

Pastoral Assistant ALM course



The Church of England
Diocese of Ely

A course to train pastoral assistants who will carry out good practice of pastoral care within the Church and Community, bringing a loving Christ-like presence into the lives of those who need it.



Session 1: Introduction - Wellness and Flourishing

We ask 'Why do people suffer? What is needed from us when we visit people?'

Pastoral Model - The Interpreter of Human Stories

Session 2: What is attentive listening?

We look at the theory and practice of attentive listening.

Pastoral Model - The Listener

Session 3: Disability

'Ordinary lives in unconventional bodies'. How do we facilitate change for people with disabilities?

Pastoral Model - The Ascetic Witness

Session 4: Developing Healthy Relationships

We look at this in the context of making, breaking, and restoring them.

Pastoral Model - The Wounded Healer

Pastoral Assistant ALM course



The Church of England
Diocese of Ely

Session 5: Families and How to Survive Them

We look at the stresses and challenges in family relationships.

Pastoral Model - The Midwife

Session 6: Failure in Love

We seek to understand power dynamics, and finding ways to love without harm, or prejudice.

Pastoral Model - The Good Samaritan

Session 7: Well-being and Mental Health

Promoting resilience and building communities which can offer scaffolding to people.

Pastoral Model - The Gardener

Session 8: Holding on and Letting go

Considering bereavement, loss, and growth after trauma.

Pastoral Model - The Clown

Session 9: Challenging a Rhetoric of Tragedy

Seeking a flourishing life for those who are cognitively impaired and who have dementia.

Pastoral Model - The Agent of Hope

Session 10: Transition and Moving On

Change Happens while Transition is Made.

Pastoral Model - The Good Shepherd