

# Pastoral Care for Those With Mental Illness (PCMI)

**Australian College of Theology name:** *Pastoral Care for Those With Mental Illness*

## Unit Description

Mental illness affects nearly one in four Australians. It impacts every aspect of a person's life, including the spiritual dimension. Be introduced to some mental health issues that may present in the church and community, and the necessary building blocks for providing effective pastoral care.

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## Learning outcomes

On successful completion of this unit, you will:

### A. Know and understand:

1. Some of the key disorders of mental health
2. An outline of the mental health system in Australia and the mental health services available locally
3. An awareness of the common treatments for mental illness
4. Some theological principles that inform pastoral care for those suffering from mental illness

### B. Be able to:

1. Identify the stigma associated with mental illness
2. Begin to be able to identify those presenting with mental illness
3. Under supervision, provide basic pastoral care in a professional, ethical and theologically informed manner
4. Care appropriately for oneself as one cares for others

### C. Be in a position to:

1. Respond in a pastorally appropriate manner to those presenting with mental illness
2. Promote mental health in church settings

## Content

- (a) An introduction to the common forms of mental illness (mood disorders, anxiety disorders, trauma & stress related disorders, psychotic disorders, personality disorders, addictions, eating disorders)
- (b) Responding to the stigma attached to mental illness (in society and the church)
- (c) An outline of the mental health system in Australia

- (d) Some common treatments for mental illness
- (e) The experience of mental illness for sufferers and carers
- (f) Basic theological principles informing pastoral care of those suffering mental illness
- (g) Key pastoral skills in providing care for those suffering mental illness
- (h) The role of the church in providing friendship and support
- (i) The role of the Bible and prayer in effective pastoral care
- (j) Promoting mental health in church settings
- (k) Professional conduct for the pastoral carer
- (l) Self-care for the pastoral carer