

Health Care Chaplaincy

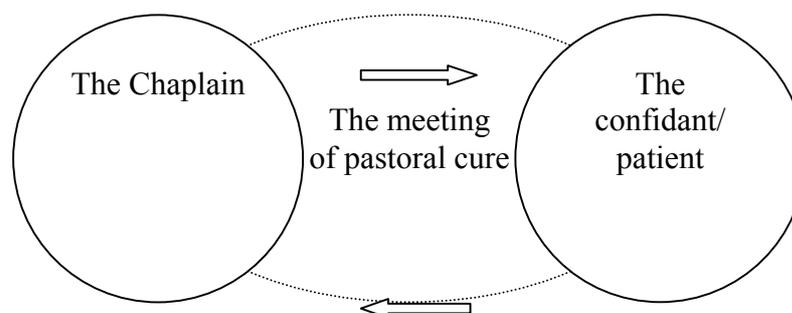
Training for Pastoral care and counselling in the Public Health Service

Training for Health Care Chaplaincy in the Public Health Service includes a **Practical Theological** section and a **Pastoral-clinical** section. The practical-theological section is open to everyone who has some part of their duty at an institution for health care. The aim is to develop the practical and theological abilities needed for chaplaincy at hospitals. The pastoral-clinical section is open to everyone who has passed the practical-theological course and work at 20 per cent at the hospital. The aim here is to create abilities and attitudes needed for those who work professionally as hospital chaplains amongst the sick, their relatives and the personnel of the hospital.

There are three focuses for the structure of the courses.

The training for Pastoral care and counselling in the Public Health Service, focuses the following three targets:

- *The chaplain himself/herself*. This part of the training will invite reflection on what the professional in Pastoral care and counselling is.
- *The patient/confidant*. This part of the training will focus on the needs of the confidant. What does the confidant look for in the meeting with the chaplain and how can the situation of the confidant be made easier?
- *The communicative meeting*



Furthermore, in literature, lectures and seminars during the course weeks, the focus is above all on the relationship between the health care chaplain and the patient/confidant.

In the tutoring, the personal conversations, the group conversations and the analyses of work and conversations, the focus is above all on the communicative meeting.

During the familiarization with the local hospital which mostly focuses on the special culture of the hospital, the situation of the patient, as well as the situation of the personnel, will be of special interest.

Description of the Practical - theological section

Aim

By acquiring adequate knowledge, analysing personal experiences as spiritual guides in a hospital context, and working with theories and attitudes in the ministry, the aim of this section is to increase the participants' knowledge of pastoral care and counselling as well as to strengthen their identity as chaplains among the sick.

After completing the course, the participants will have

- developed their theoretical and practical skills as chaplains
- acquired the ability to reflect on their own possibilities and difficulties in the meetings connected with pastoral care
- acquired an understanding of the significance of various diseases from a physiological, psychological, emotional and social perspective, and of the faith of patients, relatives and personnel
- reflected upon the place and expression of the worship in the hospital context.

Ways of working

The participants of the course are individually responsible for their learning process. The responsibility of the course leaders is to set the conditions for the learning by a relevant plan for the course, supply competent lecturers and tutors, and to present an adequate list of literature, from which the course participants with assistance of the leaders can choose what they see as the most relevant literature for the learning process.

The starting point for the learning process is the individual's personal experience as a health care chaplain at an institution.

The course will focus on the course participants' observations, feelings, daily work experience and discuss them with the help of lectures and course literature.

The length of the course is one full term or twenty weeks consisting of four sections:

1. An introductory seminar followed by a two weeks of courses that include, among other things, theoretical training
2. Tutoring in a small group (maximum four participants), altogether ten times two hours

3. A period of familiarisation at a local hospital at least 20 hours
4. A series of theoretical seminars based on the study of course literature

Criteria for acceptance

The training is open to priests, pastors, deacons, assistants or musicians with some part of their service within the public health service.

The course leaders reserve the right to structure the course according to categories of occupation, sex, age, place of living. Maximum number of participants is 16 people.

Introductory seminar and structure of the course weeks.

Introductory seminar

Short presentation of course leaders, tutors, participants.

Information on the course structure.

Establishing groups for tutoring.

Survey of the available literature.

First week of the course

Theme: The chaplain

The week from Monday to Friday afternoon includes a daily theoretical morning meeting with, for instance, lectures, study visits and so on.

Afternoons will provide time for work in small groups, preferably the already established groups for tutoring.

Topics to be analysed during the week:

- What is my tradition of faith like? What about others?
- What are the obstacles in my meetings with people? What may facilitate my meeting with others?
- What is my attitude to others?
- How do I reflect theologically upon questions of diseases and death?
- What is my personal view on ethics in ministry in general, and especially on ethics in the meetings with the sick, their relatives and the personnel?
- In what sense do the rite/devotion/prayer/sacraments belong to a holistic view of the individual? How do I reflect upon the place of these in healing?

The literature of the first week will be re-examined during the theoretical seminars.

Second week of the course.

The theme is this week is the *Patient/confidant*.

The week follows the same model as the first week.

Topics to be analysed during the week:

- What does it mean to be ill? Acute ill? Chronically ill? To have a life-threatening illness? To have chronic pain?
- What is the situation like for the patient and his/her relative at the borders of life, birth and death
- What does it mean to be ill physically, psychologically, emotionally, socially, to the faith?
- How should I view guilt, shame and forgiveness from the perspective of the patient, the relatives, the personnel or even myself?

The literature connected to the second week will be re-examined during the theoretical seminars.

Spiritual life during the course weeks

The course participants will hold worship during mornings and evenings.

The course participants will be allowed to comment on the worship sessions. The aim is to make it possible for those who have been responsible to get some feed-back on strengths and weaknesses in their way of communication in the form of devotion.

Tutoring

During the training the participants shall join a group for tutoring with a maximum of four participants during not more than ten times two hours. The tutor is a person accepted by the course leaders.

The tutoring focuses especially on the ability of the course participant to communicate and meet with the confidant in a work situation or a pastoral cure conversation.

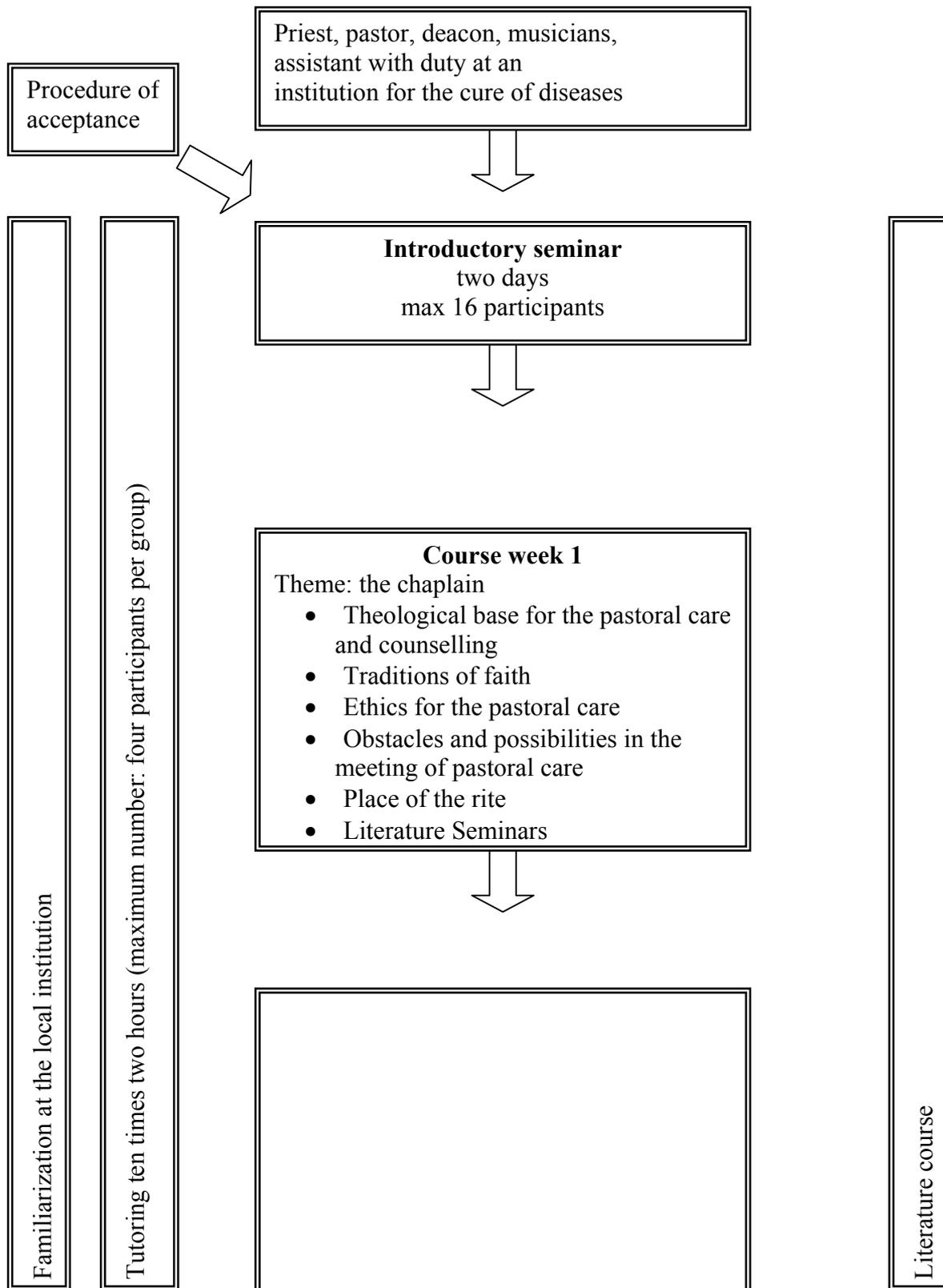
Each course participant shall under tutoring present at least two "cases".

Familiarization with the local hospital.

Each course participant will attend at least 20 hours together with nursing staff as an observer at his or her local health care institution. It is desirable that as many functions as possible at the hospital be observed. For the observation to be meaningful, not less than five hours should be spent at each place.

Pastoral care and counselling Training for Health Care Chaplaincy in the Public Health Service

Practical theological section



Description of the Pastoral-clinical section

Aim

The aim of the Pastoral-clinical section is to deepen the theoretical knowledge of theology and the cure of souls, and to reflect on the theory, the practice and the attitudes of chaplaincy. This will be done both through individual reflection of the participant's own work experience, and together with other course participants and in personal counselling. Moreover, the aim is to deepen the participants' understanding of themselves as individuals and as Christians.

After completing the course, the aim is for every participants to have

- deepened their theoretical and practical knowledge as hospital chaplains
- developed skills to integrate their personal experience from meetings as chaplains with theological skills.
- reflected upon their own possibilities and obstacles, personal and spiritual, in ministry.

Ways of working

The starting point for the learning process is partly the lectures and the literature pertaining to the course, partly the participants' personal experiences as chaplains at an institution, and partly the cases, experiences, feelings and observations that they have made during ministry.

The length of the course is one year. It includes four parts:

1. An introductory seminar, two three-weeks series of courses with, among other things, practice at a given hospital, theoretical training and a concluding seminar.
2. Personal conversations with a therapist for at least 20 hours.
3. Project work, such as a report and reflections on a book, or an analysis of a specific part of the hospital chaplaincy, either on an individual basis or together with fellow course participants.
4. A series of theoretical seminars based on the study of course literature

There will be a retreat during the series of courses.

Criteria for acceptance

The training is open to any priest, pastor, deacon or assistant with at least 20% of his/her duty at public health care institution, who has participated in the **Pastoral-clinical** course. An interview with the applicant is part of the procedure of acceptance, and this interview is mainly aimed at the arrangement of constructing functioning groups.

At least one year's work at a local hospital is requested after completing the Practical theological course.

The course is limited to six to seven participants.

Introductory seminar and structure of the course weeks.

Introductory seminar

Short presentation of course leaders, tutors and participants.

Information on the structure of the course in all parts, pedagogics, contents.

Establishing the course.

Survey and preliminary choice of literature.

The length of the seminar of introduction is two days.

First weeks of the course

During the first two weeks, the following will apply:

Afternoons will be used for work as chaplains at the place of studies

Mornings:

- group conversation on important themes
- group dynamic conversation
- personal tutoring
- lectures, study visits
- time for private reflection

Ministry at the hospitals where the course takes place

Course participants will work as hospital chaplains at one or more wards at the hospital where the course is run.

The observations, experiences, feelings and situations that arise from the work at the ward, will be included in the course as starting materials for the personal learning process.

Conversations on the themes

The observations and experiences above are analysed by the group. The task of the tutor is to assist the group in its work.

The group itself should find forms for the learning process needed to find answers to the questions of the group. The group should also locate adequate literature, plan study visits and so on.

Conversation twice per course week.

Personal tutoring

Personal tutoring will be given once per week during the course weeks.

Group dynamic conversation

The group conversations aim at focussing on two of the three areas within the ministry of hospital chaplaincy, namely the chaplain as a person, and his/her abilities to communicate. (The third topic in the training is the confidant.)

The most important tool in all pastoral care and counselling is the chaplain. The most important thing is therefore for each chaplain to examine his/her own possibilities and deficiencies. Throughout the course, in different contexts, the course participants will be encouraged to discover their own strengths and weaknesses in order to get to know themselves as chaplains and as human beings.

Group conversations will take place twice per week and last for one and a half hour.

Materials for the conversations will be taken from experiences in the personal lives of the participants, not least from the spiritual lives.

The conversations are obligatory and have their special frames, but the groups decide among themselves how to use the group, and how their time may be used.

The group conversations will not be separated from the rest of the course, but will serve the same aim as the rest of the course, and will thus be an integrated part of the training.

The group is to be considered a learning entity, in the meaning that the course participants will get to know themselves in a variety of situations, as chaplains, as confidants, as active listeners to stories told by their fellow participants, and as participants in a process which can not be outlined beforehand.

Added to this, the group conversations have a value of their own as pastoral care in a group.

Lectures

There will be lectures in topics decided by the course leaders, once or twice per week.

The first weekend of the first week the course participants will join a retreat.

Concluding seminar

Seminaries on personal projects

Summary of the course

Conclusion

Length of the concluding seminar will be three days.

Pastoral care and counselling Training for Health Care Chaplaincy in the Public Health Service Pastoral-clinical section

