

Understanding Depression Strategic Pastoral

Why do women suffer depression twice as often as men? Susan Dunlap integrates findings from biology, psychology, sociology, and theology to discover that powerlessness is a cause of depression. Based on this understanding, she develops a pastoral theological response to bring hope to depressed women. The purpose of the Counseling and Pastoral Theology series is to address clinical issues that arise among particular populations currently neglected in the literature on pastoral care and counseling. This series is committed to enhancing both the theoretical base and the clinical expertise of pastoral caregivers by providing a pastoral theological paradigm that will inform both assessment and intervention with persons in these specific populations.

Youth workers need to fully understand the inner workings and development of adolescents in order to really meet their needs. In *Teenage Guys*, Dr. Steve Gerali presents the stages of development that adolescent guys go through, providing stories from his own experiences in ministry and counseling as well as practical research findings to equip youth workers (both male and female) to more effectively minister to teenage guys. With advice from counselors and veteran youth workers, you'll find helpful suggestions on how to minister to teenage guys and their families. Each chapter includes discussion questions to help you and other

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youth workers process the issues your own students face and learn how you can help them and mentor them through this tumultuous time. In addition to concepts like mentoring and rites of passage, Dr. Gerali also walks readers through the seven areas of development young guys go through. You'll understand more about:•

Cognitive development• Identity formation• Social development• Emotional development• Physiological development• Sexological maturation• Faith formation

Nineteen million Americans suffer from depression each year. It can strike anyone, and being a Christian does not exempt you. But help is here. Understanding the ABCs of emotional life—Affect, Behavior, and Cognition—can shed light on the causes of depression. In this revised and updated edition of *Coping with Depression*, the authors look carefully at the ABCs, showing how your thoughts affect the way you feel and describing how each dimension is linked with depression. They balance the spiritual dimension of approaching depression with the most recent scientific research and offer highly practical and proven strategies for coping. If you suffer from depression or know someone who does, you will find encouragement and help in this reassuring book.

"Tan and Ortberg educate and edify. They build on state-of-the-science understanding, state-of-the-treatment tips from therapy, and state-of-the-spirit nurture of the whole person. The result: an educational and uplifting book to guide people out of depression."—Everett L. Worthington Jr., Ph.D., chair of psychology, Virginia Commonwealth University "Coping with Depression is a spiritually sensitive, scientifically informed, and highly practical

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resource for people struggling with depression and those who would seek to understand and help them."-Stanton L. Jones, Ph.D., provost, Wheaton College Siang-Yang Tan (Ph.D., McGill University) is a graduate professor of psychology at Fuller Theological Seminary. He also serves as senior pastor of First Evangelical Church of Glendale. John Ortberg (M.Div., Ph.D., Fuller Theological Seminary) is a pastor at Menlo Park Presbyterian Church and author of *If You Want to Walk on Water, You've Got to Get Out of the Boat* and *Everybody's Normal Till You Get to Know Them*. If you are a Christian and find yourself suffering from depression, this is the book for you. Expertly written by Howard Smith, who has over 35 years experience in pastoral ministry, counselling in mental health including addiction and forensic. *I hate it. I hate me. I try, but I can't shake it. If only someone could tell me how to get out of this great big black hole!* *Unshackled* is a little book that both demystifies and disables depression with both understanding and effective strategies for change. Everything you need to know about overcoming Major Depression, but in a 'little' book - because no-one with depression can raise the motivation to read an encyclopedia!

La tercera entrega de la saga del comisario Bernal Se acercan las Navidades de 1981 y en un periódico madrileño de derechas no dejan de publicarse extraños mensajes con la clave MAGOS. La Secretaría de la Casa Real acaba convenciendo al comisario Luis Bernal, el Maigret de Madrid, de que se encargue del caso y proteja a la familia real, aunque investigando la nueva

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intentiona golpista con la máxima discreción, habida cuenta de las personalidades implicadas. Al mismo tiempo, mientras Madrid se viste de gala para las fiestas navideñas, se descubren dos cadáveres, uno carbonizado junto al Palacio de la Granja y otro flotando en el Tajo..., por lo que el comisario habrá de echar mano de toda su paciencia y sagacidad para descubrir a los culpables. Entretejiendo hábilmente los detalles de la investigación forense y policial con precisas referencias políticas y geográficas y con el mundo de las tradiciones populares, Serafín logra con Golpe de Reyes una obra de intriga realmente apasionante.

This year one in ten adults will experience the isolation and inner barrenness of major depression. It is second only to marital difficulties in causing individuals to seek pastoral counseling. Depression and Hope is the expert, authoritative guide to appropriate ways for pastoral counselors to think about and treat depression. Building on his counseling practice, research, and personal experience, Howard Stone explains the latest understandings of depression and its symptoms, its spiritual dimensions, the likelihood of suicide, as well as the pros and cons of various drug therapies (including Prozac). In his characteristically readable, no-nonsense way, Stone then offers specific, tested ways for counselors briefly and effectively to address the physical, behavioral, cognitive, and interpersonal facets of depression. Though enigmatic, depression is very treatable, and Stone shows how proper intervention by clergy can facilitate not only strong recovery but also strengthened faith.

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Is there a Way Out is written to help people detect or recognize the symptoms of depression and its effects. It's designed to demonstrate that God can deliver and heal people from hopeless situations whether it be depression, emotional sickness, or any other kind of trap set by life experiences. Our culture has been saturated, plagued, and consumed with pressure to succeed in life. We take on so much more than we're capable of dealing with. One of my classmates from high school committed suicide by jumping off a bridge in New York. It broke my heart to hear about his passing due to hidden depression. We walk or fall into emotional traps that seems impossible to get out of. There are times we inherit emotional problems handed down from past generations. The key is to determine a way out when you fall into emotional sickness and understand that there is a way out. Happy reading!

Volume II picks up where Volume I left off--with practical advice and tools for ministry with the aging in a variety of settings. Gerontological and theological perspectives undergird the practical guidance and a final section treats of the unique ethical issues involved in ministry with the aging.

This referral directory gives the user immediate access to essential, up-to-date Christian counseling resources. It is organized alphabetically under 46 general topics that encompass counseling issues, professional issues, and educational issues.

This practical handbook takes a totally fresh approach to the work of pastoral counselors by drawing on recent research and developments in the health and behavioral sciences. Thoroughly revised and updated, this edition incorporates

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new or expanded coverage of topics such as: - a new chapter on Pastoral Self-Care which offers advice on maintaining psychological health, avoiding crisis, and preventing personal and occupational burnout - the integration of counseling with other pastoral roles and functions - pastoral counseling ethics - how to help people build personal motivation for change -grief counseling and crisis intervention - post-traumatic stress, physical and sexual abuse, and personality disorders For years, the many books of Wayne Oates have served as invaluable field manuals for ministers and seminarians. Here, for the first time in one volume and by a minister who studied with him, are selected chapters from this distinguished author's fundamental works. This helpful new book reflects Oates's wisdom, clinical insight, and exhaustive search for scriptural understanding.

Explore pastoral strategies for dealing with mental health problems! Mental health is increasingly being recognized as an important issue in later life. This valuable book will help you examine this dimension of aging in the context of pastoral, spiritual, and cultural issues. It explores the relationship between mental health, spirituality, and religion in later life, including the search for meaning, cultural issues, spiritual issues, depression, dementia, and issues of suicide in older people. The first part of *Mental Health and Spirituality in Later Life* focuses on theology, ethics, and cultural issues in mental health and aging. The second part addresses issues of multidisciplinary practice, including a challenging chapter written by a woman with early onset dementia (Alzheimer's) and other chapters that present perspectives on the uses and meanings of ritual and symbolism in mental health and pastoral approaches to care. Part one of *Mental Health and Spirituality in Later Life* deals with issues of theology, culture, and mental health in later life, focusing on: the importance of a richly textured understanding of

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personhood as a prerequisite for constructing a picture of late-life mental health in the context of theology the relationship between culture, spirituality, and meaning for older immigrants and their effects on mental health the adverse effects of a mental health system that reflects only the dominant culture of a society, leaving minority cultures vulnerable to misdiagnosis and inappropriate treatments that can do more harm than good a wholistic picture of aging that moves beyond the biomedical paradigm and demonstrates the power and potential of the human spirit in adjusting to and moving beyond suffering Part two of this valuable book addresses issues of concern to practitioners in mental health and spirituality for the aging, including: disruptive behavior among nursing home residents and common practices that fail to identify its causes or address the problem how some staff/resident interactions can produce suffering for all concerned with case study outlines that illustrate the point memory loss and its effect on spirituality, self-worth, and the faith community pastoral care for people suffering with dementia with practical information on helping them to make use of the power of prayer and to deal with loneliness, fear, and disempowerment an insightful look at a recent major study of residents in aged care facilities in Australia that explores the link between depression and spirituality risk and protective factors associated with suicide in later life and the treatment of depression pastoral interventions for depression and dementia

Christians tend to be wary of sharing their feelings. What helps is a supportive environment in which the person can share pain. Understanding Depression stresses the unique burden-bearing help a pastor/counselor can provide. The authors carefully guide the counselor to identify what can and cannot be accomplished in a short-term approach.

Does the scientific process belong in pastoral counseling?

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Professional Chaplaincy and Clinical Pastoral Education Should Become More Scientific: Yes and No examines the widespread ambivalence among pastoral caregivers and educators over the growing inclusion of science in pastoral care and counseling methodologies. Twenty-three seasoned professionals in the field give candid and sometimes emotional accounts of their interest in—and reservations about—the role scientific research plays in their profession. Some authors look at the issue from a historical perspective; others voice additional concerns. A few make concrete proposals on how chaplaincy can become more scientific. The result is a unique insight into the relationship between the secular and the religious. The question of whether science belongs in pastoral care and counseling is moot; pastoral care already makes extensive use of psychological testing and psychotherapeutic skills—all products of scientific thinking. But as technology becomes more dominant and health care delivery reflects a more corporate perspective, pastoral caregivers and educators are divided on whether the changes represent the significant opportunity to improve a ministry or the surrender of the ministry's very essence. The essays collected in Professional Chaplaincy and Clinical Pastoral Education Should Become More Scientific: Yes and No go a step farther, breaking down the issue of faith versus science into more specific questions for pastoral caregivers, such as: Can what you do be measured? Do you have an obligation to embrace the challenge of change? Is becoming more scientific a necessity for staying in touch with your health care peers? How cost effective is the pastoral care you provide if it doesn't include the scientific process? Could a reluctance to incorporate science into your counseling cost you your job? Professional Chaplaincy and Clinical Pastoral Education Should Become More Scientific: Yes and No presents thoughtful and thought-provoking debate that is a

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must-read for all pastoral caregivers and educators.

Christmas is approaching, and Lena Markham finds herself penniless, friendless, and nearly hopeless. She is trying to restart her life after false accusations landed her in prison, but job opportunities are practically nonexistent. When a secondhand red coat unexpectedly lands her a job as Mrs. Santa at a department store, Lena finally thinks her luck is changing. But can she keep her past a secret? This tender story about fresh starts will charm readers as all of Melody Carlson's Christmas offerings do. Full of redemption and true holiday spirit, Christmas at Harrington's will be readers' newest Christmas tradition.

My Journey through Depression: A Pastor's Story tells the unvarnished truth about how a man of God overcame his personal battles with the onslaught of depression. Author David Robertson bares his soul in his powerful new book in the effort to help others see the light at the end of the tunnel. Because of his work in the ministry, Robertson's mental anguish was difficult to deal with and difficult to hide. But because of his faith, he was ultimately able to succeed where so many others have failed. Readers will truly be inspired by reading this journal of a journey that began with a single step, and ended in a transformation that could only be accomplished with God's help and guidance. My Journey Through Depression: A Pastor's Story will comfort and uplift you. This is truly an unforgettable read. Author Bio: Pastor David Robertson and his wife Linda currently live in Okeechobee, Florida. David pastors Fountain of Life Church and has taught 31 years in the local public school system. Linda teaches third grade. They have three children and five grandchildren. Publisher's website: <http://spbra.com/PastorDavidRobertson>

A practical guide that helps pastoral ministers to

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recognize and deal with the array of common mental health problems in their ministry, including depression, anxiety, addictions and personality disorders.

Guiding clinicians toward the most effective treatment regimens, this reference offers detailed coverage of the symptomatology, diagnosis, epidemiology, and etiology of depression. A must-have tool for anyone prescribing psychotropics or performing psychotherapy, this source expertly reviews research and clinical data regarding acute and long-term

Dr. Walton says, "I had a hard time finding useful information from chaplains that had been 'in the trenches, ' so I wrote this book intending it to be a single source for those that want information that will assist them in attending to the spiritual and physical needs of the seriously ill." Everyone will face serious illness or death of a loved one. Dr. Walton is a graduate of the University of Minnesota, and Newburgh Theological Seminary and College of the Bible. He did his pastoral internship at a Missionary Alliance Church, but he claims no denomination. "The Holy Bible is the only authority I require." His love for those in imperfect physical or emotional health led him to pursue the chaplaincy. Dr. Walton is academically prepared, and is experienced with over 7,000 counseling and medical facility visitations. The material in this book will prepare you to help the spiritually needy, and the presentation of the material is almost certain to bless you and strengthen your faith. "Have patience with all things, but chiefly have patience with yourself. Do not lose courage in considering your own imperfections, but instantly set

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about remedying them. Every day begin the task anew." Saint Francis de Sales, (1567-1622) Those dealing with the physical or emotional needs and behaviors of those on the journey to death, or those dealing with the difficulties of life-changing illness or injury need special wisdom. This volume offers help and hope for those living in difficult circumstances. The circumstances of grief, depression, and the exhaustion that comes from dealing with the emotional and physical problems that attend life-changing illness or injury. The book is devotional in nature and offers encouragement and understanding. Read it and grow.

"African Americans are often disproportionately represented in vulnerable populations that could likely cause them to be at a greater risk for struggling with anxiety and depression (U.S. Department of Health and Human Services, 2001), however, they tend to seek professional counseling at a much lower rate than other racial and ethnic populations and instead turn their spiritual leaders as a resource (Ayalon & Young, 2005). Because of under-utilization of mental health services within the African-American community (Avalon & Young, 2005), more research attention should be directed toward factors that affect the help-seeking behaviors of African Americans (U.S. Department of Health and Human Services, 2001). Generally, the Black Church is considered a less stigmatized method of getting help in the Black community (Andrews, Stefurak, & Mehta, 2010), a solution for many mental health problems (Newhill & Harris, 2007) and pastors are valued as credible sources for assistance with social and

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psychological problems because of their status as pastor, often regardless of the pastor's educational background, knowledge of mental health issues, and previous experience (Kane & Greene, 2009). There remains much that is unknown about pastoral motivations, beliefs, attitudes, and influence related to mental health needs of their parishioners. Therefore, the purpose of this study was to investigate the pastors' response to parishioners dealing with anxiety, depression, unemployment, bereavement, and familial concerns; their motivations to encourage or discourage help-seeking outside of the Black Church; their perspectives on secular counseling services in their community; their perspective on spiritual, biological, psychological, and social coping methods; and their beliefs about identifying and responding to maladaptive religious coping strategies. Consensual Qualitative Research was used as the research protocol to collect and analyze the data. Findings from this study suggest that African Americans frequently seek help from their pastors regarding anxiety, depression, bereavement, unemployment, and relationship issues. Further, results from this study also suggest that African American pastors attribute anxiety and depression to social and spiritual spheres of influence and endorse spiritual, social, and integrative coping strategies. Moreover, African American pastors seem to differentiate between adaptive and maladaptive forms of religious coping."--Abstract from author supplied metadata.

Caring for People God's Way presents Christian counseling in a systematic, step-by-step manner that

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outlines the process as practically as possible. It then applies the process to the most common issues faced by Christian counselors: personal and emotional issues, trauma, grief, loss, and suicide.

Get a unique insight into health, bereavement, and healing! Bereavement Counseling: Pastoral Care for Complicated Grieving is a practical guide to the assessment and treatment of complicated grief responses, using a pastoral approach that combines clinical and spiritual care. The book addresses current theory, observations, and experience, and examines changing approaches and developing standards of practice. The author, an ordained minister with an extensive background in pastoral counseling, integrates spirituality into the grieving process by focusing on the partnership between spirituality and healing, the resources of spiritual practices, and the functions of counseling and spiritual/pastoral psychotherapy. By providing usable treatment strategies, sharing standard interventions, and promoting technical skill for caregivers, Bereavement Counseling: Pastoral Care for Complicated Grieving places sustained emphasis on giving voice to grief and recovery. The author draws from more than 20 years' experience in ministry, teaching, supervision, consultation, and therapy to present stories, vignettes, and poetry that give depth and life to the grieving process. These vignettes provide a unique insight into health, bereavement, and healing and create a living context for maintaining a person-centered focus that promotes meaning and leads to positive outcomes. The book provides templates as assessment and

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treatment planning aids and includes an extensive bibliography of up-to-date journal articles that reflect the latest research in the field. Topics addressed in Bereavement Counseling: Pastoral Care for Complicated Grieving include: universal grief processes and responses dysfunctional grieving therapies and treatment priorities reorganization and recovery how perceptions, thoughts, and belief influence care and much more! Bereavement Counseling: Pastoral Care for Complicated Grieving is a practical resource for clergy, pastoral care specialists, and anyone needing to help others bear with the pain of grief, process loss, gain new insight and meaning, and experience a renewed sense of healing and connection.

" ... author Greg L. Russ chose to write this book from a patient's point of view. Having suffered five clinical bouts, Russ offers a graphic look inside the dark abyss while chronicling the insights he learned when his depression intersected God's mercy. The book extends an invitation to families, friends, churches and their pastors to become part of the comforting process."--Page [4] cover. This guide for pastors working with depressed people describes the application of the Eastern practice of wu wei or "non-trying" to Western pastoral intervention. He contends that by abandoning the search for affirmation, the patient is able to break the downward spiral of self-regulatory perseveration. Coverage includes, for example, psychosocial and biological theories of depression, feminist pastoral care, Taoist philosophy, and the moral implications of wu wei. c. Book News Inc. This important book explores strategies to enable

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clergy and lay persons to identify and help individuals suffering from depression. It contains many techniques that can be used in managing depression, including coping devices, treatments, and interventions which actually help depressed persons to improve their mental health. *Dealing With Depression* describes types of depression and related symptoms to help clergy develop a more complete understanding of the disorder. They will learn to recognize the symptoms of depression and be better able to help individuals who suffer from it. This useful guide includes a step-by-step approach to depression intervention and proven techniques readers can use to enable people to cope more successfully with depression. This important book has also been translated into a Chinese version. *Dealing With Depression* brings together expert psychologists who explore five modalities for conceptualizing and managing depression, which deflates for clergy the often intimidating quality of the disorder. These experts discuss in practical and understandable ways the helping techniques they use and explain their understanding of depression and their methods of treatment. A medical-religious case conference with these experts shows how clergy and laity can help ease depression and an extensive bibliography is included to facilitate further reference. *Dealing With Depression* puts this common disorder back into the human life situation

where it can be seen as just another temporary disturbance to which human beings are vulnerable, but which need not significantly distort their lives, relationships, spiritual development, or prosperity of body, mind, and soul.

If you've ever experienced depression, you know how difficult it can be to recover. Even after treatment, the moodiness, low motivation, negative thinking, or communication troubles can come back. That's because current treatment methods generally focus on a single dimension, when life is multi-dimensional and complex. *Feeling Terrific: Four Strategies for Overcoming Depression Using Mood Regulation Therapy* presents an exciting new approach to depression recovery. In *Feeling Terrific*, authors Namir Damluji, Renee Robinson Sievert, and Michele LaPorte Downey help you to:

- * Discover how your mind, body, and spirit interact with your emotions, thoughts, and the environment
- * Examine the mood regulation concept and the four dimensions that influence it
- * Explore biological strategies to improve your physical and emotional self
- * Identify cognitive strategies that will change the way you think
- * Recognize ways to interact socially to enhance your well-being
- * Learn how spirituality can make life more meaningful
- * Set goals to help you refocus, re-think, and rediscover a life of "feeling terrific"

More than 30 percent of today's population reports having experienced some form of

depression. If you or someone you know is struggling with depression, *Feeling Terrific* should be the first step on the path to recovery and beyond—guiding you in setting goals that will help you refocus, re-think, and rediscover life.

Care for other human beings is at the heart of ministry and brings ministers in contact with whole of human life. The focus of this handbook of psychology for pastoral contexts is on psychological insight into human relationships and mental health. It can be read as a whole, or used as a handbook for reference to particular problems. At the same time it attempts to put psychological concepts into everyday language. Jessica Osborne, an experienced psychologist and teacher, discusses areas such as attachment, dependency and anxiety, betrayal and reconciliation, mental health issues, such as depression, eating disorders and addiction, stress, violence and abuse and suffering. The book will be useful on pastoral care courses at all levels and suitable for practitioners and people in training for pastoral ministry - lay or ordained.

How the saints, the sacraments, and psychiatry can help you break depression's grip and find happiness again Countless Christians—including scores of saints—have suffered profound, pervasive sorrow that modern psychiatrists call “depression.” Then, as now, great faith and even fervent spiritual practices have generally failed to ease this wearying

desolation of soul. In these pages, Catholic psychiatrist Aaron Kheriaty reviews the effective ways that have recently been devised to deal with this grave and sometimes deadly affliction — ways that are not only consistent with the teachings of the Church, but even rooted in many of those teachings. Extensive clinical experience treating patients with depression has shown Dr. Kheriaty that the confessional can't cure neuroses, nor can the couch forgive sin. Healing comes only when we integrate the legitimate discoveries of modern psychology and pharmacology with spiritual direction and the Sacraments, giving particular attention to the wisdom of the Church Fathers and the saints. Here, with the expert help of Dr. Kheriaty, you'll learn how to distinguish depression from similar-looking but fundamentally different mental states such as guilt, sloth, the darkness of sin, and the sublime desolation called "dark night of the soul" that is, in fact, a privileged spiritual trial sent to good souls as a special gift from God. You'll come to know how to identify the various types of depression and come to understand the interplay of their often manifold causes, biological, psychological, behavioral, cultural, and, yes, moral. Then you'll learn about exciting breakthroughs in pharmacological and other medical treatments, the benefits and limitations of psychotherapy, the critical place that spiritual direction must have in your healing, and the vital role

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that hope — Christian hope — can play in driving out depression.

What is depression, and what are its many and varied types? Who becomes depressed, and how can it be recognized? How can depression be measured, and what are its suicidal potentialities? What are the therapeutic interventions the pastor can use in helping people who are undergoing the pain of depression? *The Pastoral Care of Depression: A Guidebook* answers these questions and many more. With a focus on the pastor as an instrument of healing in cooperation with families, physicians, and other mental health professionals, this book will help you understand some of the current research and procedures used in helping people suffering from depression. As the frontline mental health workers in many communities, pastors need confidence, competence, and skill in handling people with emotional problems. As Author Binford W. Gilbert explains, “Depression is among the most treatable of major illnesses. It enters the realm of the spiritual and demands the best of the pastoral leader to guide, assist, and enhance the struggle for peace and soundness of mind and body.” *The Pastoral Care of Depression* helps caregivers by overcoming the simplistic myths about depressive disorders and probing the real issues. This book covers: a thorough description of clinical depression predisposing factors that may lead to depression the

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need for a multidisciplinary approach, and the role of the pastor on the treatment team the importance of church and family involvement diagnosis--the ability to distinguish between normal grief, ordinary blues, situational depression, and clinical depression ministers' own emotional, physical, mental, and relational health the pastor's privileged role that gives him/her unique abilities and opportunities A valuable resource for pastors, chaplains, counselors, psychiatrists, psychologists, physicians, family members, and teachers of pastoral care, The Pastoral Care of Depression is meant to inspire action-oriented counseling; to establish cooperative relationships between ministers, families, and the medical community; to carry out responsible and innovative creative therapeutic interventions; and to treat the whole human being.

Spiritual Growth and Care in the Fourth Age of Life explores the spiritual dimension of ageing and investigates the role of pastoral and spiritual care in helping the frail elderly cope with end-of-life issues. Focusing on the experience of nursing home residents and anecdotes gathered in interviews, MacKinlay sensitively presents the struggles facing older people in need of care, such as loss of independence and privacy. Her findings show that despite ill health, loneliness and depression, older people near the end of their lives find meaning and support in (re)discovering their spirituality, and that

this is not just the experience of those in care facilities, but of older people more generally. The book includes a useful chapter on spiritual assessment, providing carers with information on how to recognise the need for care. This book will be of interest to nurses, care workers, pastoral support professionals and anyone else working with older people.

Drawing—literally and figuratively—from his experience with depression, Mak (the author), along with his delightful cast of ‘stick’ figures, takes readers on a brutally honest, wonderfully insightful and deeply touching exploration of what it’s like to live with depression. From causes and symptoms to inner thoughts and emotions, warning signs and treatment methods to insights into caregiving and friendship; this book has got it all. It is Mak’s hope that it will be a safe space for those suffering, those caring for sufferers, and those who are simply curious about depression.

Behavioral activation theory indicates that much clinically relevant human behavior is a function of positive reinforcement, and that when positive reinforcement is reduced, lost, or chronically low depression results. Behavioral activation encourages clients to obtain and nurture the skills that allow them to establish and maintain contact with diverse, stable sources of positive reinforcement. This creates a life of meaning, value and purpose. Behavioral

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Activation: Distinctive Features clarifies the fundamental theoretical and practical features of behavioral activation, integrating various techniques into a unified whole that is efficient and effective. The book includes numerous case examples and transcribed segments from therapy sessions and outlines behavioral concepts using straightforward terms and examples so that all therapists can see the utility and practical value of this approach. This book will provide essential guidance for students and new therapists, as well as more experienced clinicians wanting to know more about what makes behavioral activation a distinct form of cognitive behavior therapy.

Therapeutic counseling in a Christian context can be highly effective when it maintains narrowly focused goals in a time-limited setting. The details of this proven model of pastoral counseling are described in this practical guide. This second edition of Strategic Pastoral Counseling has been thoroughly revised and includes two new chapters. Benner includes helpful case studies, a new appendix on contemporary ethical issues, and updated chapter bibliographies. His study will continue to serve clergy and students well as a valued practical handbook on pastoral care and counseling.

Written by a new generation of recognized experts in pastoral care, these brief, foundational books offer practical advice to pastors on the most frequent

dilemmas of pastoral care and counseling. Revealing a tension between the medical model of depression and the very different language of theology, this book explores how religious people and communities understand severe sadness, their coping mechanisms and their help-seeking behaviours. Drawing from her study of practicing Catholics, contemplative monks and nuns, priests and laypeople studying theology, the author describes how symptoms that might otherwise be described as pathological and meet diagnostic criteria for a depressive disorder are considered by some religious individuals to be normal and valued experiences. She explains how sadness fits into the 'Dark Night of the Soul' narrative - an active transformation of emotional distress into an essential ingredient for self-reflection and spiritual growth - and how sadness with a recognised cause is seen to 'make sense', whereas sadness without a cause may be seen to warrant psychiatric consultation. The author also discusses the role of the clergy in cases of sadness and depression and their collaboration with medical professionals. This is an insightful read for anyone with an interest in theology or mental health, including clergy, psychiatrists and psychologists.

Each book in the Difficult Times series addresses a specific life situation and offers encouragement and advice for coping. The concise, easy-to-read format

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will appeal to family, friends, grief professionals, counselors, and pastors as they seek resources to share with individuals in these situations.

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