

Take Time To Be Human:



USING SELF SAFELY

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Learning objectives:



- To understand self as a work in progress
- To see the connection between self-care and the effective use of self in caring for clients and patients
- To learn practical ways of self-supervision

Being perfect?

- What would the perfect parish nurse look like?
- Same as being professional?
- Appearing perfect?
- The appearance of perfection is the most effective and popular way of masking
 - Imperfection
 - Dysfunction
 - Weakness
 - Faults
 - Hard times



Reflexes reflect the unconscious



- The unconscious reminds you otherwise
- When you least expect
- Need to pray
- Need to console
- Need to dismiss bad or ugly feelings
- Projecting the unconscious on others (Ann and Barry Ulanoz, Religion and the Unconscious, 234)

Transference



- Seeing what we have in common with others
- Feeling what others feel
- Like looking at the clouds
- Seeing shapes of people, animals, and things
- Projecting yourselves and your issues on others (Teri Quatman, Essential Psychodynamic Psychotherapy: An Acquired Art,)

Caring for whom?



- Satisfy our need or their need
- Possible to self-medicate on service
Volunteer at children's hospital
 - For children
 - For self
 - For families
- More concerned about self than others
- Two hands exercise

Take time to be human! Caring for self!



- Self is the most important tool in pastoral care
- Understanding self
- Accepting self
- Caring for or nurturing self

Take time to be human=addressing obstacles



- It is a sin
- It is selfish
- Others come first
- Fight guilt and shame
- Love neighbor as self
- Love self unconditionally

Take time to be human!



- Having feelings
- Expressing them
- Exploring them and your needs
- Where, why, when, or who makes you feel this way
- They haunt you in subtle ways
- Distinguishing feelings/issues (the key)

Take time to be human: address . . .

- Personal childhood and adult trauma
 - Like being hit by a car
 - Lifetime lasting effects
- Emotional trauma
- Abuse or neglect
- Losses
- Life-threatening diagnosis
- Unresolved
 - Anger & shame,
 - Grief & shock,
 - guilt



Witnessing trauma and grief

- **Example:**
 - Death of children and youth
 - Brokenness of families
 - Violence firsthand
 - Tragedies galore
 - Cups spill over
- **See self as a work in progress:**
Intolerant of pain
- **Reluctance to take things on**
- **Soft-spot or blind spots**
 - in situations
 - Soft for particular people
- **See others the same way**



Take time to be human:



- Having place to vomit—catharsis (Greek, katharismos, purification, cleansing)
- Cartharsis: discharge of pent-up emotions so as to result in the alleviation of symptoms or the permanent relief of the condition (Dictionary.com).
- A place to empty our glasses
- Make room for more

Take time to sort out yourself



- Make sense of who you are
- Where you're coming from?
- Why you do what you do?
- See your blind spots, weaknesses, soft spots
- Make connections
- Match up the pieces

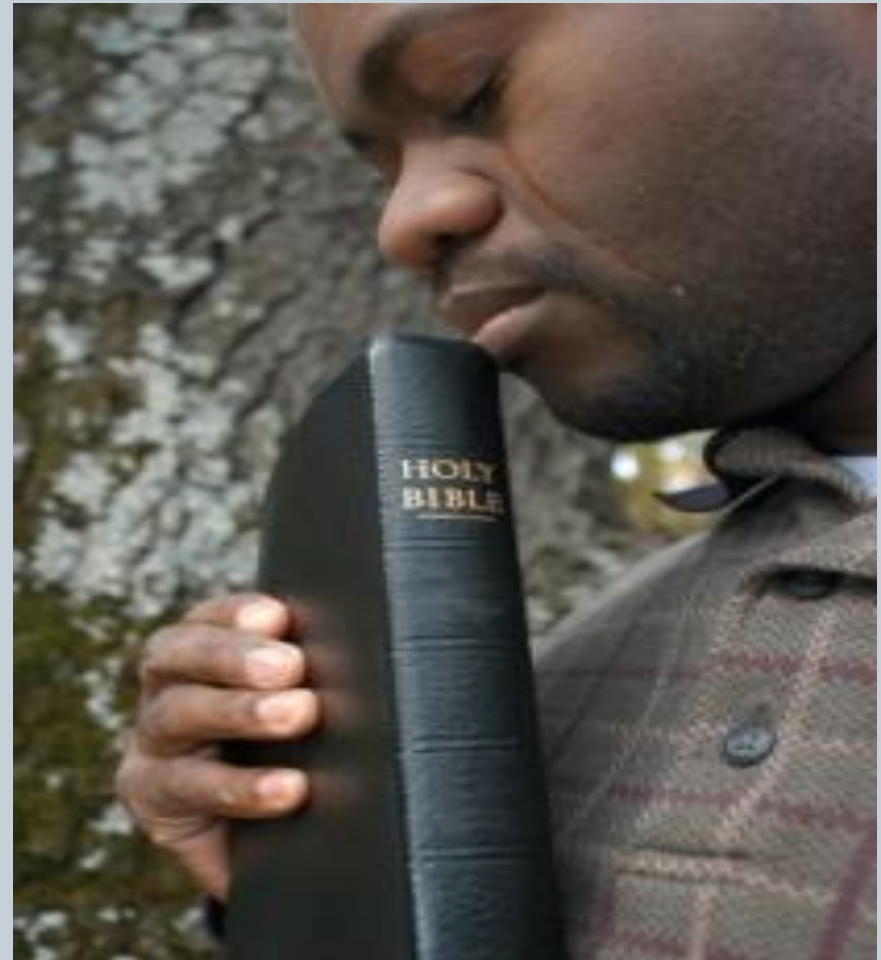
Finding personal identity



- Finding personal identity outside work or church
- Retirement a problem
- Finding worth, value, and dignity apart work or church
- Identity rests in who you are as a person
- Not what you do as a do for a living

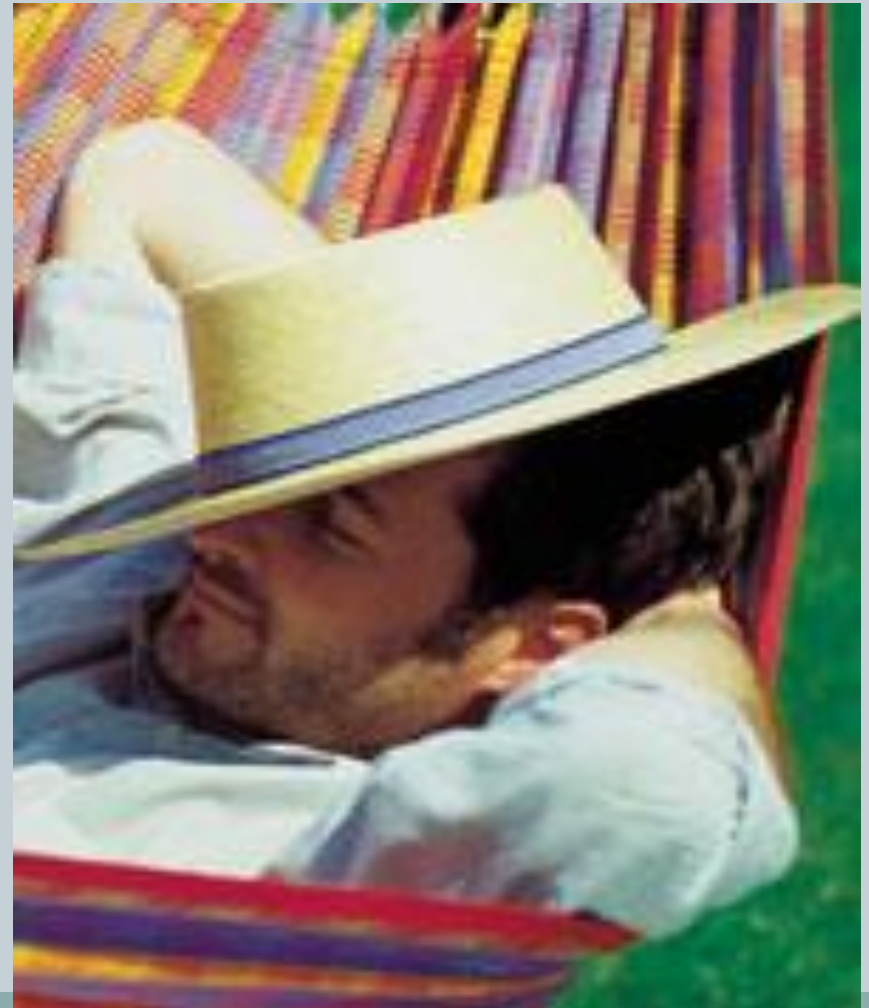
A place to mourn your hurts

- Loss of love ones
- Loss of expectations
- Loss of relationships
- Transitions
- Pains of the past
- Disappointments
 - Members
 - Workmates
 - Family
 - Friends
 - Leaders



A place to heal

- Bridge the head-heart gap
- Peace with yourself
- Peace with your past
- Peace with your present
- At peace with yourself



Take time to be human!



- We need human support
- People to be there for us
- Psychotherapy and/or group consultation
- Someone to listen without judgment
- Help us to know what to pray about
- To explore the extent or depth of the damage
- Tap into both heavenly and earthly resources

Sources



- Oswald, Roy M., *Clergy Self-Care: Finding a Balance for Effective Ministry*, Alban Institute, Herndon, VA, 1991.
- Melander, Rochelle & Harold Eppley: *The spiritual leader's guide to self-care*, Alban Institute, Herndon, VA, 2002.
- Trull, Joe E., & James Carter, *Ministerial Ethics: Moral Formation for Church Leaders*, Baker Academic, Grand Rapids, MI, 2004

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- Ulanoz, Ann and Barry, *Religion and the Unconscious*, Westminster, 1975.