

Adventures *in* Senior Living



*Learning How
to Make Retirement
Meaningful and Enjoyable*

J. Lawrence Driskill, STD

Adventures In Senior Living Learning How To Make Retirement Meaningful And Enjoyable

Robert Collie, Harold G Koenig



Adventures In Senior Living Learning How To Make Retirement Meaningful And Enjoyable:

Adventures in Senior Living Harold G Koenig, J Lawrence Driskill, 2014-05-01 If retirement is approaching or you've recently retired *Adventures in Senior Living* can help you prepare for the opportunities, needs, problems, and challenges that retirement often brings. Through 31 lively and interesting interviews, you learn how other people have found positive and rewarding ways to make their retirement years meaningful and enjoyable. Opening windows into their own lives, these inspiring retirees share with you a wide range of retirement ideas that pertain to volunteer work, travel, selecting your living arrangements, and getting involved in your community. Retirement doesn't have to bring feelings of boredom or restlessness. *Adventures in Senior Living* shows you that your retirement years can be your most fulfilling, productive, and fun years. You'll have more time to work in that garden you love, make quilts with your friends, spend time with your loved ones, and get exercise. But possibly even more important than that, you'll have the ability to participate in your community on an entirely new level and to make a difference in other people's lives as well as your own. The life-loving, generous people who come together in this wonderful book are sure to inspire you as they speak about their accomplishments that include recording books on tape for blind people, conducting missionary work at home and abroad, brightening the lives of patients in nursing homes and hospitals, teaching Sunday school, caring for a spouse with Alzheimer's, delivering meals on wheels to shut-in people, establishing a battered women's shelter, rescuing prostitutes from the street. This book presents retirees, teachers of courses in aging and retirement, activity directors at retirement and nursing homes, family members, and health and mental health care providers with many stories of extraordinary volunteerism, service, and kindness, but it also talks about the needs of retirees and their daily, more personal experiences. To this end, *Adventures in Senior Living* discusses the importance of continuing study, discussion, meditation, prayer, and fitness in the lives of seniors. **Adventures in Senior Living** J.

Lawrence Driskill, 1997 If retirement is approaching or you've recently retired *Adventures in Senior Living* can help you prepare for the opportunities, needs, problems, and challenges that retirement often brings. Through 31 lively and interesting interviews, you learn how other people have found positive and rewarding ways to make their retirement years meaningful and enjoyable. Opening windows into their own lives, these inspiring retirees share with you a wide range of retirement ideas that pertain to volunteer work, travel, selecting your living arrangements, and getting involved in your community. Retirement doesn't have to bring feelings of boredom or restlessness. *Adventures in Senior Living* shows you that your retirement years can be your most fulfilling, productive, and fun years. You'll have more time to work in that garden you love, make quilts with your friends, spend time with your loved ones, and get exercise. But possibly even more important than that, you'll have the ability to participate in your community on an entirely new level and to make a difference in other people's lives as well as your own. The life-loving, generous people who come together in this wonderful book are sure to inspire you as they speak about their accomplishments that include recording books on tape for blind people, conducting missionary work at home and

abroad brightening the lives of patients in nursing homes and hospitals teaching Sunday school caring for a spouse with Alzheimer s delivering meals on wheels to shut in people establishing a battered women s shelter rescuing prostitutes from the street This book presents retirees teachers of courses in aging and retirement activity directors at retirement and nursing homes family members and health and mental health care providers with many stories of extraordinary volunteerism service and kindness but it also talks about the needs of retirees and their daily more personal experiences To this end Adventures in Senior Living discusses the importance of continuing study discussion meditation prayer and fitness in the lives of seniors

Spiritual Wisdom for Successful Retirement James W Ellor,C.W. Brister,2013-08-27 A discerning guide through the ups and downs of retirement The number of people age 65 and older worldwide has more than tripled to nearly half a billion over the last 50 years Spiritual Wisdom for Successful Retirement is an inspirational guide through the journey that begins in life s third stage when employment is left behind and uncertainty lies ahead This encouraging and uplifting book travels beyond the financial and emotional considerations of retirement planning to address the real life issues retirees face including the loss of identity after leaving the workplace managing the clock calendar and commitments how to deal with the blues and the blahs facing the reality of death adn keeping life in balance Spiritual Wisdom for Successful Retirement anticipates the changing events and transitions of retirement focusing on the need to adapt to this work in progress Retirees struggle with real and symbolic losses as they redefine their identities face uncertain financial futures adapt to altered living arrangements and become more aware of their physical limitations The disappointments adversity and suffering retirees face can throw them into spiritual chaos This powerful book presents real life stories of people striving to remain engaged in life open to possibilities and experiencing intimations of eternity here and now Spiritual Wisdom for Successful Retirement examines the need for a worldview that helps you take major life transitions in stride specific steps into retirement how to manage your time when every day is Saturday how to identify indicators of depression how caregivers can attend the needs of retirees how to get help when life caves in on you how to live with purpose and courage the significance of family ties the power of relationships connections and friendships the dynamics of hope and much more Spiritual Wisdom for Successful Retirement is essential for anyone living in or facing retirement and for family members of retirees members of the American Association of Retired Persons AARP and for lay and professional caregivers It s also a helpful resource for academics working in gerontology or theology

A Memoir of a Pastoral Counseling Practice Robert L. Menz,1997 In this collection of humorous and inspirational vignettes and poetry Robert L Menz reframes life s situations from a holistic and inclusive perspective A Memoir of a Pastoral Counseling Practice consolidates the dynamics of theological consistency psychological insight wellness and wholeness issues along with relevant humor This synthesis results in viewing and understanding life experiences from a unique perspective You ll see how reframing is used to turn an inoperable Jacuzzi into a Therapeutic Pool You ll learn how to shift your paradigm And you ll read about some nice naughty

words As a pastor and counselor Menz seeks to assist in making life meaningful and fulfilling to others and himself A Memoir of a Pastoral Counseling Practice takes us back to his service in Vietnam and his decision to join the ministry and brings us up to his recent travels with his wife Along the way we learn what he thinks about nice people anger snakes memory and stress during the holidays He offers us such nuggets as Sometimes one day at a time is 738 of a day too much I think that some come and go and have not been I think that you and I are words spoken by God in our own time An enjoyable and useful read for pastoral counselors chaplains and other clergy professionals as well as psychologists social workers professional counselors employee assistance professionals and educators A Memoir of a Pastoral Counseling Practice is perhaps most needed by the general reader who is searching for something meaningful in life Menz explains In a world of fast food and quick fixes shallow explanations for living and understanding have been offered socially psychologically relationally emotionally and spiritually This book attempts to flesh out simple solutions with limited yet mature and consistent thinking Even though the book is filled with meaningful humor the intent of this work is to provide a critical and serious approach to life s complexities Any accomplishment of this task I believe is strengthening to our local communities as well as to the community of God

The Pastor's Family Harold G Koenig, Daniel L Langford, 2012-10-12 Describing the difficulties of balancing a career and family life The Pastor s Family The Challenges of Family Life and Pastoral Responsibilities is a personal narrative that discusses the all too familiar practice of neglecting your family for your job Pastors will learn the importance of balancing time and attention between their families and religious careers by exploring the problems caused by one pastor s prolonged absence from home Containing research and first hand experiences The Pastor s Family calls for a change in ministry policies that will enable pastors to devote as much time to their families as they do to their congregations Containing stories and anecdotes from the author his wife and his two children this book offers suggestions on how to improve the physical emotional and spiritual health of a pastor s family The information and insight provided by The Pastor s Family will also help pastors wives realize that they are not alone in their demanding roles and will help church policymakers discover the need to improve relations between the congregation and the pastor s family With the hope that the universal problems of pastors families will be revealed the author shares with you methods that have helped bring him and his family closer together including understanding the expectations of the stereotypical superpastor and learning how to set boundaries between family life and career realizing that a pastor s family is subject to the same problems and challenges other families face and helping your family deal with this pressure learning the various definitions of codependency and how this can attribute to the neglect of your family discussing the history of abuse of pastors families through the Bible and famous religious figures recognizing the discrimination of a pastor s wife and her sufferings such as coping with her husband s various psychological challenges and being expected to always help her husband with his career discovering how conflicts can provoke communication release emotions identify and clarify problems and permit individualization understanding why

people feel a loss of power or personal rejection when their requests are not granted Emphasizing the practice of setting boundaries The Pastor s Family examines ways to promote assertiveness through self talk and self differentiation that will help you defeat codependent behavior This will teach you that it is all right to say no that it is all right to do things for yourself From The Pastor s Family you will learn how to correct the ideology that makes many pastors feel they must honor every parishioner request despite the effect it will have on his family Through stories of hardship and personal revelations this book will help you realize the need for church policy reforms that will allow pastors to be looked upon as humans who have families besides their parishioners

The Pastoral Care of Children Daniel H. Grosseohme, 1999 Explore a new way of pastoral care that enables caregivers to develop relationships and provide meaningful pastoral care to the children and youth they encounter The Pastoral Care of Children focuses on the need for pastoral caregivers clergy and chaplains to develop relationships with youths and gives you suggestions to overcome the anxiety associated with caring for an acutely ill child through unique playful and child centered approaches Many pastoral caregivers have high anxiety when children are ill or hurt are unsure how to have a substantive conversation with a nine year old or their fears of what could be said keep them from hearing what children have to say The effective approaches in The Pastoral Care of Children are illustrated to assist you with serving the spiritual needs of children You will explore actual pastoral care experiences that will help you gain confidence in handling situations such as a teenager s desire to be baptized out of fear of death when neither he nor his parents believe in Christ Intelligent and heartfelt this valuable book gives you a complete theological exploration of ministering to children who may ask you Why me Why do people have to die and What happens to children if they die before they are baptized The Pastoral Care of Children helps you answer these questions with meaningful responses that are genuine and grounded with yourself and reflect the parents beliefs Some of the help you will discover in The Pastoral Care of Children includes understanding the similarities and differences of caring for children in comparison to adults such as different vocabularies but similar emotions and realizing that children are very perceptive using play as a tool for example referring to a puppet s experience in reference to the child to eliminate the child s self consciousness and help him or her open up confronting pastoral issues in acute care settings such as fear guilty feelings and anger from parents family and the child helping children recover from mental health issues such as depression eating disorders and identity and self esteem issues by using cognitive therapy conducting prayer and rituals with children such as baptism naming ceremonies anointings and funerals to assist the child and family through this spiritual rite of passage Complete with child and family focused approaches for dealing with the questions surrounding death The Pastoral Care of Children also provides you with several cited scriptures and a list of questions you may be asked by a child who is facing death You will learn from actual circumstances pastoral caregivers have encountered and discover how to approach topics and answer questions on God and death The Pastoral Care of Children an extremely resourceful book that will assist you in overcoming anxiety and help you

deliver thoughtful and uplifting pastoral care to children and youth The Pastoral Care of Children Harold G Koenig, 1999-10-07 Explore a new way of pastoral care that enables caregivers to develop relationships and provide meaningful pastoral care to the children and youth they encounter The Pastoral Care of Children focuses on the need for pastoral caregivers clergy and chaplains to develop relationships with youths and gives you suggestions to overcome the an

Caring for a Loved One with Alzheimer's Disease Elizabeth T Hall, Harold G Koenig, 2015-10-23 Clarify your thinking on an issue that can tear families apart Caring for a Loved One with Alzheimer's Disease A Christian Perspective is the touching story of a woman's daily struggles as a caregiver to her mother who suffers from Alzheimer's disease You'll learn how God's presence in her life has helped her You will also find practical day to day tips for living with a loved one suffering from senile dementia and how your spirituality can make the journey easier for both of you This important guide provides an honest description of the emotions you may be forced to come to terms with while dealing with a loved one or parishioner with Alzheimer's disease and how God's presence in your life can help lift that burden Caring for a Loved One with Alzheimer's Disease gives you firsthand accounts of the stages of pain despair acceptance and victory that you may experience while caring for someone with Alzheimer's to let you know that what you are feeling is normal and that God will help you overcome these challenges Alzheimer's disease often goes undetected until its later stages This informative book renders a clear description of the disease alerting you to the known warning signs of dementia and preparing you for the possibility of such a diagnosis Caring for a Loved One with Alzheimer's Disease is filled with tips and suggestions to make caring for your loved one easier for both of you such as learning to separate the person from the disease researching the disease and keeping informed about every aspect of this progressive and irreversible neurological disorder realizing that you need emotional support and should seek help from your pastor church care group or best friend discovering how having power of attorney and creating a living will can prevent many problems in the future understanding that to care for your loved one at home is challenging and that taking simple steps such as baby proofing your house will prevent traumatic disasters turning your anger and guilt to positive energy and avoiding emotional drain and strain This unique book offers you solace amidst the turbulence of caring for someone stricken with this difficult condition Caring for a Loved One with Alzheimer's Disease provides an open and honest description of how faith can comfort and support you and your family while you care for someone with dementia **Grief Education for Caregivers of the Elderly** Harold G Koenig, Junietta B McCall, 2014-06-03

Through firsthand accounts and research Grief Education for Caregivers of the Elderly focuses on the education training and support of individuals who care for the elderly This book provides caregivers with methods to cope with grief and loss and will help educators design programs that meet the needs of their consumers the elderly and their families friends and service providers From Grief Education for Caregivers of the Elderly you'll learn how to cope with the stress and emotions of caregiving and improve the quality of services to your patients With an emphasis on caregivers of the institutionalized elderly

and the special services provided by clergy chaplains and pastoral counselors Grief Education for Caregivers of the Elderly offers the caregiver or educator several model workshops focusing on grief loss and bereavement care Grief Education for Caregivers of the Elderly contains proven methods and strategies that will sharpen and enhance your caregiving skills including focusing on the emotional responses and phases of dying including denial anger and acceptance to help patients deal with death considering physical and administrative atmosphere and your elderly population when setting goals and designing workshops to provide optimal patient resident care discussing the themes of grief and loss stress management handling change and promoting self care for caregivers in workshops and through self evaluations developing workshops that open with grief history surveys and attitude checklists discuss normative development and issues of old age and have themes based on the biological psychosocial and spiritual needs of the elderly person providing caregivers with an opportunity to practice what they have learned through case studies simulated role play open discussions and care plan designing thinking about your own mortality and learning about your feelings and ideas of growing old Utilized at a psychiatric nursing home facility of New Hampshire Hospital the workshop exercises in Grief Education for Caregivers of the Elderly have allowed caregivers to express personal feelings talk about beliefs and experiences learn about biological psychosocial and spiritual processes of grief and phases of bereavement and apply these understandings and insights into typical caregiving situations Grief Education for the Caregivers of the Elderly gives you the framework for such a program using vignettes composite case material poetry and a holistic approach to health care to emphasize the importance of your emotional health and enhanced care of the elderly

The Obsessive-Compulsive Disorder Robert Collie, Harold G Koenig, 2014-01-21 Gain scientific and theological insight into OCD The Obsessive Compulsive Disorder Pastoral Care for the Road to Change delivers a provocative and stimulating discussion that is meant to inspire new areas of inquiry on this subject As an OCD sufferer pastoral counselor mental health student or professional you will reach a new understanding of a complex condition that can destroy the day to day lives of its victims The Obsessive Compulsive Disorder explores the connection between religion and OCD from many different perspectives You will explore case studies of OCD with religious connections through interviews diagnosed symptoms and discussion of the history of religious figures who suffered with OCD The book also provides a reference list of organizations that focus on OCD as well as Web sites and Internet addresses devoted to assisting caretakers and helping sufferers The Obsessive Compulsive Disorder will increase your knowledge of the evolution of humans and animals in relation to personality development and the obsessive compulsive disorder church leaders with the obsessive compulsive disorder brain development and biology and their links to the obsessive compulsive disorder quality of life issues for sufferers pastors and caregivers group therapy for OCD sufferers including personal stories of OCD in connection with faith and religion neurobiological perspectives on theological issues The Obsessive Compulsive Disorder brings you insightful new research into this complex mental illness and will assist you in understanding and helping

people who suffer from OCD A Theology of God-Talk J. Timothy Allen, Harold G Koenig, 2018-12-07 Use this common coping mechanism to help people respond to crises This thoughtful book offers a fresh theological interpretation for the ways people talk about God in times of crisis A Theology of God Talk The Language of the Heart probes the meaning behind phrases like It must have been God's will and The Lord took Uncle Harry Though many caring professionals dismiss such talk as insensitive or irrational these phrases offer powerful clues to the speaker's personal religious feelings A Theology of God Talk demonstrates the ways that God talk moves the sufferer through the grief and doubt of the crisis By recognizing the ways God talk resembles myth apocalyptic tale tragedy story and even prayer all literary categories the caregiver can begin to help sufferers rewrite their personal narratives in the wake of tragedy A Theology of God Talk examines the crucial issues of God talk including common false assumptions about it the theology of God talk interpretations and misinterpretations how to glean counseling insights from God talk differing stances for sufferers and survivors of tragedy Bringing together psychology theology and narrative theory this insightful and sensitive book offers new ways of looking at this common reaction to crisis A Theology of God Talk is an instant classic and an essential resource for pastors chaplains therapists grief counselors and theologians **The Pastoral Care of Depression** Harold G Koenig, Binford W Gilbert, 2014-07-16 What is depression and what are its many and varied types Who becomes depressed and how can it be recognized How can depression be measured and what are its suicidal potentialities What are the therapeutic interventions the pastor can use in helping people who are undergoing the pain of depression The Pastoral Care of Depression A Guidebook answers these questions and many more With a focus on the pastor as an instrument of healing in cooperation with families physicians and other mental health professionals this book will help you understand some of the current research and procedures used in helping people suffering from depression As the frontline mental health workers in many communities pastors need confidence competence and skill in handling people with emotional problems As Author Binford W Gilbert explains Depression is among the most treatable of major illnesses It enters the realm of the spiritual and demands the best of the pastoral leader to guide assist and enhance the struggle for peace and soundness of mind and body The Pastoral Care of Depression helps caregivers by overcoming the simplistic myths about depressive disorders and probing the real issues This book covers a thorough description of clinical depression predisposing factors that may lead to depression the need for a multidisciplinary approach and the role of the pastor on the treatment team the importance of church and family involvement diagnosis the ability to distinguish between normal grief ordinary blues situational depression and clinical depression ministers own emotional physical mental and relational health the pastor's privileged role that gives him her unique abilities and opportunities A valuable resource for pastors chaplains counselors psychiatrists psychologists physicians family members and teachers of pastoral care The Pastoral Care of Depression is meant to inspire action oriented counseling to establish cooperative relationships between ministers families and the medical community to carry out responsible and

innovative creative therapeutic interventions and to treat the whole human being **Family Abuse and the Bible** Aimee K Cassiday-Shaw, Harold G Koenig, 2013-10-11 Learn the fundamental distinctions with this thoughtful study of Christ ordained marriage This unique volume reconciles a Biblical interpretation of marriage with the reality of domestic violence Designed to raise awareness of abuse issues within the born again community Family Abuse and the Bible The Scriptural Perspective works to promote the genuine sanctity of marriage and headship of the husband by examining the ways this God given position can be subverted by Satan It combines close Biblical exegesis with psychological insight into the effects of verbal sexual physical and spiritual abuse Family Abuse and the Bible offers new hope to conservative Christian women in abusive relationships It demonstrates that abuse is not the will of God and that submission to violence is actually giving in to demonic forces The tools in this book can ultimately free them from the horror of an abuse they may feel is ordained by God while leaving them with an intact source of strength in their faith Secular therapists and counselors will find Family Abuse and the Bible an essential resource that can help them remain sensitive to the needs of abused Christian women This book explains conservative Christian beliefs about marriage while providing powerful Biblical justifications that will reach Christian clients when secular ideas fail Family Abuse and the Bible offers a clear sighted Scriptural interpretation of domestic violence issues including the link between drugs and demonic possession the ways abusers twist the Scriptures to justify their ungodly actions the cycle of violence the role of repentance and forgiveness the difference between Biblical headship and abuse This book is an essential tool for pastors Christian counselors and family therapists who work with Christian clients and also for husbands and wives who want the Lord s will for their marriage **Broken Bodies, Healing Hearts** Gretchen Tenbrook, Harold G Koenig, 2014-01-14 Witness the wonder of divine power when faith in God overcomes human frailty Broken Bodies Healing Hearts Reflections of a Hospital Chaplain provides chaplains doctors nurses psychologists and counselors with insight into the experiences of individual hospital patients You ll learn of the suffering that they endure and what patients and caretakers can learn about themselves and God through their ordeals This is a wonderful collection of descriptive personal and heartfelt essays each derived from a visit with a particular patient These episodes demonstrate the wonder of divine strength manifested in human frailty You ll see the spiritual aspects of both significant and common events inspiring you to contemplate and appreciate all of your life experiences Broken Bodies Healing Hearts will help you unravel daily questions and problems and encourage you to seek God s eminent presence in all of your experiences This intriguing collection demonstrates what it means to be human and what it means to be made in God s likeness You will explore the heartwrenching struggles of unique individuals such as Jimmy Meyer a three year old toddler with a terminal brain tumor who takes each day for whatever it could offer him His simple trust teaches us all to grow in our faith and seek the child within ourselves Mr Nelson who after suffering a heart attack and facing the possibility of death recounts how the experience served to turn his life from one of anger and resentment to one of peace and freedom reminding us all of the healing power of

grace when we are willing to receive it Martha Claxton a fifty eight year old woman battling leukemia In finally letting go she experiences God s eternal security inviting each of us to surrender our lives to the One who knows our every need Ms May a thirty eight year old with Down s Syndrome who touches all those whom she comes in contact with Her ability to live fully in the present moment reminds us that whatever is happening now is worth our undivided attention Enlightening and moving Broken Bodies Healing Hearts reveals the presence of God in the lives of patients chaplains and all those who care for others You will discover the connection between human vulnerability and spiritual growth

When the Caregiver Becomes the Patient Emil J Authelet, Harold G Koenig, Daniel L Langford, 2014-02-25 Examine a compelling account of a professional caregiver s inspirational struggle with a mind body illness and the renewed sense of compassion his recovery provides This uplifting narrative is the story of a caregiving professional stricken by panic attacks a wounded healer desperate to be healed When the Caregiver Becomes the Patient is the candid and compassionate first hand account of Daniel Langford s struggle with the anxiety disorder that signals a physical cognitive and emotional crisis that paralyzes him despite his extensive background as a health care professional social worker and pastoral minister His journey from the disorder s horrifying onset to the understanding and acceptance of its roots and finally to an insight that evokes a renewed appreciation for the human spirit is an inspirational guide to healing and recovery The anecdotal form of When the Caregiver Becomes the Patient lends itself to a personal retelling of Langford s struggle detailing his sessions with family physician Dr David Betat and colleague and co author Dr Emil Authelet as they explore the biopsychosocial and spiritual dimension of Langford s attacks Their informal dialogues serve as a model of how a lateral relationship between colleagues can create an environment for healing and recovery that can be passed on to others The book also critiques and reviews existing literature on panic attacks and anxiety disorders related to the author s search for understanding When the Caregiver Becomes the Patient examines panic attacks cause treatment and recovery a critique of existing literature on panic attacks clinical and spiritual perspectives on anxiety disorders critical elements of the healing process effects on the caregiver s relationship with his her client a fresh model for the caregiver patient relationship An essential resource for caregivers counselors and therapists educators physicians and health care and religious professionals as well as those searching for an understanding of anxiety disorders When the Caregiver Becomes the Patient reassures those who receive care that the care giver struggles with life as well That understanding of the mutuality of pain and recovery creates a connection that helps ease the isolation that often accompanies suffering

Psychosocial Intervention in Long-Term Care Gary W Hartz, D Michael Splain, 2013-01-11 The responsibility of providing mental health evaluations and treatment to nursing home patients is increasingly falling on the shoulders of social services and nursing staff Psychosocial Intervention in Long Term Care provides the advanced techniques you as a caregiver need for assessing and intervening with psychosocial and behavioral problems in LTC Targeted to students and staff who are familiar with the basic needs and problems of LTC residents this book also describes effective

ways of documenting assessments and interventions to help you integrate results into the medical record and prepare for state surveys Psychosocial Intervention in Long Term Care presents you with information about common mental disorders in LTC basic counseling techniques and the three major types of psychiatric medication You ll also read about legal issues in the psychosocial arena and learn how to avoid burnout while working in LTC Best of all this book shows you how to use the Geriatric Depression Scale and the Mini Mental Status Exam to screen for depression and dementia design thorough behavioral assessments through use of a tracking grid use results of assessments to set up effective behavioral interventions intervene with specific psychosocial problems such as aggression document the results of assessments develop effective Resident Assessment Inventories prepare for state surveys and develop plans of correction in response to surveys Whether you re a graduate student or new practitioner in social work nursing or health care administration you ll appreciate this book s practical hands on approach to problem solving and its focus on the biopsychosocial model Only through a thorough assessment of residents physical psychological and social needs can we design effective intervention and provide the care they deserve

Ways of the Desert Harold G Koenig, William F Kraft, 2014-01-02 Discover how negative experiences such as loneliness depression and anxiety can be opportunities for personal growth Ways of the Desert Becoming Holy Through Difficult Times analyzes the similarities and differences between spiritual and psychological experiences This book shows religious professionals and others interested in spiritual development how suffering can foster growth You will explore the so called negative desert experiences depression anxiety loneliness guilt and anger and learn how they can be opportunities for spiritual growth This book explains why opposites are necessary and related parts of healthy and holy development and that especially in a spiritual life the positive and negative are related Ways of the Desert will take you on a journey through the deserts and promised lands of adolescence adulthood and the elderly years In most Western cultures the acceptance of opposites as a necessary and related part of healthy and holy growth is not common and its rejection can engender spiritual stagnation Ways of the Desert offers suggestions on creating lifelong spirituality including understanding the need for both clock time for functional order and sacred time to redeem us from the boredom of our daily challenges understanding the languages of the desert or the messages that are primarily nonverbal ambiguous or ambivalent using effective communication when expressing feelings such as shame frustration anger or anguish examining the similarities and differences between psychological and spiritual activity comparing psychological twelve step help programs to spiritual growth journeys This extraordinary book works to help you make sense of your life when you feel lost trapped depressed or lonely You will attain spiritual guidance to assist you on your journey through life and help you understand that the deserts of negative experiences that we sometimes wander into can be illuminating opportunities for spiritual progress Ways of the Desert will guide you through difficult and challenging times and help you achieve spiritual satisfaction and happiness in life

Faith, Spirituality, and Medicine Dana E King, Harold G Koenig, 2013-01-11 Understand and make use of the

connections between health and religion to improve your practice Research points to a clear link between people's religious beliefs and practices and their health These developments have ushered in a new era in health care in which meaning and purpose stand alongside biology as vital factors in health outcomes Now the gap is closing between medicine and religion as evidenced by the more than 60 US medical school courses now being given in spirituality religion and medicine including courses at major teaching centers such as Harvard Johns Hopkins Brown Case Western and others Faith Spirituality and Medicine Toward the Making of the Healing Practitioner promotes the integration of spirituality into medical care by exploring the connection between patient health and traditional religious beliefs and practices This useful guide emphasizes basic easily understood principles that will help health professionals apply current research findings linking religion spirituality and health Faith Spirituality and Medicine does not advocate any particular set of beliefs or evangelize as it helps you integrate spiritual care into the care of patients by showing you how to take a patient's spiritual history correlate religious beliefs with health beliefs address the individual spiritual needs of your patients choose a course of treatment that is in agreement with the religious belief of the patient incorporate appropriate clergy into treatment plans Faith Spirituality and Medicine describes a biopsychosocial spiritual model that emphasizes the need to view patients not simply as biological creatures but as physical psychological social and spiritual beings if they are to be effectively treated and healed as whole persons

Pastoral Care for Post-Traumatic Stress Disorder Dalene C. Fuller Rogers, Harold G Koenig, 2013-12-16 Provide effective care for the members of your congregation suffering with PTSD This vital book is an overview of the nature of post traumatic stress disorder PTSD It examines the causes manifestations and problems of PTSD as they relate to a person socially spiritually emotionally physically and psychologically Stressing hope healing and compassion *Pastoral Care for Post Traumatic Stress Disorder Healing the Shattered Soul* includes specific suggestions for the prevention of traumatic events and for using peacemaking techniques to stop violence in your clients lives *Pastoral Care for Post Traumatic Stress Disorder* is a practical understandable professionally presented and researched working guide for clergy in parishes for chaplains and for seminarians who have little or no knowledge of how to pastor to people who are suffering from post traumatic stress disorder It is also for lay people who minister to those who have been traumatized Survivors will also benefit from its affirmation for the spiritual component of healing This unique volume provides the practical means to support people through the healing process while maintaining their spiritual grounding with case studies that will help develop your skills a thoughtful discussion of the theological dimensions of trauma and suffering a practical methodology for crisis intervention an examination of the specific needs of veterans a look at the potential for caregiver burnout and how to prevent it ways that churches can contribute to the prevention of the trauma that leads to PTSD methods for using scripture as a source of healing for PTSD survivors *Pastoral Care for Post Traumatic Stress Disorder* also defines PTSD from a mental health perspective and gives examples of the kinds of trauma that may lead to it No one working with PTSD survivors in a spiritual

setting should be without this book Understanding Clergy Misconduct in Religious Systems Candace R. Benyei, 2014-10-13 In Understanding Clergy Misconduct in Religious Systems you ll take an incisive look at why sexual misconduct occurs in religious systems and how to implement proactive strategies for holistic change Applicable to both Jewish and Christian communities this illuminating exploration takes a look at the psychology behind scapegoating why it is perpetuated and how you can quell the damaging tradition of silence Understanding Clergy Misconduct in Religious Systems helps you see leaders of religious institutions in a way that the world has been afraid to see them in a glass clearly Enriched with metaphoric myths and fairy tales instead of technical jargon its unique systemic perspective reveals the psychodynamics behind the obsession with family secrets and lets you understand this dysfunction from the perspectives of victim abuser and counselor These specific areas will both inform and aid you in dealing with this difficult subject the religious institution as a family system the religious system as an illusion of the perfect family the concept of God transference and the overidealization of clergy clergy personal relationships and clergy congregational relationships vulnerability and the psychology of the victim strategies for healing dysfunctional religious systems Understanding Clergy Misconduct in Religious Systems comes at just the right time in an era when little has been written on the subject especially from a systemic perspective this work comes at a time when the phenomena of clergy sexual misconduct has rocked the very foundation of religious systems worldwide Whether you re a lay congregational leader judicatory administrator pastoral counselor psychologist or seminarian you ll find that the coping strategies and intervention techniques it outlines will guide you in pinpointing the sickness at its source and restoring felicity and order to your religious leaders and their communities

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