

DESIGNING WORKSHOPS AROUND YOUR NEEDS

In addition to "Life Eats People, and Pastors Too!," I can design workshops around the needs of your staff and congregation.

TOPICS MAY INCLUDE, BUT ARE NOT LIMITED TO:

Forgiveness, communication, how our mind works, interpersonal attachments, marriage, parenting questions, trauma, grief and loss, core values, depression, anxiety, bipolar disorder, schizophrenia, personality disorders, and much more.

INVITE OTHER CHURCHES IN YOUR AREA TO DEFRAY COSTS AND ENRICH THE DISCUSSIONS

FOR MORE INFORMATION ON
SEMINARS, PLEASE VISIT
WWW.ESPENKLAUSEN.COM



I am first and foremost a child of God, a gospel-believer who seeks to deepen my relationship with God and follow His calling for me.

I am an Elder and teacher at Community Church in Fond du Lac, Wisconsin.

I am a clinical psychologist with Fond du Lac County. My work includes crisis therapy and suicide risk assessments.

See my website for a more broader description of my clinical work.

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LIFE EATS PEOPLE, AND PASTORS TOO!

SELF-CARE AND SUICIDE PREVENTION FOR SHEPHERDS

I was 6 years old and two pastors were having coffee in our kitchen. Donning a lion mask, I entered the kitchen and roared. They exclaimed: "Ooo! Do you eat people?" "Yes!" I said. "And I eat pastors too!" Adorable, yes, but also telling - I did not see pastors as people.

Ministry leaders often face expectations to be super-human - as if the Holy Spirit has inoculated them against the effects life's challenges have on everyone else. Stress, anxiety, and sadness are often thought of as spiritual weaknesses rather than as natural reactions to life, and according to God's protective design. Focused on the spiritual consequences of sin and the Fall, many shepherds do not have adequate education and practical training on how to deal with their mind and body's reactions to this world.

WHY AM I OFFERING THIS SEMINAR?

Pastors often seek me out in secret with their questions. They are often afraid to be seen as spiritually weak. They are hungry to learn how to deal with their mind and body's reactions to life's challenges so that they can better face into the pressurized environment of ministry.

Pastor suicide is on the rise, and this is only the tip of the iceberg to the underlying struggles experienced by many ministry leaders in America.

There's a need for well-trained, Bible-committed mental health professionals to come along-side the shepherds of the flock and to minister to them through support and education.

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A 6-HOUR WORKSHOP THAT INCLUDES THESE SEGMENTS:

Education and practical exercises for understanding how God designed our minds and bodies to react to stressors and losses, and how to deal with these accordingly. Practical strategies will be provided for responding to stress and other emotional challenges. This segment includes education on stress, anxiety, grief, and depression. Workshop designing individualized plans for deliberate coping. Instruction in principles and strategies for preventing compassion fatigue. This segment includes information on how to cope with the effects of listening to the trauma, pain, and sins of others. Education regarding signs of potential suicidality.

- Exercises helping you understand your spiritual temperament. This understanding will be applied to help you better plan your personal time with God.
- Experiential exercises and education to help you intuitively and intellectually better understand how thoughts and emotions work. This includes discussions on what is, and is not, under the control of our God-given free will. Participants often experience this improved understanding of who they are as both liberating and convicting.
- Discussion of church organizational considerations for cognitive, emotional, and behavioral stability.

