

Welcome to Care Conversations



CARE CONVERSATIONS

FORWARD
FROM
DR TINA LAMONT // Director TEC



Dear Friend,

Welcome to this week's Care Conversation where we are looking at the importance of pastoral care and counselling as an essential aspect of leadership that fosters the ministry of bearing one another's burdens in the context of community.

We live in a culture of great complexity where people experience the struggles of life in many and varied ways. Wisdom and insight are a gift of God's Spirit that help equip us to authentically help others who are experiencing difficulty. Proverbs 20:5 tells us that "The purposes of a person's heart are deep waters, but one who has insight draws them out."

We pray these insights will enable you to appreciate the deep waters of the

human heart and be shaped by God's Spirit in providing care and counselling.

Yours in Christ,

Dr Tina Lamont

Director TEC

The Excellence Centre



Christian Leaders will inevitably become involved in pastoral care and counselling situations. This may involve teachers, staff, families or students.

Whilst some issues will warrant expertise beyond that of the school leader, it is still necessary for that leader to have an understanding of counselling and be astute enough to refer concerns to more experienced counsellors when necessary.

Whilst we have much to gain from some secular understandings and methods, there are often significant differences of which we need to be aware.

Secular counsellors tend to ignore the effects of sin in the world and often seek to find resolutions based on avoidance and/or comfort rather than transforming grace.

In the same way that educators need to think through their Biblical Christian understanding and not simply be a regular teacher who just happens to be Christian, counselling needs the same reflective approach.

One of the most thoughtful and Biblically authentic groups with regard to counselling is the Christian Counselling and Educational Foundation. (CCEF).

You can check out how their counselling distinctives arise from their Biblical Christian distinctives here: [CCEF](#)

Whilst in some complex situations, experienced counsellors may be necessary, a school leader needs to help those in the school community to realise the responsibility we have towards one another.

People in the school community should be sharing their joys and their struggles with one other. People should be listening, talking and praying with each other. This is part of what it means to be the Body of Christ.

Leaders need to encourage wise and helpful conversations. These are not sentimental “pity parties” but genuine concerns shared with one another in the hope of encouragement and maybe, but certainly not always, solutions.

Ed Welch of CCEF says this: “The mutual care of souls will only happen in a (community) that assumes we all have struggles and invites people to be open with them.”

He suggests that there are certain basic skills in which we should all be growing:

- Speak less and listen more.
- Follow the person’s feelings because they will usually lead to what is especially important to them.
- When you don’t know what to say - pray.
- Make meaningful connections between the struggles of life and Jesus.

“This era is full of personal struggles. Some of these are struggles that humanity has always had, such as anxiety, depression, addiction, shame and

anger, yet this era has added some of its own, such as internet addictions and its resulting isolation, and some of the psychiatric diagnoses. All of them can be helped by meaningful engagement by a wise and loving community.” [1]

Caring and counselling together.

[1] “Equip your people to counsel each other” Ed Welch 2018

Brian Cox

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