

Westberg Symposium 2010
Pre-Conference
Session Descriptions
Friday, September 17, 2010

8:30 – 11:30 am

P – 1 Reconciling God with Pain, Suffering, and Evil & Crisis Communication in the Aftermath of Trauma (R,S): Rev. Ed Hatcher, Retired Air Force Chaplain, Certified Trauma Responder, Chesterfield, MO

Theodicy: Reconciling God with Pain, Suffering, and Evil

Theodicy is a theological term used to describe the study of God's relationship to pain, suffering, and evil. It is Job's, "Why?" This workshop will discuss various forms of theodicy and their implications on how people cope with violations of their core beliefs. Ideas of fate, striving, justice, balance, testing, and opportunity as basic theodicy models will be presented. Video examples will be used to demonstrate what these different theodicy expressions might look like and the role they play in understanding and responding to disaster, sudden loss, and personal violation.

Crisis Communication in the Immediate Aftermath of Trauma

When people are confronted by acute crisis, their ability to communicate, respond, and act effectively are reduced by natural processes that take place in the brain. These natural survival responses impact the functioning of all bodily systems and can leave people thinking they are losing their minds. This class will discuss the neurophysiological process that takes place in times of extreme stress and how it manifest itself physically, behaviorally, emotionally, and cognitively. Specific communication techniques and skills will then be discussed and demonstrated to assist individuals in crisis cope and return to normal levels of functioning.

P – 2 Tending the Sacred Within: A Reflective and Relaxing Morning for Coordinators (S): Mary Jordan BA in Theology, Humanities & Spirituality, Retreat Director, St. Louis, MO

Today's Parish Nurse/Faith Community Nurse Coordinator is pulled in many directions, trying to meet endless multiple demands of her sponsor, Parish Nurses, community and congregations. She is also working at modeling healthy behavior for the Parish Nurses that she serves. Being a faithful leader requires that she balance the need to serve with caring for herself. This preconference will demonstrate how to take the time necessary for spiritual care of self, provide reflection on God's call and God's Word for rest and renewal and give an opportunity to practice spiritual quiet, rest and reflection and pray with God's Word and with peers who share similar needs. It will also be a model that can be shared in Parish Nurse groups.

- P – 3 Research for a Changing World (R):** Andrea M. West, RN PhD, Dir. of Curriculum and Research, IPNRC, St. Louis, MO
This pre-conference will enable participants to explore the “state of parish nurse” research in 2010. A general introduction to research will serve as a framework for roundtable discussions on what is being done, what needs to be done, and how research will help establish parish nurse ministry as an important part of the health care delivery system.
- P – 4 Rural Health Ministry: Meeting the Needs in Our Agricultural Communities (P,R):** Charlotte Halverson RN BSN COHN-S, Rural Health/Parish Health Coordinator, Mercy Medical Center, Dubuque, IA
This presentation will provide an opportunity to identify and discuss some of the issues in rural health ministry. As a faith community nurses serving in rural congregations, we know that many of the health and spiritual needs are the same as with our urban and suburban counterparts – but our ministry does pose some unique challenges...and opportunities. This session will provide an opportunity to learn from one another, share ideas, program successes and lament some of the things that did not work. Suggested resources and project ideas will be made available.
At the conclusion of this session, participants will be able to:
- Identify barriers and opportunities that accompany rural faith community nursing
 - Access available resources to help in program development
 - Continue to network with other nurses providing ministry in rural communities
- P – 5 Building a Successful Parish Nursing Practice (P,R):** Vickie Gustafson MA RN PHN FCN, IPNRC Educational Partner and Parish Nurse, Prince of Peace Lutheran Church, Minneapolis, MN
This presentation will take a look at some of the challenges of beginning a parish nurse program; understanding faith community culture/politics and formal and informal leadership, integrating parish nursing into the fabric of the faith community operations, moving from a action-based clinical practice to a ministry practice, and setting professional boundaries and establishing professional practices. The workshop will look at success stories and tips from seasoned parish nurses and how they established their practice. We will discuss various plans of action and strategies to implement when beginning a new program. Through discussion, brainstorming, and small groups exercises this workshop will provide participants with strategies and take home tools to help create a successful program.
- P – 6 When Comfort Causes Pain: Dealing with Clients who have Mental Health Issues and Knowing When to Draw the Line (P,A,S):** Mark Holley MS RN, Instructor, Parkland College of Nursing & Administrative House Officer, Carle Foundation Hospital, Urbana, IL

This presentation will help prepare the parish nurse to effectively deal with clients who have mental health issues. The content will include a review of the current concepts regarding diagnostic criteria. Along with that, will be a focus on boundaries, what are healthy boundaries and what are potentially harmful or unhealthy boundaries for the parish nurse and/or client. Tools will be explored and experienced along with the emotions behind wanting to help and comfort. Participants will be given opportunities to evaluate their own boundary setting as well as practice some new behaviors.

1:00 – 4:00 pm

P – 7 Creating Communities of Care via Share the Care™ (P,R): Jane Barton, MTS MASM, Certified Spiritual Director, Community Educator for Life Quality Institute, Denver, CO

Currently in the United States, an estimated 66 million people are serving as primary caregivers who face the daily challenges posed by chronic, advanced, or terminal illnesses. At a time when our healthcare systems are stressed, families are geographically scattered, and technology serves to isolate and insulate, Share The Care™ is a refreshing and relational approach to caregiving. Family members, friends, colleagues, neighbors, and volunteers unite to **create a community of care**...a community offering time and talents to meet the diverse and varied needs of the patient and their family.

Those attending the workshop will explore the model and acquire the needed information to promote communities of care within their own organizations. The workshop will review the legacy of caregiving and attitudes associated with giving and receiving care. The basic organizational concepts will be explained and subsequently experienced through a case study. Available and effective website resources will be presented to facilitate the creation of caring communities as well. All those attending the workshop will receive a comprehensive manual containing workshop notes, diagrams, and associated resources.

P – 8 Understanding the Spirituality/Religion and Health Connection – A Biblical Model for Health Education and Self Care (P,E,S): Dale Fletcher MS, founder of Faith and Health Connection, Charlotte, NC

Participants will gain insight into God's design for a life of wholeness and health in spirit, mind and body. The instruction and insight received will serve as tools to better enable them to care for themselves and be more effective in their practice of ministering to others.

Objectives: This presentation will help participants:

- Comprehend a model that explains the spirituality/religion and health connection and its practical application for personal health and wholeness
- Describe how the body, soul, mind and spirit are interconnected
- Explain how life stressors affect health and identify symptoms of stress in

their lives

- Assess their individual level of spiritual fitness
- Review Christian principles for health & wholeness including 18 Spiritual Exercises
- Develop a self care action plan by applying what they learn to better care for themselves
- Educate members of their congregations and community about the spirituality/religion link and how it applies to individual quality of life and health

P – 9 Improving the Credibility and Worth of Health Ministry: Enhancing Program Results through Systematic Planning, Designing, and Communication (P,E,R,A): Katora Campbell RN MSN MPH, Manager of Midlands Partnership Parish Nurse Program, Columbia, SC

As health ministry leaders, are you required to show the value of your programs and activities in order to survive? This workshop will present 3 methods to assist health ministry leaders to plan, design, and promote health programs that benefit those served by the health ministry. First method will assist leaders to use a simple evaluation logic approach that assures the link of program components to the positive results. Participants will learn how to systematically make decisions in selecting or designing health-related program components. Second method will provide leaders with planning strategies to design effective program activities. Participants will learn how to use proven *behavior-change and learning* approaches, including ways to identify and incorporate them into program activities. Third method will assist leaders in communicating their programs' activities and results through a systematic process for developing and disseminating success stories. Health ministry leaders need to communicate clear and concise information about the outcomes of program activities and their affect on the lives of people. Success stories can increase visibility, credibility and accountability among communities of faith as well as health.

P – 10 The Joy of Creating Devotionals: Develop Your Personal Toolbox (R,S):

Rev. Dr. Deborah Patterson, Executive Director, IPNRC, St. Louis, MO
Don't panic when you need to plan a devotion for a group at church or in the community! Learn strategies for creating devotions of differing lengths and purpose using Scripture, music, and other sources of inspiration. Presenter is author of *Healing Words for Healing People* and *The Healing Word: Preaching and Teaching Health Ministry*.

P – 11 Making Your Educational Presentations Professional (P,R): Andrea M. West, RN PhD, Dir. of Curriculum and Research, IPNRC, St. Louis, MO

This pre-conference will provide the participant skills to prepare and execute professional educational programs for congregations. Adult learning theory will provide the foundation for understanding the "ins and outs" of educational programs. Various types of presentations will be explored. A "How To"

Handbook for Educational Presentations will be created during the pre-conference. Andrea M. West, RN, PhD, Director of Curriculum and Research, IPNRC

P – 12 Spirituality and Aging: Living Gracefully with Life’s Changes (E,R,S) –

Rev. Dr. Marilyn L. Stavenger, Faculty Emeritus & Adjunct Faculty, Eden Theological Seminary, St. Louis, MO

This presentation will enable participants to think about, and imagine, some ways to encourage older adults to access spiritual resources in support of varied interests, differing commitments, and a desire for meaning. In years when good physical health is more elusive and one experiences diminished energy, what are ways that life and relationships can continue to be nurtured by caregivers and family members? The embrace of one’s own gifts and available communal activities can make all the difference in how one experiences that emotional. and spiritual landscape called aging.