

# The Soul in Distress

What Every Pastoral Counselor  
Should Know About  
Emotional and Mental Illness

Richard W. Roukema, MD, FAPA

# Soul In Distress What Every Pastoral Counselor Should Know About Emotional And Mental Illness

**Rev. Willard W. C. Ashley Sr., MDiv,  
DMin, DH, Rabbi Stephen B. Roberts,  
MBA, MHL, BCJC**

## **Soul In Distress What Every Pastoral Counselor Should Know About Emotional And Mental Illness:**

The Soul in Distress Richard W. Roukema, 1997 From this book clergy members learn about the wide range of psychiatric problems and the need for bridging the gap that still exists between the tenets of religion and psychological psychiatric explanations of human behavior

*Counseling for the Soul in Distress* Richard W. Roukema, 2003 Learn how to help your congregants work cooperatively with mental health professionals This revised edition of *The Soul in Distress* is a reader friendly overview of the full range of adult psychiatric disorders Updated with new information on genetics brain scans heredity developmental concerns new medications and stress it suggests ways for clergy to assist their congregants suffering from these illnesses and provides ethical guidance and clinical examples often illustrating how physical disease can affect mental health It also examines new short term therapies and ways to handle difficult personalities From author Richard W Roukema MD FAPA With the recent events of terrorism in our country the need for the clergy to be alert to the fallout on the lives of their congregants is clear Anxiety depression prolonged grief and post traumatic stress disorder will be increasingly evident as the threat of terrorism continues Now more than ever the clergy should obtain a basic overview of the emotional and mental disorders they may encounter in their congregations This book will update the clergy to the current state of knowledge in the field With fascinating case studies and practical suggestions for dealing with various psychiatric disorders

*Counseling for the Soul in Distress What Every Religious Counselor Should Know About Emotional and Mental Illness* Second Edition examines new trends in psychotherapy such as EMDR and Christian counseling the art of providing appropriate referrals to psychiatrists the aftermath of the September 11 attacks the ways that loss and grief affect the personality personality disorders depression and other mood disorders eating disorders such as anorexia bulimia binge eating and obesity stress and its implications schizophrenia and other psychotic disorders neuroses organic mental disorders sexual problems drug abuse and alcoholism Written specifically for the clergy by a well respected psychiatrist this new edition of *Counseling for the Soul in Distress* is an essential addition to your reference shelf

*Counseling for the Soul in Distress* Richard W Roukema, 2013-12-16 Learn how to help your congregants work cooperatively with mental health professionals This revised edition of *The Soul in Distress* is a reader friendly overview of the full range of adult psychiatric disorders Updated with new information on genetics brain scans heredity developmental concerns new medications and stress it suggests ways for clergy to assist their congregants suffering from these illnesses and provides ethical guidance and clinical examples often illustrating how physical disease can affect mental health It also examines new short term therapies and ways to handle difficult personalities From author Richard W Roukema MD FAPA With the recent events of terrorism in our country the need for the clergy to be alert to the fallout on the lives of their congregants is clear Anxiety depression prolonged grief and post traumatic stress disorder will be increasingly evident as the threat of terrorism continues Now more than ever the clergy should obtain a basic overview of the emotional and mental disorders they may encounter in their

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Spiritual Crisis J Lebron McBride, 2014-02-25 It s no revelation that in today s world many people suffer from some form of spiritual crisis But fortunately there is hope In Spiritual Crisis Surviving Trauma to the Soul you ll discover how you can reverse the impact of spiritual crisis and apply healing balm to the traumatized soul A comprehensive real life approach to spiritual care it gives you the understanding necessary to put a lid on the daily chaos that seeks to destroy those whose lives have been shattered by tragedy terror and disillusionment Written from the perspective of a compassionate professional who has navigated the dark and turbulent waters of his own spiritual crises Spiritual Crisis represents a loving cross section of aid from the fields of pastoral theology psychology and health care Christians and non Christians alike will benefit from its frank approach to aiding troubled souls through the tough times of belief transition loss of faith and potentially damaging extremes in living and thinking Specifically you ll read about understanding the effects and roots of spiritual crisis and trauma coping with loss counteracting disillusionment with the church negotiating belief transitions dealing with religious burnout intervening in denominational identity crises Oftentimes it s hard to know what will make a loved one survive or succumb to the impact of seemingly insurmountable personal emergencies However this book is a call to care that will enable you to help others turn back the tide of debilitating hardship in their lives and restore the tempering unity of mind and body Whether you re a beginning pastoral counselor a marriage and family therapist or friend of a troubled loved one Spiritual Crisis will show you and those you work with how to turn crisis into care

*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

**Disaster Spiritual Care** Willard W.C. Ashley, Stephen B. Roberts, 2011-09-19 The first comprehensive resource for pastoral care in the face of disaster a vital resource for clergy seminarians pastoral counselors and caregivers of all faith traditions This essential resource for clergy and caregivers integrates the classic foundations of pastoral care with the unique challenges of disaster response on community regional and national levels Offering the latest theological perspectives and tools along with basic theory and skills from the best disaster response texts research and concepts the contributors to this resource are innovators in their fields and represent Christianity Judaism Islam and more Exploring how spiritual care changes following a disaster and including a comprehensive explanation of a disaster s lifecycle this is the definitive guidebook for counseling not only the victims of disaster but also the clergy and caregivers who are called to service in the wake of crisis

**Disaster Spiritual Care, 2nd Edition** Rev. Willard W. C. Ashley Sr., MDiv, DMin, DH, Rabbi Stephen B. Roberts, MBA, MHL, BCJC, 2017-06-13 The first comprehensive resource for pastoral care in the face of disaster a vital resource for clergy seminarians pastoral counselors and caregivers of all faith traditions Updated and expanded This essential resource for clergy and caregivers integrates the classic foundations of pastoral care with the unique challenges of disaster response on community regional and national levels Offering the latest theological perspectives and tools along with basic theory and skills from the best disaster response texts research and concepts the contributors to this resource are innovators in their fields and represent Christianity Judaism Islam and more New to this edition are chapters on N VOAD Points of Consensus and Guidelines A Developing Conversation Ethics in Disaster Spiritual Care Assessment Developing a Theological Framework for Providing Disaster Spiritual Care And More Exploring how spiritual care changes following a disaster and including a comprehensive explanation of a disaster s lifecycle this is the definitive guidebook for counseling not only the victims of disaster but also the clergy and caregivers who are called to service in the wake of crisis

**Chaplaincy and Spiritual Care in the Twenty-First Century** Wendy

Cadge, Shelly Rambo, 2022-03-15 Wendy Cadge and Shelly Rambo demonstrate the urgent need highlighted by the COVID 19 pandemic to position the long history and practice of chaplaincy within the rapidly changing landscape of American religion and spirituality. This book provides a much needed road map for training and renewing chaplains across a professional continuum that spans major sectors of American society including hospitals, prisons, universities, the military, and nursing homes. Written by a team of multidisciplinary experts and drawing on ongoing research at the Chaplaincy Innovation Lab at Brandeis University, Chaplaincy and Spiritual Care in the Twenty First Century identifies three central competencies: individual, organizational, and meaning making that all chaplains must have, and it provides the resources for building those skills. Featuring profiles of working chaplains, the book positions intersectional issues of religious diversity, race, ethnicity, gender, sexuality, and other markers of identity as central to the future of chaplaincy as a profession. Living, Loving and Loss

Brad DeFord, Richard Gilbert, 2016-12-05 One of the unspoken aspects of mourning concerns the ways that loss affects our intimate relationships and our sexual expressiveness. This text opens these subjects for conversation with the aim of promoting the trust, care, and respect that enable us to be vulnerable. It purposefully covers a range of topics including: 1. the meaning of intimacy and the significance of sexuality, providing a basis for the use of these terms throughout the book; 2. death, grief, and differences in sexual orientation, including death and intimacy in the lesbian, gay, bisexual, and transgender LGBT community and the losses endured by young people due to gender issues; 3. loss of relationship and restoration of intimacy in families, including pharmacological effects on the grief processes of widowers grieving a not so loved parent, the layered losses of infertility and intimacy, and the tolls of war, intimacy, and sexuality challenges for soldiers and their families; 4. adjusting to life's losses associated with aging or illness or infirmity, including Alzheimer's and dementia related illnesses, physical health losses after 50, and intimacy, sex, and hospice, self-determination, and dignity at the end of life; and 5. religious bases that have shaped our perspectives for understanding intimacy, sexuality, and healing after loss, and which give us hope, including the spiritual reflections of a rabbi and a Christian voice in defining what is right. Set in a framework that is both psychological and spiritual, the well-researched contributions are intended to acknowledge these experiences both professionally and personally. The book concludes with an extensive bibliography valuable for research and reference. This book will be of value in undergraduate and graduate courses on thanatology as well as for anyone interested in knowing more about grief, both those currently bereaved and those who wish to support others in mourning. The contributors appreciate both the importance of our capacities for intimacy and sexuality and our inhibitions and hesitations in giving voice to our needs and concerns, perhaps especially when we are grieving. The information and compassionate understanding they provide encourage us to bridge the gap between the secret and the private and to share what is close to our hearts.

Darkness Is My Only Companion Kathryn Greene-McCreight, 2015-07-14 Where is God in the suffering of a mentally ill person? What happens to the soul when the mind is ill? How are Christians to respond to mental illness? In this brave and

compassionate book theologian and priest Kathryn Greene McCreight confronts these difficult questions raised by her own mental illness bipolar disorder With brutal honesty she tackles often avoided topics such as suicide mental hospitals and electroconvulsive therapy Greene McCreight offers the reader everything from poignant and raw glimpses into the mind of a mentally ill person to practical and forthright advice for their friends family and clergy The first edition has been recognized as one of the finest books on the subject This thoroughly revised edition incorporates updated research and adds anecdotal and pastoral commentary It also includes a new afterword by the author refreshed resources and questions for group discussion

*Pastoral Care in Pregnancy Loss* Thomas Moe, 2014-01-02 Until now the church has been unaware of the need for ministry to those suffering from pregnancy loss At a time when approximately one in four pregnancies ends in loss the need to understand and provide caring ministry is painfully obvious *Pastoral Care in Pregnancy Loss* introduces the religious community to the issue of pregnancy loss and describes the ministries that can be helpful to those who experience these tragedies Effective ministry in pregnancy loss requires that one develop basic life theories in order to prepare for such in depth care Thus the book is more than a how to as it explores why there is suffering and why some suffer more than others how to find grace when God seems far away how to minister when we don't have answers and how religious ministry can consistently work with other helping professionals in support of the individual With the foundation of ministry theory provided by *Pastoral Care in Pregnancy Loss* you can help your faith community develop strategies for ministry to those suffering from pregnancy loss Numerous case studies illustrate what is usually done wrong in providing pastoral care in these difficult and delicate situations and explain why those who experience loss may blame themselves why they may blame God and why they may not feel able to return to church Providing helpful insight to hospital pastoral care departments church libraries funeral directors counselors and psychologists nursing and obstetrics professionals and seminaries with a marriage and family ministry specialty this book provides readers with information about three types of pregnancy loss miscarriage still birth and neonatal loss church outreach the grieving process victims as consenters or experiencers the spiritual needs of those suffering loss practical ministries crisis support and long term support *Pastoral Care in Pregnancy Loss* furthers your understanding of pregnancy loss by enumerating theories on how suffering and loss are viewed by those suffering either as a time of testing a time of training a mystery of God a sign of punishment and warning or as having no meaning The book also shows how pregnancy loss affects five different types of personal relationships and discusses both immediate and long term concerns of providing pastoral care From helping the victim find meaning or reason for the loss to providing support in preparing for future pregnancies this book provides much needed guidance to an often neglected ministry

**Shared Grace** Susan Bonfiglio, Harold G Koenig, Marion A Bilich, Steven D Carlson, 2014-04-08 Learn how theology and psychology can work together to provide effective therapy *Shared Grace* provides a framework within which mental health professionals and clergy can work together to provide people in need with appropriate psychological services

and spiritual interventions Breaking down the walls between psychology and religion this guide offers you proven and tried methods and models from the authors collaborative work Comprehensive and intelligent this vital book will help therapists incorporate a spiritual dimension to their sessions and give patients successful and effective services Shared Grace is also a book about the healing power of love It is the very personal intense account of the authors work to help a woman who suffered from dissociative identity disorder heal from the effects of her childhood abuse Through this poignant story you ll find that adding a spiritual dimension into psychotherapy brings increased richness and depth to the therapeutic process Step by step practical suggestions for collaboration between therapist and clergy are included Issues brought to light in Shared Grace include transforming damaged and dysfunctional images of God the establishment of support systems within the religious community the use of guided imagery the creation of healthy rituals and ceremonies Shared Grace will help therapists and clergy alike and enable each to obtain the support education and training to make interdisciplinary collaboration successful

**Making Sense of Death** Gerry Cox, Robert Bendiksen, Robert Stevenson, 2021-11-18 The editors of Making Sense of Death Spiritual Pastoral and Personal Aspects of Death Dying and Bereavement provide stimulating discussions as they ponder the meaning of life and death This anthology explores the process of meaning making in the face of death and the roles of religion and spirituality at times of loss the profound and devastating experience of loss in the death of a spouse or a child a psychological model of spirituality the dimensions of spirituality humor in client caregiver relationships the worldview of modernity in contrast to postmodern assumptions the Buddhist perspective of death dying and pastoral care meaning making in the virtual reality of cyberspace individualism and death and the historical context of Native Americans the concept of disenfranchised grief and its detailed application to the Native American experience It also explores a qualitative survey on the impact of the shooting deaths of students in Colorado a team approach with physicians nursing social services and pastoral care a study of health care professionals comparing clergy with other health professionals marginality in spiritual and pastoral care for the dying a qualitative research study of registered nurses in the northeast United States and loss and growth in the seasons of life

*A Gospel for the Mature Years* Harold G Koenig, 2013-04-15 There s good news for middle aged and older adults who wish to grow emotionally and spiritually and experience satisfaction and joy in their mature years regardless of circumstance health or age A Gospel for the Mature Years shows you how to achieve joy and fulfillment by developing a deep personal intimate relationship with God recognizing your God given gifts and using your abilities in service to others Our later years are not meant to be a time for idleness and withdrawal from life Rather this is an exciting meaningful and action packed time when we should grab hold of life and live it fully advancing God s kingdom in our families communities and nation Meant both for individual reading and for use in churches as a workbook for small discussion groups A Gospel for the Mature Years is arranged to facilitate use in classes running on a calendar quarter of 13 Sundays Questions for discussion at the end of each chapter have been designed to



encourage individual preparation for participation in the group Specific topics you learn about include emotional growth and spiritual development achievement of well being and fulfillment achieving Christian maturity preventing depression counseling and caregiving using one's gifts and talents overcoming barriers to loving and serving others avoiding burnout and exhaustion when loving and serving others These are increasingly difficult times requiring that God's people work together by utilizing their talents for the benefit of others The authors make clear that the call to service does not end with retirement We can use this inspirational book to identify our gifts and learn how to best use them in service to God and others A Gospel for the Mature Years will help us produce a society of people with vision a vision of hope that life can have meaning and purpose regardless of circumstance and of faith that every person has been given a gift that will enable them to make a difference in this world and make it a better place for their children and grandchildren

**Gestalt in Pastoral Care and Counseling** Jeffrey D Hamilton, 2014-05-22 Gestalt in Pastoral Care and Counseling is the only book to provide you with an integrated model of pastoral care and counseling from the perspective of Gestalt theory Covering all aspects of ministry including visitation counseling worship and administration it is a valuable text for advanced undergraduate or graduate classes and small group or individual study for seminaries church ministries pastoral counseling training programs and lay pastoral ministry programs This book will increase your confidence in your work help you understand blockages as well as avenues of change and lead you to a more creative yet consistent stance in your ministry Gestalt in Pastoral Care and Counseling makes clear that all of ministry is in fact pastoral in nature It demonstrates the principles of Gestalt in pastoral ministry in a gradual manner true to both Gestalt principles and your needs Some of the topics you learn about include key elements of Gestalt theory from the early developers through more recent practices the cycle of experience a model that provides an understanding of the various steps involved in change on all levels Gestalt applications in pastoral counseling worship and administration a theology of pastoral caring a model for pastoral ministry based on the relational aspects of the Biblical narrative and its application in ministry ideas for continued growth based on daily life experience With well developed presentations of Gestalt principles and pastoral ministry Gestalt in Pastoral Care and Counseling provides you with a new perspective on the meaning of pastoral ministry Not only will you learn new skills you will also develop a new appreciation for what can occur within pastoral relationships The theoretical basis of Gestalt embraces the whole of life experience as part of the process of change and growth and holds sacred the relationship that exists between persons As your understanding and use of these principles increases the quality of care and counseling you provide in your ministry will continue to improve

**Final Acts** Gerry Cox, Robert Stevenson, 2016-12-05 The editors undertook this project to promote the International Conference on Death Grief and Bereavement in La Crosse Wisconsin USA Throughout its history the conference has attracted internationally known speakers This book illustrates the quality of their presentations

**The Trauma of Doctrine** Paul Maxwell, 2021-01-12 The Trauma of Doctrine is a theological investigation into the effects of abuse trauma

upon the experience of Christian faith the psychological mechanics of these effects their resonances with Christian Scripture and neglected research informed strategies for cultivating post traumatic resilience Paul Maxwell examines the effect that the Calvinist belief can have upon the traumatized Christian who negatively internalizes its superlative doctrines of divine control and human moral corruption and charts a way toward meaningful spiritual recovery [Forthcoming Books](#) Rose Army,2003

**Is Religion Good for Your Health?** Harold G Koenig,2013-10-23 *Is Religion Good for Your Health* takes you deep into the heart of the ageless debate on the importance of religion and faith to physical and mental health On the one hand you will learn about important research findings from cross sectional longitudinal and intervention studies that have demonstrated positive effects of religious belief on both mental and physical health On the other hand you will learn how the vast clinical experiences of leading health experts suggest that religion can have negative effects on health Integral to the book s exploration of the relationship between health and religion are the trends that have occurred in society over the last century You will learn about significant demographic changes changes in health and health care and shifts in values attitudes and religious conviction all of which have direct implications for health care providers the clergy the baby boomers and older adults From Author Harold Koenig a leading expert on religion and health who has frequently been interviewed by major broadcasting networks such as ABC National Public Radio the British Broadcasting Corporation NBC CBS and Ivanhoe Broadcast News you will also learn about pathological uses of religion the need for cooperation and collaboration between health and religious professionals studies on the relationship of religious beliefs and practice to physical conditions such as blood pressure heart disease stroke and cancer links between religious behavior and depression anxiety and drug use the waning of religion s influence in America first hand accounts from patients who have faced painful and or life threatening illnessAs *Is Religion Good for Your Health* analyzes the pathological aspects of religion you will begin to understand how religious beliefs have the capacity to strongly influence people s lives and their health whether positively or negatively Health care providers public policy experts religious professionals medical researchers and medical students will find the book s overview of the issues at stake particularly the implications for our public health care system crucial to the advancement of health care practice into the next century

*Clinical Case Formulations* Barbara Lichner Ingram,2011-03-10 A step by step model for individualized case conceptualization This innovative new guide addresses the essential question facing every therapist with a new client How do I create a treatment plan that is the best match for my client This unique resource provides a systematic method to integrate ideas skills and techniques from different theoretical approaches empirical research and clinical experience to create a case formulation that is tailor made for the client *Clinical Case Formulations* is divided into three parts *Getting Started* provides an overview that sets forth a framework for case formulation and data gathering 28 Core Clinical Hypotheses offers a meta framework embracing all theories orientations and mental health intervention models and presents clinical hypotheses within seven categories Biological Hypotheses Crisis Stressful

Situations and Transitions Behavioral and Learning Models Cognitive Models Existential and Spiritual Models  
Psychodynamic Models and Social Cultural and Environmental Factors These hypotheses are combined and integrated to develop a coherent conceptualization of the client s problems Steps to a Complete Case Formulation provides a structured framework known as the Problem Oriented Method POM Using the POM and integrating multiple hypotheses the therapist learns how to think intelligently critically and creatively in order to develop a tailor made treatment plan A list of thirty three standards for evaluating the application of this method is provided With this practical guide you will learn to conceptualize your clients needs in ways that lead to effective treatment plans while finding the tools for troubleshooting when interventions fail to produce expected benefits

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