self and other. These include forgiveness, altruism, love, humility, mercy, marriage enrichment, and religion and spirituality. He attributes much of his success to the many wonderful students and colleagues he has had the privilege of working with.





Keynote Speaker Topics

Understanding Self-Condernation, Self-Forgiveness, and How to Help

College Wesleyan Church Great Room 9:00-10:00 a.m.

Dr. Worthington will describe a psychological and theologically consistent method of dealing with self-condernation, including six steps to self-forgiveness. The steps are grouped into three tiers:

Responsibility

1. Receive God's forgiveness
2. Repent and repair relationships
3. Reduce rumination

Reaching Peace

4. REACH Emotional Self-Forgiveness

Realistic Living

5. Realize self-acceptance
6. Resolve to live virtuously

What Positive Psychology Can Tell Ministers about Well-ness and Flourishing

College Wesleyan Church Great Room 3:50-4:50 p.m.

Positive psychology is conceptualized in one of two ways: as a psychology of happiness and well-being or as a psychology of virtue and character strength. I embrace the second. As a psychology of virtue, positive psychology has a lot to say about living that is consistent with Christian ministry and principles. I lay out my understanding of positive psychology as a psychology of virtue and what that means. In addition, I describe the benefits of behaving virtuously in physical health, mental health, relationships, and spiritual life.

Concurrent Session I

Clergy Well-Being: John Wesley and Priorities in Ministry

Dr. Anthony Headley, Licensed Psychologist, Asbury Theological Seminary

10:15-11:15 a.m. / College Wesleyan Church Room 117 / Session I - A

Dr. Headley is a professor of counseling at Asbury Theological Seminary. His doctoral dissertation, "MMPI Personality Characteristics and Stress and Burnout among Persons in Ministry," focused on clergy. Dr. Headley has five published books that address issues pertinent to ministry. His most recent is *Getting it Right: Christian Perfection and Wesley's Purposeful List*, Emeth Press. Dr. Headley's presentation today will draw from the writings of John Wesley. It will focus on the following three priorities in clergy well-being and ministry:

1. The right heart and overall spiritual well being
2. Self and family care
3. Caring for both soul and body

The Sabbath-Life: A Pattern for Pastoral Health

Rev. Mike Van Kampen, Alongside Inc.

10:15-11:15 a.m. / College Wesleyan Church Room 118 / Session I - B

Rev. Mike Van Kampen is a pastor and Director of Ministry Development, Alongside Inc. in Kalamazoo, Michigan. Alongside is a counseling and retreat ministry for pastors and missionaries. He works to restore, renew, and equip Christian leaders with the Alongside ministry. Rev. Van Kampen's presentation today will help participants to fully understand the gift of God that is the Sabbath. Rev. Van Kampen will discuss real-world examples and techniques to use in creating and maintaining a healthy balance and emotional/physical margin in ministry.

Concurrent Session I

Developing a Ministry with Brains: How to Tame an Anxious Brain

Dr. Virginia Todd Holeman, LMFT and LPC in Kentucky,
Asbury Theological Seminary

10:15-11:15 a.m. / College Wesleyan Church Room 119 / Session I - C

Dr. Holeman is Professor of Counseling at Asbury Theological Seminary. She is a Licensed Marriage and Family Therapist and a Licensed Professional Counselor in KY. She has authored three books: *Reconcilable Differences: Hope and Healing for Troubled Marriages (IVP)*; *Inside the Leader's Head (Abingdon)*; *Theology for Better Counseling: Trinitarian Reflections for Healing and Formation (IVP)*. Dr. Holeman's presentation is focused around the fact that life is filled with anxiety. Her presentation will teach you how to recognize different types of anxiety, how to diagnose the source of anxiety, and how to develop strategies to tame an anxious brain.

Emerging Insights From the Flourishing in Ministry Project

Dr. Matt Bloom, University of Notre Dame

10:15-11:15 a.m. / College Wesleyan Church Room 123 / Session I -D

Dr. Bloom is an Associate Professor in the Mendoza College of Business at the University of Notre Dame. He studies well-being at work among the helping professions. His research can be found at <http://wellbeing.nd.edu/>. Dr. Bloom will present some insights from his research on the well-being of clergy and their families. This project is funded by the Lilly Endowment.

Concurrent Session II

Do Clergy Really Have Problems With Sexual Addiction?

Mrs. Karen Eyman Kinder LCPC, LMHC, CSAT, Private Practice

11:15 a.m.-12:15 p.m. / College Wesleyan Church Room 123 / Session II - D

Karen is a certified sexual addiction therapist (CSAT). She has been in private practice in Illinois for the last 25 years. Karen's presentation will address some of the significant information and research that supports educating the church leadership to be able to identify pastors who are possibly engaging in behaviors of sexual misconduct or addiction. With this knowledge as well as discernment, guidance, understanding and grace the church will be able to support recovery and ultimate healing for the pastor, his family, the victims, as well as being able to reestablish trust and foster maturity for the community damaged by sexual sin. Lastly, the church has the need to develop a method for creating an environment conducive to sexual integrity in their congregation. This is accomplished by focusing on a plan encapsulating prevention, education, spiritual formation and oversight.

Neuhaus, Nouwen, and Me: Forging a Sustainable Pastoral Identity of Fragility and Confidence

Dr. Michael Jordan, Houghton College

11:15 a.m.-12:15 a.m. / College Wesleyan Church Room 119 / Session II - C

Dr. Michael Jordan is Dean of the Chapel at Houghton College. He has 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 and graduate courses and has written articles in *Mutuality*, *Preaching* and online in *Leadership Journal*. Dr. Jordan's presentation explores how a pastor can have a healthy dialectic of fragility and confidence, and how theological educators might begin to equip pastors to grow in this way.



Concurrent Session II

Unfinished Business: Increasing Relational Insight and Well-Being Through Family Systems Awareness

Mrs. Sandra A. Metz M.A., IMFT (OH), LMFT (IN), NCC,
Indiana Wesleyan University (Adjunct)

11:15 a.m.-12:15 p.m./ College Wesleyan Church Room 118 / Session II - B

Sandra is an alumna of Indiana Wesleyan University. During her Masters internship she designed a program to help students preparing for the ministry explore personal issues that could inhibit their effectiveness. She also implemented groups which focused on family systems awareness. It was through her work with these groups that she became passionate about helping students and pastors understand how their family of origin impacts their relationships and therefore their ministry. Sandra will provide attendees with information that will enhance understanding of family systems; they will be encouraged to augment self-awareness and wellness through family of origin training, relational-systemic experiences, and continued feedback related to individual discoveries.

The Missing Ingredient in Clergy Wellness

Dr. David Ward, Indiana Wesleyan University

11:15 a.m.-12:15 p.m. / College Wesleyan Church Room 117 / Session II - A

Dr. David Ward is an ordained minister in The Wesleyan Church and currently leads the School of Theology and Ministry at Indiana Wesleyan University. Dr. Ward received his bachelors degree in Christian Ministries from Indiana Wesleyan University, his M.Div. from Asbury Theological Seminary, and his Ph.D. in Practical Theology and Homiletics from Princeton Theological Seminary. Dr. Ward notes that much of the literature directed toward pastors struggling with burn-out addresses problems of balance, rhythms, rest, hobbies, boundaries, and de-roling. While components of sustainability such as these are crucial, this session presents what is often left out of the literature and clergy care equation: pastoral depth.

Concurrent Session III

Standing Sexually Whole & Holy in a Broken World

Dr. Michael Sytsma, Building Intimate Marriages, Inc.

1:30-2:30 p.m. / College Wesleyan Church Room 117 / Session III - A

After serving as staff pastor for over a decade, Michael Sytsma earned a Marriage and Family Therapy Ph.D. specializing in marital sexuality. He is a Licensed Professional Counselor, Certified Sex Therapist, and Certified Sexual Addictions Specialist. He is an ordained Minister in Special Service by The Wesleyan Church and serves under appointment to Building Intimate Marriages, Inc. Dr. Sytsma's presentation provides keys to a healthy and holy sexuality that is more than just "don'ts." Explore an incarnate, Christ reflective sexuality that is rich, healthy, and a challenge to our discipleship.

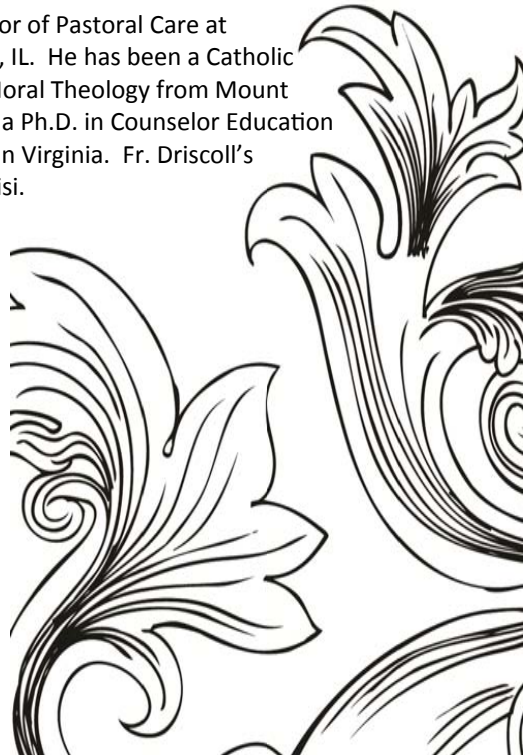
Make Me an Instrument of Your Peace: Francis of Assisi's Advice for Clergy Wellness

Fr. Mike Driscoll LCPC, St. Elizabeth Medical Center

1:30-2:30 p.m. / College Wesleyan Church Room 118 / Session III - B

Fr. Mike Driscoll is Chaplain and Director of Pastoral Care at St. Elizabeth Medical Center in Ottawa, IL. He has been a Catholic priest for 21 years. He has a M.A. in Moral Theology from Mount St. Mary's University in Maryland, and a Ph.D. in Counselor Education & Supervision from Regent University in Virginia. Fr. Driscoll's presentation focuses on Francis of Assisi.

Francis of Assisi was a member of the clergy, founder of a religious order, mystic, and leader in social work and healthcare in the 13th century. St. Francis of Assisi struggled with questions and issues of clergy wellness that still face individuals who are devoted to Christian ministry. How he faced and resolved these struggles can provide insight even in - and possibly especially in - the modern world.



Concurrent Session III

The Utilization of Psychological Assessments to Increase Resiliency and Retention Rates for Clergy and Candidates

Dr. Tom Campion and Mr. Tony Merritt, LCSW, Campion, Barrow and Associates

1:30 -2:30 p.m./ College Wesleyan Church Room 119 / Session III - C

Campion, Barrow and Associates (CBA) has been a part of ministry care for 40 years utilizing psychological assessments. CBA has performed assessments and consultation services for a diverse spectrum of ministries and missionary organizations including: The Salvation Army, United Methodist Church, The Vineyard Church, The Evangelical Alliance Mission (TEAM), SEND International, Intervarsity, and others. It is the goal of CBA to assist individuals in increasing their potential for ministry and personal success as well as assist and support those individuals currently in ministry with psychological measures. Dr. Campion and Mr. Merritt will share strategy and value of utilizing psychological instruments to prepare clergy candidates for ministry endeavors and as a needs for assessment for clergy struggling with ministerial or personal performance.

A Stress Prevention Model for Healthy Functioning in Ministry

Dr. LaVerne K. Jordan, Colorado Christian University

1:30 -2:30 p.m. / College Wesleyan Church Room 123 / Session III - D

Dr. LaVerne Jordan is Dean of Social Sciences and Humanities, College of Adult and Graduate Studies at Colorado Christian University. She has served in several higher education positions for 26 years. Her training as a counselor, educator, her own journey of development, and working with hurting people has given her a heart for restoration and reconciliation. Dr. Jordan's presentation focuses on a stress prevention model that addresses contributors to stress and factors that reduce stress, including coping skills, self-esteem and group support, will be examined. Recent research on adaptive and maladaptive perfectionism, as it contributes to stress, will be reviewed.

Concurrent Session IV

Dancing with the Sisyphean Imperative: Clergy Well-Being with the Brain in Mind

Mr. Bob Sitze, Congregational Consultant / Author

2:30-3:30 p.m. / College Wesleyan Church Room 117 / Session IV - A

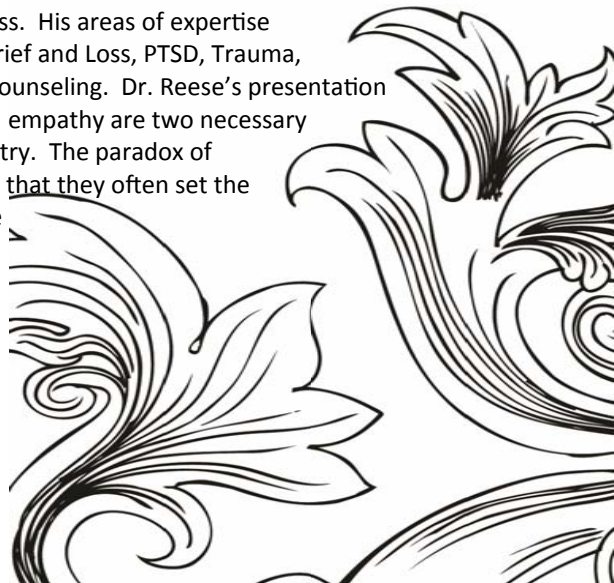
Mr. Sitze is an Alban Institute author and former ELCA executive staff member. He brings over 45 years of congregation-based practice to his presentation. He is consistently drawn toward a whimsically honest stance regarding congregational ministry. He has written and puzzled his way into examinations of evangelism, hunger education, stewardship, Christian education, simple living and applied neurobiology. He blogs at www.thelutheran.org/blog/simpleenough. Mr. Sitze's presentation will draw on the insights of current and developing brain science. He shows how "The Sisyphean Imperative"- the default futility of clergy's presumptive roles - can be understood and ameliorated within the framework of applied neurobiology.

Caring for the Caregiver: Compassion Fatigue and Burnout in Ministry

Dr. Merrill T. Reese, Regent University

2:30-3:30 p.m. / College Wesleyan Church Room 118 / Session IV - B

Dr. Merrill Reese earned his Ph.D. from Regent University and currently serves as an Assistant Professor in their Counseling department. Dr. Reese also is Co-Director of the Center for Trauma Studies. He is a Certified Field Traumatologist with Green Cross. His areas of expertise include Compassion Fatigue, Grief and Loss, PTSD, Trauma, and the Role of Spirituality in Counseling. Dr. Reese's presentation illustrates that compassion and empathy are two necessary components for effective ministry. The paradox of these necessary components is that they often set the caregiver up for the experience of compassion fatigue and burnout in ministry.



Concurrent Session IV

Happy, Healthy Clergy: 7 Lifestyle Practices for Enduring Wellness

Dr. Steven Cappa, Colorado Christian University,
and Mrs. Patti Cappa, L.M.F.T. CACII

2:30 –3:30 p.m./ College Wesleyan Church Room 119 / Session IV - C

Dr. Steven Cappa has served as the Clinical Director of Marble Retreat for the past 10 years where he served hurting clergy who come seeking, hope, healing, and restoration for vocational ministry. As a professor of Counseling at Colorado Christian University, he is excited to share his rich fund of knowledge to improve life for our clergy. Patti Cappa is an Licensed Marriage and Family Therapist and is currently an affiliate faculty member with Colorado Christian University. Their presentation will focus on the positive and affirmative practices that all clergy must engage in to provide an enduring model for health in the face of unavoidable vocational demands. Their presentation is aligned with the supportive research of Mark McMinn, Ph.D., George Fox University. The 7 point model is the culmination of 15 years of working with and ministering to clergy through the 40 year old ministry of Marble Retreat. The vast majority of clergy are married, and ministry and marriage are powerfully bound, so they will address the issue of flourishing in ministry from a couples standpoint.

The Relational Isolation of Pastors

Mrs. Sheryl Busby, M.A.

2:30 –3:30 p.m. / College Wesleyan Church Room 123 / Session IV - D

Sheryl Busby lives in Clovis, California. She and her husband, Rob, have been married for 30 years and they have two children and two grandchildren. Sheryl has utilized her leadership, teaching, and discernment gifts in serving as a staff pastor as well as serving in lay ministry. Her ministry experiences led her to pursue and complete a Master of Arts in Christian Ministry with an emphasis in Pastoral Care and Counseling. Sheryl's presentation addresses the issue of pastors experiencing relational isolation and loneliness. She will explore personal and congregational risk factors as well as the connection between relational isolation and pastoral sexual misconduct.

IWU Visitor Map



Points of Interest

CWC = College Wesleyan Church

BSC = Barnes Student Center (Baldwin Cafeteria)

NCMC = Noggle Christian Ministries

SEM= Wesley Seminary

Flourishing In Pastoral Ministry

