

HAPC'S SCHOOL OF APPLIED MINISTRY

In Association with Grace Lutheran Church and First Baptist Church (Madison)

Announces Its Course for the Fall of 2005

Dealing with Human Emotions in Care Giving

SEPTEMBER 6, 13, 20, October 4 (Choose one of two tracts)

Tuesday Mornings, 10:00 – 12:00

Grace Lutheran Church, 3321 South Memorial Parkway, HSV.

Tuesday Evenings, 6:30-8:30

First Baptist Church, 4257 Sullivan St., MADISON

Imagine a life without feelings. What would our relationships be like without God's gift of feelings? How does our faith impact this process? How important is it to recognize and deal with feelings in care giving?

Week 1:

What are some of the ways that feelings are gifts? How might we distinguish some feelings from others?

Part 1: "The Gift of Feelings" - The objective of this session is for participants to learn a healthy model for dealing with feelings.

Part 2: "Kinds of Feelings" - The objective of this session is for participants to learn to differentiate between true and false guilt, guilt and shame, and more.

Week 2:

How can we better recognize our feelings and take responsibility for what we do with them?

How can we help others recognize, accept & express their feelings? How can we deal with anger assertively, our own & others?

Part 1: The "Safe Place" - The objective of this session is for participants to learn 4 elements necessary to create a "safe place" for others to share their feelings.

Part 2: "Dealing with Anger Assertively" - The objective of this session is for participants to differentiate between the characteristics of aggressive, passive and assertive anger.

Week 3:

It takes courage to face our feelings and to deal with others' feelings.

What are some strategies for dealing with depression? How necessary is Forgiveness?

Part 1: "Dealing with Depression" - The objective of this session is for participants to learn symptoms of depression and strategies that help control depression.

Part 2: "Choosing to Forgive" - The objective of this session is for participants to learn 12 steps in the process of forgiving.

Week 4:

How can we learn to recognize the traps of perfectionism? How can we experience healing for damaged emotions?

How can we help others in this process? God's grace in the healing process is vital.

Part 1: "Traps of Perfectionism" - The objective of this session is for participants to learn symptoms of perfectionism & steps of healing.

Part 2: "Healing for Damaged Emotions" - The objective of this session is for participants to learn the components of a healthy self-image and the process of healing from damaged emotions.

Presented by Judy Zecher

Judy served as Minister of Parish Education at Grace Lutheran Church, coordinated Grace's Stephen Ministry (lay caring ministry), leads Prayer Seminars and Bible studies. Judy is also active in various HAPC educational & training ministries. She has a BA in Mathematics (with specialization in Secondary teaching) and an MS in Counseling Psychology. She is a wife, mother of 4 and grandmother of 11.

The School, in addition to reaching out to lay care providers in area congregations, also seeks to reach parish nurses and social workers, (2.2 Nursing CEUs, and 1.75 Social Work CEUs per week - ABNP #1122), health care providers, volunteers, teachers, and anyone who desires to grow in knowledge and abilities. The cost, with tuition, handouts, and refreshments, is \$60 per student. If a congregation becomes a sponsor, the fee is reduced between 50% and 100% per participant. To register or for information, call Huntsville Association for Pastoral Care at 534-5358 or 880-2074.