



DIOCESE OF TRURO  
DISCOVERING GOD'S KINGDOM  
GROWING THE CHURCH

# Pastoral Ministry Training

## Additional Training Modules

### Aims and Objectives

#### Bereavement (2 x 2 hours)

**Aim:** To increase LPM's confidence in working through issues of loss with the people they visit.

**Objectives:**

To be able to identify different types of loss

To be able to identify the different stages of grief and how to minister at each stage

To be able to identify the different relationships between the bereaved and the deceased and how this impacts grief

To understand the practicalities around bereavement visiting

To be able to feel confident in answering questions around Christian faith and bereavement

#### Encountering Depression (1 x 2½ hours)

**Aim:** To introduce Pastoral Teams to the symptoms and causes of depression and to begin to explore how teams can best support those suffering from depression.

**Objectives:** By the end of this session participants should be able to:

Describe some of the symptoms and causes of depression

Have some understanding of the relationships between depression, faith, prayer, and our understanding of God.

List some of the ways in which pastoral teams can support those suffering from depression

#### Listening Skills (1 x 2½ hours)

**Aim:** To improve the listening skills of LPM's through awareness of the communication process and some of the barriers to good communication.

**Objectives:** By the end of the session the participants should be able to:

Understand the process of communication

List some of the barriers to effective communication and ways to overcome them

Define Active Listening and explain how this differs from general conversation

#### Introduction to Lay Eucharistic Ministry (1 x 1½ hours)

A slightly different module that looks at the tradition of administering communion at home and what is offered during the service.

The session then moves on to look at the practicalities of a visit and how to prepare yourself.

This needs to be delivered in conjunction with the parish priest.

## Disability Awareness (1x 2 hours)

### Aims:

To present an overview of disability issues and concerns as they affect disabled people and their carers in their personal context.

To present these issues to the pastoral minister against the background of responsibilities of Christian commitment.

To enable the pastoral minister to examine their personal reactions to disability with the demands that may be made on their own feelings and emotions.

**Objectives:** By the end of this session the participants will

Be prepared for the range of issues that may be presented.

Understand how to support the individual and be aware of where to signpost for assistance if required - within the church and from the secular perspective.

Understand when their role might lead to active support of the disabled person beyond that of passive support.

Know who to contact if they themselves need support, in particular if they know that because of the demands made upon them, their input must or should be restricted.

## Dementia Awareness

Devised by the Alzheimers Society this friendly and interactive session will increase your understanding of dementia, and help you think about the small things that you can do to make a difference to people affected by dementia in your community.

## Dementia: Issues for Carers

This session looks at some of the issues and pressures faced by those who care for those living with dementia.

The two sessions can either be delivered separately or as one combined session. These are delivered by the Cornwall Churches Together Dementia Action Group.

For further information on any of these courses or to book a course please contact:

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