

Becoming a Healthier Pastor: An Intentional Growth Group for Clergy February 21, 2018 - November 14, 2018

Introduction:

The theoretical base for this group experience will be Bowen Family Systems Theory. The group process utilizes the eight concepts of Family Systems theory as developed by Dr. Murray Bowen and applied to congregational life by Dr. Edwin Friedman and Dr. Ronald Richardson. From this perspective, the pastor or church worker stands at the point of three interactive systems - the individual families in the church, the church itself as an emotional system, and one's own family of origin. The minister's ability to function as a "non-anxious, and defined leader" within each of these emotional systems promotes life and growth within each. This perspective offers a new way of thinking about relationships, connecting theory and practice in an effort to strengthen pastoral and lay leadership in ministry. For an overview of the eight concepts of Bowen Family Systems theory, go to: www.thebowencenter.com.

Format:

The group will begin Wednesday, February 21, 2018 from 9:30 am to 1:00 pm. Subsequent meetings will be March 14, 2018, April 18, 2018, May 16, 2018, June 13, 2018, August 15, 2018, September 12, 2018, October 17, 2018, and November 14, 2018. Participation will be limited to eight members. Participants are expected to attend all meetings (except for emergencies), complete required readings, develop a personal genogram, adhere to the group norms of confidentiality and be willing to participate in the process of learning through mutual self disclosure.

Learning objectives:

Through the group didactic and interactive process, participants will:

1. Learn to see one's family of origin and one's functional position in it, as a resource to one's physical, emotional, social, and spiritual well-being. This will involve the creation of a personal family genogram as an instrument for self-reflection and identification of patterns of resiliency, as well as patterns of unresolved emotional attachment brought to ministry.
2. Learn to think systemically by understanding the reciprocal nature of emotional processes in our families of origin and our church families, and how these are triggered by anxiety and reinforced by emotional reactivity.

3. Learn from the the group processes of support, feedback, and identification with each participant’s sharing of current “stuck points” in ministry, as a means of supporting differentiation of self in leadership and the integration of theory with practice.

Program Facilitator:

Ken Barwick

Ken is retired Ordained Elder in the United Methodist Church and a therapist with Mt. Hebron Counseling Service for over twenty-eight years and a Licensed Marriage and Family Therapist. He has developed and taught several approved clergy continued education series in Family Systems theory for the past four years in the South Carolina Annual Conference of the United Methodist Church.

Please register me for this Group Experience **beginning February 21, 2018, 9:30 am - 1:00 pm at Mt. Hebron Counseling Center, 3156 Leaphart Rd, West Columbia, SC 29169 Cost: \$525.00 (Limited scholarship money is available by application).** This series has been approved for 3 CEU credits by the Board of Ordained Ministry
Mail registration to: **Ken Barwick, 3156 Leaphart Rd., West Columbia, SC 29169-3024.** Make checks payable to: **Mt. Hebron Counseling Service**

Registration Deadline Date is: February 16, 2018

Name: _____

Agency/Church/Position: _____

Address: _____

City: _____

State: _____ Zip: _____

Daytime Phone: _____ E-mail _____

If you have questions or need additional information regarding this group process, please call Ken Barwick at 803-791-0495 or 803-960-3490 or by email at

Kbarwick@mthebrnumc.com