

## Pandemic Sabbath Module Descriptions

### May 10 & May 11

#### **I. Emotional Literacy for Clergy – Reji Mathew, Ph.D.**

The Pastoral walk of faith is a journey of providing emotional care, comfort, and co-regulation to communities in need. Emotional Health Literacy is a critical framework to tap into for both personal health and interpersonal health. In this 2-hour module, clergy will learn:

- A. The role of emotional intelligence as a tool for connection to self and others.
- B. How cultural/social location informs the range of emotional expression
- C. How to map emotional expressions with self and others in a meaningful way

#### **II. Trauma-Informed Pastoral Care – Reji Mathew, Ph.D.**

Leading and ministering to members of a spiritual community in this complex age of global warming, racial strife and pandemic stress has taken its toll. Trauma-Informed care will be defined with an emphasis on providing emotional safety & connection, with and the potential for post-traumatic growth. In this 2-hour module, clergy will learn:

- A. Trauma Informed Care defined – acute, chronic and uncertainty.
- B. Trauma Informed Care: Fostering Calm, Safety & Hope
- C. Explore Expressive, Grounding and Regulating strategies

### May 17 & May 18

#### **III. Resilient and Renewed Leadership I – Laurie Ferguson, Ph.D.**

Stress is a constant – and in these days, normal stressors have been magnified by the social-political climate, the financial hardships that many are suffering and the pandemic. We experience ongoing chronic stress which wreaks havoc on our physical, cognitive, emotional and spiritual selves, and clergy are at great risk because of their position of being ones who help and absorb so much of others' stress. The workshop will address how these stressors affect all our systems and offer some practical ways to bring a sense of renewal into our daily lives, so we are able to refresh and re-fill. This bolsters our resilience and our physical, mental, emotional, and spiritual well-being. In the first module of this two-part series, clergy will learn:

- A. The Sacrifice Syndrome
- B. The neurobiology of stress in leadership

#### **IV. Resilient and Renewed Leadership II – Laurie Ferguson, Ph.D.**

In the second module of this two-part series, clergy will learn:

- A. The cycle of renewal in ministry
- B. How mindfulness, hope and compassion can reinvigorate leadership