

# Pastoral Care for Those With Mental Illness (PC016-508)

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

## Unit Description

Mental illness affects nearly one in four Australians and is a growing phenomenon worldwide. As Christians, what can we do to help support and care for people living with mental illness? This unit will help develop your understanding and skills in this particular area of pastoral care.

## Exclusions

Prior to 2020, this unit content was delivered under the unit code PC257.

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## Learning outcomes

On successful completion of this unit, you will

### A. *Know and understand:*

1. Demonstrate foundational knowledge and understanding of pastoral care for those with mental illness, including the methods and standards of professional, safe and ethical practice

### B. *Be able to:*

1. Recognise key disorders in mental health
2. Demonstrate foundational skills in providing pastoral care for those with mental illness
3. Present organised evidence-based perspectives on pastoral care for those with mental illness

### C. *Be in a position to:*

1. Relate perspectives and skills from this unit to ministry contexts

## Content

- (a) The common forms of mental illness (mood disorders, anxiety disorders, trauma and 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) The mental health system in Australia

- (d) Common treatments for mental illness
- (a) The experience of mental illness for sufferers and carers
- (b) Theological principles informing pastoral care of those suffering mental illness
- (c) Key pastoral skills in providing care for those suffering mental illness
- (d) The role of the church in providing friendship and support
- (e) The role of the Bible and prayer in effective pastoral care
- (f) Referral to professional services
- (g) Promoting mental health in church settings
- (h) Professional conduct for the pastoral carer
- (i) Self-care for the pastoral carer