

LIFE EATS PEOPLE, AND PASTORS TOO!

SELF-CARE AND SUICIDE PREVENTION FOR SHEPHERDS

Ministry leaders face stress and emotional challenges, yet these are often misunderstood as spiritual weaknesses and not seen in the light of God's design for us. Dr. Klausen, Clinical Psychologist, offers this 6-hour seminar to equip ministry staff.

**35% OF PASTORS ARE
DEPRESSED OR STRUGGLE
WITH FEELINGS
OF INADEQUACY**

TOPICS INCLUDE:

- Understanding anxiety, grief, depression and stress in light of God's design for us.
- Practical strategies for emotional challenges and development of individualized plans for deliberate coping.
- How to prevent compassion fatigue/vicarious trauma from listening to the pain, suffering, and sins of others.



**PASTOR SUICIDE IS RISING,
AND IS ONLY THE TIP OF THE
ICEBERG FOR THE STRUGGLES
OF MINISTRY LEADERS**

- Signs of potential suicidality and how to respond when someone reports suicidal thoughts or actions.
- Identify your spiritual temperament and use it to better plan your personal time with God.
- Experiential exercises to improve/radically alter your understanding of your thoughts and the parameters of your God-given free will. This component is often both liberating and convicting.
- Discussion of church organizational considerations for maintaining good mental health.

**FOR MORE ABOUT THIS AND OTHER
SEMINARS, VISIT:**

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