Greetings!

The 19th annual Good Samaritan Awards (GSA) of Pastoral Counseling Services has been described as an inspiring and wonderful evening. We celebrated five honorees, all of whom have given much to the community. The GSA expresses our mission in real time by reminding the community that we have much to celebrate. We hope to see you in October 7th 2014 as we culminate the year long celebration of our 35th anniversary at the 19th annual GSA event.


Interview with Dr. Carrie Doehring by Dr. David Reynolds, Center Director

How did you become interested the relationship between caring for self and caring for the world?

I became interested in the role of compassion in caring for self and caring for the world after interviewing Vietnam veterans using Buddhist practices to cope with military posttraumatic stress. Meditation helped them experience self-compassion, which was the turning point in integrating their traumatic experiences. Their stories reminded me of how spiritual practices that foster self-

In This Issue

5th Annual Conference

Carrie Doehring Ph.D, L.P Interview

Cynthia Hogan

Opportunity with PCS

Quick Links

5th Annual Conference on Spirituality and Psychotherapy

Corporate Wellness, Seminars & Trainings

Mind-Body Classes

Clergy and Congregational Care

Clinical Training

Meet Our Staff

PCS iGive Link
Pastoral Counselor,
Psychologist, Minister


The seminar will help participants understand moral stress and its underlying emotional and spiritual dynamics, and learn how to mobilize self-compassion in responding to moral stress. Dr. Doehring will then invite participants to explore whether some of these dynamics and habitual ways of coping originate in childhood or culture. Finally, she will help each person envision a more life-giving spiritual orienting system constellated around.

When?
Friday, April 11, 2014
8:45am-12:00pm
3 Ethics CEU’s for psychotherapists
1:00pm-4:00pm
Certificate of Attendance for clergy and religious leaders

Where?
Springfield College
Manchester, NH

About the Speaker
Carrie Doehring is an Associate Professor of Pastoral Care at Iliff School of Theology in Denver, Colorado. She is ordained in the Presbyterian Church, USA with 17 years of congregational ministerial experience; she is also a Diplomat in the American Association of Pastoral compassion can open up new ways of experiencing God or a sense of goodness in oneself and the world. Self-compassion makes people more resilient. Whereas empathic distress makes people more likely to withdraw when they encounter people who suffer, compassion activates concern and makes people reach out to others. I realized that helping people care for themselves by using spiritual practices that foster compassion is not only important for self-care; it is important in helping them care for the world.

Say more about "moral anxiety." It is an intriguing phrase.

Moral anxiety arises when our core values are in conflict. For example, parents might experience moral anxiety when their values about being good parents conflict with values of achievement related to work. Sorting out the conflicting values is complicated because sometimes the values we put into practice were formed in childhood and are no longer values we espouse as a high priority. Yet these embedded childhood values continue to exert an influence. We can clarify sources of moral anxiety by identifying which values are indeed a high priority and which can be acknowledged as still influential but no longer meaningful. Addressing and resolving moral stress in whatever ways we can is important for self-care.

Why is it important for psychotherapists and religious leaders to be aware of these issues?

Our religious values and beliefs along with spiritual practices form a spiritual orienting system or, as I call it, a lived theology that can be life-limiting or life-giving. Psychologist of religion Ken Pargament has pioneered ways to measure when religions and spirituality is helpful or harmful for people coping with stress. I am interested in how certain emotions like fear or anxiety can bring together childhood values, beliefs, and coping practices that are beneficial or harmful. I’ve been using research and case studies to explore what this might look like.

How have participants responded to your talks on this topic before?

Religious leaders who take my online self-care course choose practices they want to establish that pulls together core values and beliefs they want to put into practice. They keep journals where they track the cues that will prompt them to use the new coping and/or spiritual practice, and they pay attention to how rewarding their new practice is. They read each other’s journals and offer compassionate encouragement. The changes that can happen over 3 or 4 weeks are really inspiring (Doehring, 2013).

How do you think the current climate of health care changes contributes to the "moral anxiety?"

I understand that health care professionals often work in cultures of scarcity, and are pressured to hurry appointments and see a quota of patients. This can make it harder to invite patients to tell their stories in their own way and be in charge of their treatment. A helpful approach to helping people that counteracts this top-
Counselors.

As a licensed psychologist, she explores how people draw upon religious faith and spirituality for spiritually-integrative self-care and to cope with experiences like trauma. She is the author of Taking Care: Monitoring Power Dynamics and Relational Boundaries in Pastoral Care and Counseling and The Practice of Pastoral Care: A Postmodern Approach.

What type of self-care practices have been mentioned in your previous seminars?

My interviews with Vietnam veterans explore the use of Buddhist meditation. In the self-care courses I teach, I encourage people to find whatever practice helps them live out core values. So, for example, one person made a habit of silence in the morning by turning off the radio and television. Another wanted to use her bicycle more because she was committed to ecology. She made biking into a spiritual practice. Many students use exercise and walking as a form of spiritual practice. For others, listening to music is spiritually meaningful. I enjoy seeing how creative people are in choosing these practices.

References


Helping Your Child Through Trauma

Cynthia Hogan, child therapist at PCS, is engaged in a year-long training through Dartmouth Trauma Interventions Research Center. She will become qualified in Child Parent Psychotherapy, an evidence-based and outcome-oriented treatment. CPP is an intervention for children birth through age 6 who have experienced trauma. The goal of the therapy is to strengthen the relationship between the child and parent to restore the child's sense of safety. Cynthia is a licensed clinical social worker who has been involved in child welfare for nearly 25 years and has a wealth of knowledge in the field of attachment. Her opportunity to train at Dartmouth will add to the service array available through PCS.

Employment opportunity with PCS

Dear friend of Pastoral Counseling Services:
PCS would like to hire a psychiatric nurse practitioner or psychiatrist who could provide medications evaluations and consultations to our clients. If you know of someone who may be interested in joining our staff in this capacity, please have them contact the Clinical Director, Dr. Calvin Genzel at (603) 627-2702, ext. 116.

Sincerely,

Calvin R. Genzel, Ph.D, LP
Director of Clinical Services