

Personal Well-Being and Ministry Effectiveness
Doctor of Ministry Core Course (ML810)
July 14-18, 2008
Bethel Seminary St. Paul

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SYLLABUS

Course Description

The ability of a minister to enable others to become all they have the capacity to be in Jesus Christ is directly related to his or her own personal, spiritual, emotional and relational well-being. This course will focus on the ability of the minister to maintain health and, therefore, effectiveness in the demanding context of the pastorate. Attention will be given to aspects of the minister's personal and family life, roles and role expectations as understood from a systems perspective. Other related issues that will be explored are the emotional hazards of ministry such as anger, depression, non-assertiveness in conflict, guilt, sexuality, etc. In brief, we will be focusing our attention on what it means to be a "self" seeking to minister to other "selves" in and through the Body of Christ. There will be at least two components to each session: 1) didactic; and 2) open discussion relating the material covered in class to our lives.

Classroom Schedule

The daily schedule will be 8:30-11:30 a.m. and 1:00-4:00 p.m. each day (with breaks at 10:00 a.m. and 2:30 p.m.). Monday through Thursday evenings should be kept free for additional group experiences or individual working assignments. Since class time is so limited, attendance at all sessions is expected.

Classroom Dress Relaxed. No Ties! If weather permits, shorts and sandals are preferred.

Required Textbooks

All textbooks can be ordered online at www.barnesandnoble.com or www.amazon.com

Balswick, Judith K. and Jack O. *Authentic Human Sexuality*. Inter Varsity, 1999.

Bonhoeffer, Dietrich. *Life Together*, Harper, 1979. 128pp

Friedman, Edwin H. *A Failure of Nerve: Leadership in the Age of Quick Fix*. Seabury Books, 2007. 260pp

Hart, Archibald D. *Adrenaline And Stress*. Word, 1995. 213 pp

_____. *Coping with Depression in the Ministry and Other Helping Professions*. Word, 1984. 156pp

_____. *Habits of the Mind*. Word, 1995, 185 pp

May, Gerald G. *Addiction And Grace*. Harper, 1991. 208 pp.

Miller, Donald. *Searching For God Knows What*. Nelson, 2004. 232 pp.

_____. *Healing For Damaged Emotions*. Victor, 1993. 144pp

Smedes, Lewis. *Shame and Grace: Healing the Same We Don't Deserve*. Harper 165pp.

Pre-Course Assignments

1. Reading: Before the course begins, each student is required to read a total of 2250 pages. A single-spaced, one full-page typed report for each reading, evaluating its contribution to your life, must be submitted by the first day of class via email (FGREEN10@nc.rr.com.) **The reflections are not critical book reviews! All books have problems that can be commented upon. However, resist the temptation to do critical book reports. That is not the purpose of these reports.** You are to read discerningly and reflect personally out of your own experience on the **positive** contributions that the reading makes to your life. Your reflections should be personal, honest and concrete. They should be autobiographical; that is, your reflections should include specific experiences out of your life to illustrate your point. You will be writing about yourself using the reading as a springboard into an ever deepening self-understanding. On each book reflection indicate the number of pages read from that particular book. All of the textbooks are to be read, and the remainder of the required reading is to be from books selected from the Reading List. Remember! No hard copies.
2. Testing: The Program Coordinator will send the MMPI and PAIR tests to you once course registration ends. The completed tests and form along with a Family Information Form attached to this syllabus must be **returned within one week of the time you receive them**. This will allow for the time necessary to both score and interpret the tests before the beginning of the session. **If you are married, please make sure to have your spouse complete the PAIR test also - two answer sheets are enclosed with the test.** The MMPI and PAIR test booklets are to be returned - you will be charged if the booklets are not returned to the D.Min.office. This material must be returned to Renae Long, Bethel Seminary, 3949 Bethel Drive, St. Paul, MN 55112.

Post - Course Assignment

Each student is required to write a personal response to the issues covered by the class. This project is not a research paper. It is a Self-Improvement Program. The outline to be followed in the writing of your Self-Improvement Program is included with this syllabus. This project is to be at least 25 single-spaced pages long. It is to be [submitted directly to Dr. Frank Green via email \(FGREEN@nc.rr.com\)](mailto:FGREEN@nc.rr.com). **The due date for this project is November 1, 2008.**

Remember! No hard copies.

PLEASE BE AWARE OF THE FOLLOWING: Because you are the primary subject matter of this session, your experience may both be exciting and troubling. It will be exciting because of the growth potential that will be yours. It may be depressing because we will be tampering with what I call our "Cherished Self Image." Both our health and our ability to redemptively minister to others requires that we develop a realistic assessment of who we are and where we are in our emotional and relational pilgrimage in Christ. We often compensate for our identity issues by fabricating a vision of ourselves that is inaccurate. We do so for the purpose of protecting ourselves from the pain of rejection. Whenever that protective shield is tampered with and our real needs are revealed, we often experience an emotional loss that brings on depression. This experience of loss may or may not be severe. However, it is an essential part of growth. As we let go of our "Cherished Self Image" and embrace that which is real, we can begin to grow into being the unique person God intends us to be. It is only then that we can catch our full stride as God's people and make the fullest contribution to His Kingdom.

Outline of Subjects Addressed in Class

1. *Stress and Stress Management.*
2. *Theology of Self-Care.*
3. *Theology of What It Means to Be a Self Ministering to Other Selves.*
4. *Understanding Interpersonal Relationships from a Systems Theory Perspective.*
5. *Understanding the Pastor's Family as an Emotional Sub-System Within the Larger Emotional System of Relationships Within the Church.*
6. *The Art of Self-Differentiation, or How to Maintain a Non-Anxious Presence in the Midst of an Anxious Environment.*
7. *Handling Conflict.*
8. *Other Relational Emotional Issues: Anger, Depression, Guilt, Addiction, Sexuality.*

READING LIST: The rest of the reading requirement must be completed from this list.

Alberti, Robert E. *Your Perfect Right*. Impact, 1986. 192 pp.

Anderson, Ray S. *Self Care*. Victor, 1995. 240pgs

Anderson, Ray S. *The Soul of God*. Wipf & Stock, 2004. 207pgs

Anderson, Ray S. *Living the Spiritually Balanced Life*. Wipf & Stock, 1998. 184 pgs

Augsburger, David. *The Freedom Of Forgiveness*. Moody, 1988. 143pgs

Balswick, Judith K. and Jack O. *Authentic Human Sexuality*. Inter Varsity, 1999. 281pgs

Balswick, Jack O. *Men At the Crossroads*. InterVarsity Press, 1992. 214 pp.

Balswick Jack O. and Judith K. Balswick. *The Family: A Christian Perspective on the Contemporary Home*. Baker, 1989. 306 pp.

Beattie, Melody. *Codependent No More*. Harper & Row, 1987. 216 pp.

Berry, Carmen Renee. *When Helping You is Hurting Me*. Harper & Row, 1990. 196 pp.

Bradshaw, John. *Bradshaw On the Family*. Health Communications, 1988. 240 pp.

Bradshaw, John. *Healing The Shame That Binds You*. Health Communications, 1988. 241pgs

Bratcher, Edward B. *The Walk-On-Water Syndrome*. Word, 1984. 225 pp.

Bramson, Robert M. *Coping With Difficult People*. Ballantine, 1981. 177pgs.

Carter, Betty and Monica McGoldrick. *The Changing Family Life Cycle: A Framework for Family Therapy*. Allyn & Bacon, 1989. 576 pp.

Chapman, Gary. *The Five Love Languages*. Northfield, 1992. 203pgs.

Clarke, Jean Illsley. *Self-Esteem: A Family Affair*. Winston, 1978. 280 pp.

Cloud, Henry and John Townsend. *Boundaries: When to Say YES, When to Say NO, To Take Control of Your Life*. Zondervan, 1992. 296 pp.

Covey, Stephen. *First Things First*. Simon and Schuster, 1994. 303pgs

Covey, Stephen. *The Seven Habits Of Highly Effective Families*. Golden, 1997. 364pgs

Covey, Stephen R. *The Seven Habits of Highly Effective People*. Simon & Schuster, 1989. 319 p

Egan, Gerard. *The Skilled Helper*. Brooks/Cole. 240 pp.

Elgin, Suzette Haden. *Success With the Gentle Art of Verbal Self-Defense*. Prentice-Hall, 1989. 267 pp.

Friedman, Edwin H. *Friedman's Fables*. Guildford, 1990. 213pgs

Hale, Harry and Morton King and Doris Jones. *Clergywomen: Problems and Satisfaction*. Fairway, 1985. 125 pp.

Hart, Archibald D. *Counseling the Depressed*. Word, 1987. 271 pp.

Dark Clouds, Silver Linings. Focus on the Family, 1993. 185 pp.

- Healing Life's Hidden Addictions*. Servant, 1990. 249 pp.
- Overcoming Anxiety*. Word, 1989. 250 pp.
- Unlocking the Mystery of Your Emotions*. Word, 1989. 210 pp.
- The Success Factor*. Fuller Book Store. 188 pp.
- Herron, Robert. *Bridges to Intimacy*. Thomas More, 2000, 175 pgs.
- Johnson, David and Jeff VanVonderen. *The Subtle Power of Spiritual Abuse: Recognizing and Escaping Spiritual Manipulation and False Spiritual Authority Within the Church*. Bethany House, 1991. 234 pp.
- Jones, Stanton L. and Richard E. Butman. *Modern Psychotherapies: A Comprehensive Christian Appraisal*. InterVarsity Press. 351 pp.
- Kesler, Jay. *Being Holy, Being Human: Dealing With the Expectations of Ministry*. Word, 1988. 182 pp.
- Lee, Cameron and Jack O. Balswick. *Life In a Glass House: The Minister's Family In Its Unique Social Context*. Zondervan, 1990. 298 pp.
- MacDonald, Gordon. *Mid - Course Correction*. Thomas Nelson, 237pgs.
- Mains, David. *Healing the Dysfunctional Church Family*. Victor, 1992. 156 pp.
- Maloney, H. Newton and Richard A. Hunt. *The Psychology of Clergy*. Morehouse, 1991.
- Malony, H. Newton. *Win-Win Relationships*. Broadman and Holman, 1995. 240pgs
- Martin, Grant L. *Counseling for Family Violence and Abuse*. Word, 1987. 255 pp.
- McBurney, Louis. *Counseling Christian Workers*. Word, 1986. 270 pp.
- McIntosh, Gary L. and Rima, Samuel D. *Overcoming The Darkside Of Leadership*. Baker, 1997. 226pgs
- Miller, Donald. *Blue Like Jazz*. Nelson, 2003. 240 pp.
- Searching For God Knows What*. Nelson, 2004. 233 pp.
- Through Painted Desserts..* Nelson, 2005. 253 pp.
- To Own a Dragon*. Nelson, 2006. 197 pp.
- Miller, Sherod and Daniel Wackman and Elam Nunnally and Phyllis Miller. *Connecting With Self and Others*. Interpersonal Communication, 1988.
- Narramore, Bruce. *You're Someone Special*. Zondervan, 1978. 173 pp.
- Oates, Wayne E. *Behind the Masks: Personality Disorders in Religious Behavior*. Westminster, 1987. 136 pp.

Oswald, Roy M. *Clergy Self-Care: Finding a Balance for Effective Ministry*. Alban, 1991. 209 pp.

Paul, Jordan and Margaret. *Do I Have to Give Up Me to Be Loved By You?* CampCare, 1985. 306 pp.

Schaef, Anne Wilson. *Co-Dependence*. Harper, 1989. 99pgs

Schaumburg, Harry W. *False Intimacy: Understanding the Struggle of Sexual Addiction*. NavPress, 1992. 194 pp.

Seamands, David A. *Freedom From the Performance Trap*. Victor, 1988. 201 pp.
Healing for Damaged Emotions. Victor, 1993. 144 pp.
Healing of Memories. Victor, 1985. 190 pp.

Shelley, Marshall. *Well-Intentioned Dragons*. The Leadership Library, vol 1. Word, 1985. 153 pp.

Smalley, Gary and John Trent. *The Gift of the Blessing*. Thomas Nelson, 1993. 217 pp.

Southard Samuel. *Theology And Therapy: The Wisdom Of God In A Context Of Friendship*. Word, 1989. 261pgs

Stoop, David and James Masteller. *Forgiving Our Parents, Forgiving Ourselves: Healing Adult Children of Dysfunctional Families*. Vine, 1991. 320 pp.

Sweet Leonard. *Faithquakes*. Abingdon, 1994. 211pgs

Swenson, Richard A. *Margin: Restoring Emotional, Physical, Financial, And Time Reserves*. Navpress, 1992. 243pgs

Tan, Siang-Yang and Ortberg, Jr. *Coping With Depression*. Baker, 1995. 114pgs

Taylor, Mark Lloyd and Carmen Renee Berry. *Loving Yourself As Your Neighbor*. Harper & Row, 1990. 140 pp.

Weisinger, Hendrie. *Emotional Intelligence And Work*. Jossey Bass, 1998. 216pgs

Welter, Paul R. *Counseling and the Search for Meaning*. Word, 1987. 240 pp.

Willard, Dallas. *The Divine Conspiracy*. Harper, 1998. 400pgs

Wilson, Earl D. *Counseling and Guilt*. Word, 1987. 202 pp.

SELF-IMPROVEMENT PROGRAM

1. Give a brief description of your family of origin. This includes where you grew up, mother and father, and brothers and sisters.
2. Give a brief description of your strengths as a person.
3. Make a list of the personal issues you want to work on in your personal life and relationships. This list is to reflect our material covered in class. E.g., anger, self-judgement, fear of dominant personalities, depression, anxiety, stress management, relationship with spouse, relationship with children, relationship with others, passive behavior, aggressive behavior, etc. Select at least two but no more than three issues from your list to work on for this project.
4. Working with one issue at a time, follow the next steps in this outline. State the issue in terms of a behavior in a particular situation in which it occurs. Describe the people involved, the specific circumstances, etc.
5. You should now have a "behavior-in-a-situation" which you either want to increase or decrease. Now develop a "baseline" of how frequently the behavior does occur. Keep a record of where it occurs, how long it lasts, who says what first, who does what first, the situation of its occurrence, the environmental components, who is present, who is not present, what you are thinking and feeling, what do you think others are thinking and feeling, etc. Include all relevant facts and details. This should include all anecdotes, environmental, interpersonal and intrapersonal facts and details.

6. Describe all thoughts, feelings, actions, ways of saying things, etc., that have to be adjusted in order to make the changes you want. Pay close attention to thinking that includes generalizations, distortions, deletions of facts, or any other "negative cognitive mind set" that needs to be changed. This will not only give you understanding of what needs to be replaced, but, it should also help you to establish a way of telling clearly whether or not you are effecting changes.

7. Describe in detail specific and concrete examples of how your family of origin, and other early experiences in life, may have affected negatively your handling of these types of situations. You should have not only a "behavior-in-a-situation," but also a "behavior-in-autobiographical-perspective." It is important to know how your past has affected the present. This historical perspective will help to make sense out of what you are dealing with. Do not lightly skip over this part. Details are important.

8. Now detail your program for change using material, suggestions, ideas that have come to you from the class.

9. Establish a reinforcement system. Even though it does not sound spiritual, still it is true, we do what we want to do the most, and we do what we think pays off for us the most in the context of our value system. The fact is, even the behavior we want to change is reinforced subconsciously, if not consciously, by rewards we think we are getting out of acting that way. That is why destructive behavior continues. Understanding what we thought we were getting out of destructive behavior, and realizing that it is not really worth the trade-off is extremely important. Therefore, describe what you think the rewards are for continuing the old behavior (this may include more family of origin reflection). Then, think through the establishment of a new reward system to reinforce the changes you want to make. Here are some suggestions: 1) Develop a support system. The involvement of other people in your personal growth program is not only a Biblical imperative, but it is also an emotional, psychological, relational, and spiritual imperative that nurtures and reinforces our lives. 2) Establish a model of someone you respect. 3) Contract with yourself to enjoy something like a bowl of ice cream, or a movie, etc., as you see growth take place. 4) The satisfaction of becoming more of the person you want to be should become its own innate reward.

10. If the change is not satisfactory, honesty is required. Examine just how much you really want to change. Maybe you do not want to give up what you think you're getting out of the behavior. Examine the "power" of the reinforcers for the new behavior. If the reinforcers are not powerful enough to motivate you, change to another reinforce and try again. If you continue to fail, you may not be really ready to change. However, if you feel you honestly are ready to change, but your program does not work, think through your program one more time. If you still do not see any change seek professional help.

11. If you are making progress, continue what you are doing. If you can easily achieve your desired goal, raise the desired level of frequency.

11. From time to time, reinstate the program to prevent drifting back to your "old ways."

IDENTIFYING FAMILY INFORMATION FORM

The information given on this form will be kept confidential and in the possession of the instructor. *Please print clearly.*

Date: _____

Name: _____

Residence or Mailing Address: _____

Phone: Home: _____ Is it o.k. for me to phone you? € Yes € No

Work: _____ Is it o.k. for me to phone you? € Yes € No

Name and phone number of nearest relative or close friend you want me to contact if there is an emergency situation: _____

Birthdate: _____

Social Security Number: _____

PERSONAL INFORMATION

Marital Status: Single *Married *Separated *Widowed

*Since what date? (month and year): _____

If married, this is (circle one) 1st 2nd or _____ marriage

Name of Spouse: _____

First names and ages of children, if any _____

Education: Undergraduate degree from: _____

Graduate degree from: _____

Type of ministry you are presently involved with: _____

Full-time or Part-time? _____

If part-time, do you have a second job? If so, what is your second job? _____

MEDICAL INFORMATION

Name and phone number of your medical doctor: _____

Present chronic or acute illnesses: _____

Date of last complete physical: _____

Have you recently been, or are you now taking medications? € Yes € No

If "Yes," what medication(s) and for what illness or problem? _____

Have you received professional counseling within the last five years? € Yes € No

If "Yes," by whom and for what concern(s)? _____

What are your personal goals for this course? _____
