



A Wellness Ministry Purpose and Design

A wellness ministry design begins by aligning with scripture. Providing information that is instructional and informative is key, just as God gave Moses the ten commandments written on tablets for sharing with the people to show godly living. "... he gave him the two tablets of the covenant law, the tablets of stone inscribed by the finger of God (Exodus 31:18)."

Also, as the apostle Paul wrote letters to the church to teach, encourage and inspire converts to live in truth and spiritual wellness, so does the Wellness Support Ministry. The instruction the ministry provides will also highlight that possessing truth is liberating, as Jesus said, "If you hold to my teaching, you are my disciples. Then you will know the truth, and the truth will set you free (John 8:31b-32)."

Strategic design, practical hands-on approach and partners with others who share similar beliefs and concerns can contribute to a wellness ministry's success.

Wellness and Pastoral Counseling Strategies



Wellness and Pastoral Counseling Strategies



Contact:

Dr. Vivian Stephens-Hicks

Email: Vivian.stephenshicks@gmail.com

Phone: 617-774-9013



Wellness and Pastoral Counseling Strategies

Bridging the Gap

Discovering A Path Toward Healing

Developing a Wellness Support Ministry, overseen by a pastoral counselor, offers a service that can lead to discovering a path to healing, serving as a triage, creating awareness of hidden trauma and other wellness related issues. This type of ministry is focused on revealing truths in a supportive space for conversations. Outcomes of conversations may lead participants to referrals that include clinical and health professionals or other resources that provide a viable path toward their healing.

Once on the path, a pastoral counselor can continue the journey with those in need as pastoral leader and spiritual supporter who gives spiritual guidance.



PARTNERING FOR WELLBEING



Trauma greatly impacts many communities including the African American community (*Range et al.*). Recognizing trauma as being a part of overall wellness, including spiritual awareness provides many avenues for holistic wellness to thrive. Pastoral counseling or other ministries that may help address potential issues are most effective when they are visible. Use of an Awareness, Conversation, and Referral (ACR) framework contributes to educational and instructional activities and resources.

Although, pastoral counselors are not clinical professionals, their biblical and theological knowledge and experience present great resources for partnering with individuals, families, communities, organizations, and other sources to aid in the process of attaining holistic well-being.

Reference:

Range, Bryan, Dumayi Gutierrez, Casey Gamboni, Nathan Hough, Armeda. Wojciak. "Mass Trauma in the African American Community: Using Multiculturalism to Build Resilient Systems," no. 40 (2018): 284-285.

PASTORAL CARE AND MINISTRY WORKING TOGETHER

Pastoral leaders are essential to establishing ministries that contribute to individual and family wholeness. However, research suggests that there can be challenges in addressing wellness needs, specifically those related to trauma (*Kamara et al.*).

Establishing the integration of pastoral counseling into the ministry context provides a collaboration of opportunities. The pastor and ministry work together to strengthen their relationships and their participants. The information shared prevents gaps in participant care, resulting in visible and viable paths to wholeness.



Reference:

Kamara, Carol Virginia Mills. "Do No Harm—Trauma-Informed Lens for Trauma-Informed Ministry: A Study of the Impact of the Helping Churches in Trauma Awareness Workshop (HC-TAW) on Trauma Awareness among predominantly African-and Caribbean-American leaders in Church of God 7th Day churches in the Bronx and Brooklyn, New York" (DMin diss., Alliance Theological Seminary, 2017), 3.