



# Caring for Ourselves

**a 4-session course aimed at enabling pastoral carers to**

**understand the importance of their own wellbeing, self care and self awareness in caring for others**

**learn about the value of pastoral support groups in encouraging their personal development, practice and faith journey**



**Why is it important for us as pastoral carers to consider our own wellbeing and to develop our self awareness, when caring for others?**

**What can we do as a community of faith, to enable one another to flourish and gain greater well being in the midst of human need around us?**

**How might we access confidential, safe spaces to grow and develop and mature in faith and understanding?**



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Following last year's successful Pilot Project, Pastoral Care UK (PCUK) continues to offer pastoral carers the opportunity to learn about the importance, challenge and value of caring for ourselves from a Christian perspective. This care includes reflecting on our spiritual formation, what's happening with our thoughts, feelings and choices, and how we find ourselves physically.

The course also offers the opportunity to learn about PCUK's Pastoral Support Groups which some may wish to consider being part of at the end of the course. The Groups offer support through small, online, facilitated sessions up to 10 times a year and are aimed at enabling members to share their caring experiences, encourage one another, develop self-awareness, gain fresh perspectives, develop good practice, keep safe and well and explore their faith in relation to their experiences.

Whether you choose to join a group or not, this training will provide you with the chance to appreciate how self care and self awareness not only help us but essentially enhance what we are able to offer others in the service of God.

## The training includes:

### **Session 1 Welcome & Foundations**

Monday 19 September  
9.30-11.45am

To provide course introductions and foundations and opportunity for participants to consider their own pastoral journey

All training sessions will be on Zoom and a Certificate of Attendance is available.

### **Session 2 Self Care & Wellbeing**

Monday 26 September  
9.45-11.45am

To understand the importance and challenges of self-care when caring for others

### **Session 3 Reflective Practice**

Monday 3 October  
9.45-11.45am

To understand the nature, purpose, value and process of reflective practice in developing our self awareness and ability to care well for others

### **Session 4 A Pastoral Support Group (PSG)**

Monday 10 October  
9.45-11.45am

To understand how reflective practice can be effectively applied to a PSG and review course learning

## Trainers: Teresa Onions and Claire Hardwick

Teresa Onions has recently undertaken a Project Leader role with PCUK, to establish online, facilitated Pastoral Support Groups, having retired from the role of Director of Pastoral Care for ACC in 2017. She has been Pastoral Leader of a Church, involved in a Diocesan Pastoral Training Strategy Group, has written and delivered training material and supported and developed pastoral carers over many years. She has also worked as a counsellor and supervisor in the NHS, having trained at St. John's Theological College, Nottingham in the early 1990s. Teresa is passionate about enabling good pastoral care to happen and ensuring those who offer the care are well supported in their ministry. She lives in and enjoys the Cumbrian landscape.



Claire grew up in the West Country and moved to Sussex to commence her nurse training. She returned to Devon with her family, where she worked in schools with children with additional needs. Claire began her counselling training in 2013 and works in private practice in Exeter. Joining ACC as a registered counsellor, she is also partners with PCUK as a trainer in wellbeing and facilitator for the pastoral carers support groups.

## Costs & Registration

Members: £50, Non-Members: £60

You can register your place [here](#). Spaces are limited so please book early to ensure your place. If you have any problem with booking, or if you would like more information and to know about other training opportunities, please email [office@acc-uk.org](mailto:office@acc-uk.org).

## What previous participants have said about the training and groups:

“Caring for people can be so rewarding but also very demanding. Being part of a pastoral support group, where you can open up about those challenges and receive encouragement and perspective can enable you to keep going. This ACC course, supporting the pastoral carer, will help you see how vital this is and link you into one.”

“A must for all Pastoral Carers. We all have stresses and strains in life but we often don't know as Pastoral Carers where to turn for help. We perhaps feel we are failing if we feel the need for help. If we are to help others we need to look after ourselves so our feelings don't affect our work. We are not superhuman; this course re-energized me.”

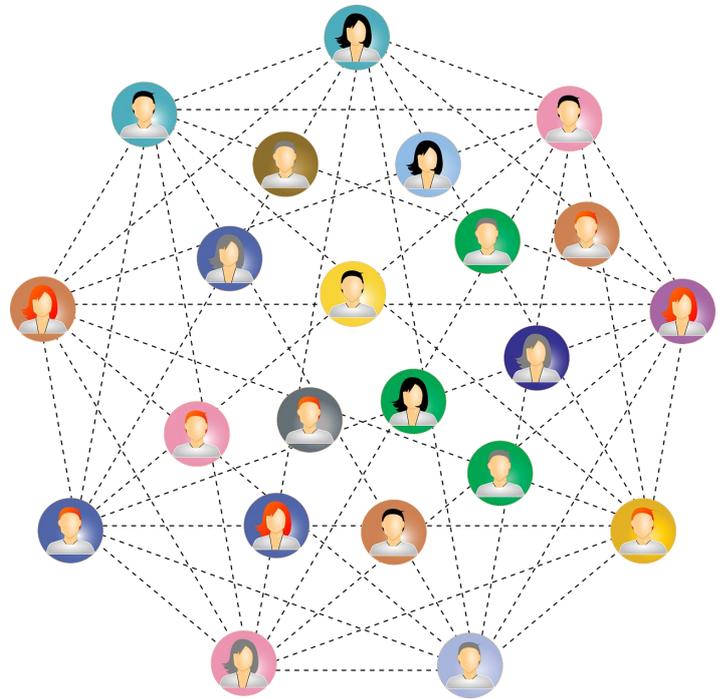
“The course has provided fresh insights into my role as a Pastoral worker. Each of the sessions was well prepared and presented via Zoom. The material was thought-provoking and after each session I was able to reflect on the content aided by the written information emailed before and after each session. I found the smaller breakout groups to be the most valuable time during each session – to ‘meet’ with others and share concerns, ideas, experience and prayer. I would recommend this course to any Pastoral carer wishing to develop their ministry alongside the support of others in similar circumstances.”

“It is easy to soldier on in pastoral care, as I have done for many years, with insufficient time given to intentional reflection. The course raised my awareness of the issues around reflective practice with helpful practical guidance. Time spent in smaller groups sharing experiences and learning from one another were valuable.”

## About Pastoral Care UK (PCUK)

Pastoral Care UK was established under the umbrella of the Association of Christian Counsellors (ACC) as part of its commitment to the encouragement, training and resourcing of pastoral carers.

ACC is a UK charity that provides membership services for trainee and qualified counsellors and psychotherapists who are Christian. It holds an accredited register under the Professional Standards Authority.



*To facilitate the provision, by Christians, of quality counselling, psychotherapy and pastoral care*

### Association of Christian Counsellors

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## PCUK's mission

To be a Christian resource for individuals, churches and organisations which enables the missional purpose, potential and practice of pastoral care to be developed.

## PCUK's vision

To see

the fulfilment of John 13:34-5;

*'A new command I give you: Love one another. As I have loved you, so you must love one another. By this everyone will know that you are my disciples, if you have love for one another.'*

and God's love expressed in quality relationships and through pastoral care, restoring individual lives, building healing communities and growing disciples of Jesus.