

THE ARCHANGEL

ANGLICAN CATHOLIC CARING MINISTRY
CLINICAL PASTORAL EDUCATION

October 2019

Newsletter of Saint Michael The Archangel Church of Frederick Maryland



Anglican Catholic Caring Ministries, ACCM

Chaplaincy

Anglican Catholic Caring Ministry, aka “ACCM”, refers to the ministry offered by our men and women, clergy and laics, committed to foster the psycho-social-spiritual growth and shalom of each human being they interact with in healthcare facilities or in the community ‘centers.

Coping with medical issues is stressful whether it is an injury, a diagnosis, a chronic disease, or a terminal illness. Enveloped within medical issues are spiritual issues for many people. For some people spiritual issues are overt and easily identified. For other people the experience of illness is also a spiritual issue though not explicit. It is more subtle. It may emerge through discussions about the meaning of illness in the person’s life.

Pastoral (and spiritual) care is a broader concept that refers to the experience of, and the search or need for peace, hope and love find in the heart of every human being. It is a complex and multidimensional part of the human experience—our inner belief system. It helps individuals to search for the meaning and purpose of life, and it helps them experience hope, love, inner peace, comfort, and support. Spirituality encompasses people who are religious and have connection to a faith tradition, as well as people who do not perceive themselves to be religious at all.

Every person has a spiritual dimension, those non-material aspects of life represented in their relationships with family, friends or God, which provide meaning in their lives. These life values guide their response to life illness and other kind of crisis. Some people express their spirituality through religion, others do not. Religion and spiritual matters are a very private and sensitive topic for people. Many had terrible experiences in their youth with church, they were forced to go or they were hurt by someone in the church and lost trust. This is tragic, some people carry the anger or resentment their whole life and die having never dealt with the hurt. Spiritual intervention is designed to help the patient walk through the bad experience enabling them to create a satisfying end of life experience.

ACCM chaplaincy

A chaplain is a referral resource to help peoples as they address life changing experiences and the subsequent questions that emerge about the meaning of life. Chaplain is a resource person who can help those with an identified religious affiliation to cope more effectively by using their spiritual resources. Chaplain

is also a resource to people who are not affiliated with a religious group. The ACCM chaplain is trained to help them discuss important issues and questions as well as defines their own values and life meaning. Chaplain seeks to help them access the higher human values – intelligence, compassion, forgiveness, acceptance, peace, community, consolation – and apply them to present day events, crises, and challenges.

The ultimate role of a chaplain is to provide spiritual support and anyone who is qualified, clergy person or not, can be trained to become an ACCM chaplain.

At ACCM, we define patient experience as the sum of all interactions, shaped by an organization’s culture, that influence patient perceptions across the continuum of care. Central to this definition is the “sum of all interactions”; it represents a perspective that is much broader than the clinical realm in which we deliver care, reaching to the fullest experience that we have as human beings in health care. It encompasses our desire to maintain health and well-being, find healing, or live our remaining days with dignity, respect and peace. Interactions are at the core of our work in ACCM and remind us that while this is a business based on science, it remains a practice grounded in our humanness, in our hopes and fears, vulnerabilities and strengths. At the heart of all we do and hope to achieve we never overlook that we are simply human beings caring for human beings.

Our chaplains are members of the interdisciplinary team, so that a picture of the patient as whole person is a part of their focus. They are professionally trained to address the spiritual needs of patients and families...they are trained to listen not only to what is said in words but also to the experience and feelings behind the story. Many issues patients want to discuss are not necessarily "religious" issues, but life concerns. How has my life had value? What has been important to me in my life? What do I have left to do before I die? Who is important to me? Other issues are more related to God. Who is God? What do I believe about what happens after I die? Do I need forgiveness? How can I deal with my fears about dying? ... Trained to listen to the story of pain...this pain may arise from unresolved relationships with one perception of a higher power or with individuals in a person’s life. It also may be the result of an inability to find and celebrate one’s life’s accomplishments; to know that it matters that he/she walked this earth. There may be some unrest as to what happens at the end of one’s life. These issues and more can be explored with the

support and resources of the chaplain. They are listeners.

Clinical Pastoral Education, CPE

This page on Clinical Pastoral Education (CPE) describes the requirements that the ACCM would like trainees follow.

It is hoped that a greater emphasis placed on this sort of skill development will improve a positive flow of peoples seeking a caring ministry and greater clarity to their calling.

Additionally, we have been concerned for some time about the availability of a graduate level program of ministry for lay persons who want to serve as well as the men who are in the process of deciding their ordination calling to full-time ministry. CPE provides for such exploration and is well suited for all early in their training. It is hoped that this program will facilitate for professional trainees a healthy environment as they learn to care for the people of their parishes and communities. In providing adequate and affordable graduate level educational opportunities, CPE recognizes that this kind of expertise will foster the kind of pastoral care which builds conceptually on the major priorities of the Church.

What is Clinical Pastoral Education, CPE?

Clinical Pastoral Education is a unique educational experience in pastoral care. Clinical Pastoral Education (CPE) Programs allow ministers, seminarians, and other religiously-oriented persons to develop counseling skills, familiarity with a particular pastoral setting (usually within a hospital, parish, hospice, retirement home, etc.), and self-awareness as pastoral care-givers. Attention is given to enhancing the dignity of patients, family members, parishioners, staff and CPE students within this context. While seminary courses often provide an academic basis for the theology of pastoral care, CPE emphasizes learning by doing. Seminary field education experiences do not provide the same level of intensity of direct supervision, peer interaction, or accountability for one's professional functioning as does CPE. CPE training employs the action/reflection/action model of education which encourages students to learn through their direct experiences of ministry to patients and family members, in a clinical setting, and, by reflecting upon, and exploring, those experiences with peers and a

supervisor. Anton Boisen, a founder of the CPE movement, maintained that ministry became a living experience when pastoral persons learned about the "human experience" through "living human documents."

The objectives and goals of Clinical Pastoral Education/Training are to enable the trainee to achieve high levels of competence in the art and science of clinical pastoral care and counseling; the development of the uniqueness of the trainee's person as a gift through which the trainee is able to offer a pastoral relationship to persons in crisis who might present a variety of theological and cultural perspectives; development of a professional identity as a clergy/chaplain/pastoral counselor through the integration of theory, theology, and the practice of pastoral care.

This program is based on knowledge of and the theoretical and practical dimensions of clinical pastoral education and training.

Beyond Schooling: Seminaries, Pastoral Formation, and the Role of Academics

Ask almost any church leader how they recruit candidates for their new campuses and ministry initiatives, and they will tell you recruiting new graduates from seminaries is at the bottom of their list.

Gone are the days when prospective clergy would go directly from college to seminary and then straight into a senior church leadership role. Today, growing churches are looking for candidates with more than academic training. They want someone with experience, preferably from within their own congregation or network. That doesn't mean education isn't important. It just means those seeking leadership opportunities must navigate a maze of available education options to ensure they are adequately prepared. And training doesn't stop after the ordination. Our culture is constantly changing, and for clergy (and others ministers) to stay prepared to care for people's souls—as well as their own—they must become lifelong learners. Teaching pastoral skills, theories and practices is what makes the CPE training different from formal seminary's education. CPE is reshaping the way pastoral care persons are being trained.

The CPE/T promotes a unified vision for pastoral education that encompasses the aspects of pre-seminary education, seminary education and post-seminary continuing education for clergy and

laypersons. The distinguishing hallmark of the CPE/T is its holistic, integrated vision of pastoral training. The CPE/T contains specific norms for the four dimensions that anchor this vision: intellectual, spiritual, pastoral, and human.

- **Human Formation**

The emphasis on human formation as the foundation for all aspects of pastoral training will be given prominence in the CPE/T. The CPE/T gives special attention to the notion of “affective maturity” as a necessary quality for a clergy or a lay minister. This term can be understood as “emotional intelligence,” which refers to the interpersonal capacity to build relationships with people. In other words, the humanity of the priest (or other pastoral care professional) must serve as a bridge and not an obstacle to the proclamation of the Gospel. The human formation of priests/pastoral care persons as the foundation for intellectual, spiritual and pastoral formation is crucial.

- **Intellectual (Academic) Readiness**

The CPE/T focuses on academic dimension because it believes that congregations need pastoral care professionals who are grounded in the Holy Scriptures, rooted in the Anglican Catholic faith, formed by the history of the church, and able to apply the Word of God to the lives of people for their salvation and to the glory of God. The church needs clergy and ministers who are competent leaders in pastoral ministry. They must be able to integrate strong theology and pastoral practice. With a deep faith in God, a compassionate heart for people, and a gentle and peace-loving spirit, they are to serve the saved and the lost by applying the Word of God to people’s spiritual needs in diverse situations.

- **Pastoral Practice**

CPE/T will provide formative experience through learning pastoral practice in a clinical or church setting. This training will use the case study method in theological inquiry—a study of “living human documents.” Over the years, clinical pastoral education /training has developed in concert with the disciplines of medicine, the behavioral and social sciences, and theology. Through practice, reflection, evaluation, and lifelong education, clergy and other ministers will continue to grow and maintain competency for the office. Pastoral education is a learning-living

preparation where one is taught to think theologically and to focus on a few foundational aspects more deeply (reading basic texts, great books, and writing theological papers). Pastoral education also engages people in rich practical experiences relevant to pastoral ministry.

- **Spiritual Formation**

CPE/T aims to train peoples whose faith in Jesus Christ is nourished regularly by the Word and sacraments in public worship and by a disciplined devotional life. The home, congregations, clergy, and the church’s schools all help to form a pastoral character in trainees—ones who pray, believe, and confess Christ and the cross—and to shape attitudes that lead them to see people as God’s precious ones. People in preparation for the pastoral ministry also will come to understand themselves and learn to evaluate and improve themselves, become adept at asking the right questions, and live in a spirit of trust with others.

CPE Curriculum

A typical CPE program follows the standards set by its accrediting organization, normally providing for a minimum of 400 hours of supervised learning per unit of training. Trainees provide visits to patients/parishioners.

Typical Seminars: While each CPE program enjoys some latitude in the specific seminars, the following are included:

* Theological Integration Seminars (10-20 hours). This series has a focus on integrating theological insights with actual ministry events. Students are responsible for choosing and presenting theological concepts that are suggested by pastoral practice.

* Interpersonal Relationship, IPR (20-30 hours). This peer group learning experience has a dual focus. First, it provides opportunities for students to explore various personal and professional issues that may arise during their ministry. Second, it allows an experiential study of group formation and development, utilizing the group experience itself as educational tool.

* Case study seminars (20-30 hours). The purpose of this series of meetings is to allow for reviewing and critiquing verbatim (visits) reports of actual pastoral visits. Each student presents in turn, thus providing a wide variety of pastoral situations for group consideration.

*Joint/ Individual supervision: Students meet one on one or in tandem with the CPE supervisor to review pastoral work, reflect on a personal and professional growth and evaluate progress toward individual learning goals established.

Certification of Completion of Training

Upon completion of each unit of 400 hours of supervised learning, trainees receive a certificate of the successful completion of that unit.

ACCM/2019 class

Currently, we have four trainees enrolled in our CPE program since January 2019. Our Hybrid Learning blends face-to-face classroom instruction, with on-line meetings via Zoom[®] Video Conferencing and online training. This allows the CPE supervisor to deploy technology with face-to-face teaching to meet students' unique needs. The CPE training program includes various methods of didactic and applied learning:

A. Seminar Time (weekly)

- Group seminars: Thursday 1-3 pm via zoom Video Conferencing: Case study presentations and Didactics.
- Individual supervision (1hour/week by arrangement)
- Interpersonal relationship, IPR: Fridays 1-2 pm via zoom Video Conferencing.

B. Clinical Time

The candidate, in collaboration with his parish mentor, identifies areas of ministry where he will practice his pastoral skills. Clinical can be done in one's church, a nursing home, prison, community agency or a school. Each candidate does at least 5 hours per week.

Our Parish News

- **3 Children's Baptism: November 17th at 10:30 a.m.**
- **Christmas: mass: December 25th at 10:30 a.m.**
- **Christmas/New Year luncheon: January 16th at 12:00 p.m.**

Saint Michael The Archangel



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ARCHANGEL is published monthly at the beginning of the month. Submitted materials for Archangel may be emailed to webmaster@stmichaelacc.org. Your submissions should be two weeks in advance of our next issue. Suggestions are always welcome.

Cover Art: Saint Michael The Archangel Slaying Satan by Georg Wilhelm Neunhertz