

STEPHEN MINISTER TRAINING CLASS SCHEDULE - 2008
Tuesdays, January 8-April 29, 2008

<u>Class</u>	<u>Date</u>	<u>Description</u>	<u>Instructors</u>
1	1/08	<p>The Person of the Caregiver - This session introduces Stephen Ministry (SM) trainees to one another, to Stephen Leaders, to the resources they will be using, and to the topic of caregiving. Trainees are introduced to the Caregiver's Compass which defines the character of a caregiver and will guide their learning and caring.</p> <p>Preclass Reading: Stephen Ministry Training Manual (SMTM), vol. 1, pp. 1-16</p>	Sam Warner
2	1/15	<p>Feelings: Yours, Mine, and Ours - A big part of a Stephen Minister's caregiving involves helping care receivers recognize, accept, and express their feelings, and then trust God to give them healing and wholeness. Trainees learn the benefits of expressing feelings and the harm that can arise from unexpressed feelings. Helpful and unhelpful ways of encouraging expression and relating with empathy are discussed.</p> <p>Preclass Reading: SMTM, vol. 1, pp. 17-28</p>	Karen Neel
3	1/22	<p>The Art of Listening - Listening is how Stephen Ministers find out what feelings their care receivers are experiencing. Trainees learn to distinguish between open and closed questions and why it is better to rely on open-ended questions. They will learn and practice the skill of reflective listening and respond to a listening quiz as a way of exploring many facets of this skill. Discussion of trainees' own experiences sharpens understanding of effective versus ineffective reflective listening.</p> <p>Preclass Reading: SMTM, vol. 1, pp.39-50</p>	Sam Warner
4	1/29	<p>Distinctively Christian Caring: Part 1 - Stephen Ministry caregiving is <i>distinctively</i> Christian in character and thus warrants this intense emphasis on using the tools of the faith in caring for another.</p> <p>Preclass Reading: <u>Christian Caregiving: A Way of Life</u> by Kenneth C. Haugk</p>	Karen Neel
5	2/05	<p>Distinctively Christian Caring: Part 2 - The continuation of Part 1. The instruction in both parts is strongly relational and experiential.</p> <p>Confidentiality - Stephen Ministry works because Stephen Ministers take confidentiality very seriously. If people are not utterly convinced that their needs for care are kept confidential, few would ever agree to accept the care of a Stephen Minister. Trainees learn some simple rules and ways to apply them that cover most situations where confidentiality might be compromised.</p> <p>Preclass Reading: SMTM, vol. 1, pp. 163-172</p>	Karen Neel Sam Warner
6	2/12	<p>Assertiveness: Relating Gently and Firmly - Assertiveness is often misunderstood as synonymous with aggressiveness. In fact, assertiveness is about relating to others gently and firmly, as did Jesus, who is our model for assertiveness. Trainees learn skills, practice them, and are urged to use them in real-life settings and report results at the next session.</p> <p>Preclass Reading: <u>Speaking the Truth in Love</u> by Ruth N. Koch & Kenneth C. Haugk</p>	Karen Neel
7	2/19	<p>Process versus Results in Caregiving - SM trainees learn that God is the <i>curegiver</i>, SMs are the <i>caregivers</i>. This division of roles is what makes SM possible. The key understanding is that SMs do not have to (and indeed cannot) "fix" whatever the problem the care receiver is facing. This forces SMs to offer the gifts of listening, understanding and presence, which are paramount in the caring relationship.</p> <p>Preclass Reading: SMTM, vol. 1, pp. 81-88</p>	Sam Warner

