


Pastoral Skills Training – Family Life

Lesson 12: Coping


Student Guide

Lesson Objectives	
○ Identify how people use religion to cope in a healthy way.	
Session 1: Presentation Webinar	
Student Readings	
Religious Methods of Coping: Resources for the Conservation and Transformation of Significance	12-religious-methods-of-coping.pdf
Case Study	12-case-study.pdf
Session 2: Discussion Webinar	
A discussion of assigned case study	




Coping


Lesson 12



Pastoral Skills Training
Family Life Course
Phase 1
USACHCS



Coping



Objectives

- ▼ Identify how people use religion to cope in a healthy way.

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Coping





Significance: The Permanent Human Goal

Humans are invariably focused on holding on to the things that are important:

- ▼ Children
- ▼ Life
- ▼ Accomplishments
- ▼ Assets
- ▼ Pleasures
- ▼ Opportunities

Prime task: Achieve and then hold on!

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 **Coping** 



Coping

Coping is what we do when the significant thing is threatened or destroyed.

Two types of coping:

- ▼ Conservational coping
- ▼ Transformational coping

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 **Coping** 

Religion and Coping

Religion helps people cope.

- ▼ Religion as a conserving force
- ▼ Religion as a transformational force



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 **Coping** 

Religion and Conservation Coping

- ▼ Prevention
- ▼ Support
- ▼ Reframing
- ▼ Opportunities to purify and start again

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 Coping 

Religion and Transformational Coping

How does transforming ourselves help us to cope?

- Life as a cycle with stages
"To everything, there is a season...A time to be born, and a time to die...And the Lord makes everything beautiful in its time."
- Rebirth
Loss of job = New challenge



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 Coping 

The Power of Religious Coping

- Eternal meaning motivates powerful effort.
- Sacred values strongly support good behavior.
- A loving, all-powerful God is a tremendous comfort.



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 Coping 

Psychology and Religion

- Similar goal: healthy resilience
- Nest together nicely (faith-based counselors or pastoral psychotherapists)
- Caveat: Different realms (science vs. faith) requires mutual respect vs. conflict.



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 Coping 

Discussion Questions

- ▼ Can you remember a time when you saw someone bear unbelievable stress/pain/loss as a result of faith?
- ▼ What method(s) of religious coping did that person use?

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 Coping 

QUESTIONS?

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