

Counseling Ministry to Clergy and Their Families in the Indiana Region



There are times in the life of a clergy person or their family members when it is helpful to seek professional counseling. Any clergy can experience stress in their personal and/or professional lives. The Christian Church in Indiana values the mental and emotional health of our clergy and to that end, is supportive when clergy desire to seek the services of a pastoral counselor.

Pastoral counseling is compassionate professional help for persons in a challenging moment in time. It is practiced in a number of settings: parish, pastoral counseling center, hospital, and private or group practice. The practice of pastoral counseling is governed by appropriate church regulation and professional supervision.

The American Association of Pastoral Counselors' membership includes persons whose academic, clinical, personal, and theological preparation has been carefully evaluated. When persons consult AAPC members or organizations, they see persons trained in both psychological and theological disciplines. Matters of faith, ethics, spiritual life and values are elements in treatment of the whole person, whatever the "presenting problem."

The Region's ministerial staff has as its first responsibility the care of pastors and their families. The staff has primary geographic areas for this pastoral ministry, but all are available for support and care. They will assist you, if you desire, in contacting agencies for professional care.

Financial Assistance is available to clergy, or family of clergy, with standing or under care of the Commission on Ministry in Indiana. The region will provide one-half the hourly fee (up to \$50 per hour maximum) and an overall limit of \$600 in a 12 month clinical period. Additionally, some health insurance plans may provide reimbursement for licensed professional counseling. The utmost care is taken to maintain privacy and matters are handled in a discreet, professional manner. Counseling is to be with a credentialed counselor.

The Counseling Center at Christian Theological Seminary provides counseling services to seminary students on a sliding scale, according to their income. Clergy families may also want to explore the possibility of utilizing these services.

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