

## **Grief, Depression, Trauma, and Anxiety Pastoral Books available at the Saskatoon Theological Union Library**

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### ***Trauma-Sensitive Theology: Thinking Theologically in the Era of Trauma* / Jennifer Baldwin, 2018**

The intention of *Trauma Sensitive Theology* is to help theologians, professors, clergy, spiritual care givers, and therapists speak well of God and faith without further wounding survivors of trauma. It explores the nature of traumatic exposure, response, processing, and recovery and its impact on constructive theology and pastoral leadership and care. Through the lenses of contemporary traumatology, somatics, and the Internal Family Systems model of psychotherapy, the text offers a framework for seeing trauma and its impact in the lives of individuals, communities, society, and within our own sacred texts. It argues that care of traumatic wounding must include all dimensions of the human person, including our spiritual practices, religious rituals and community participation, and theological thinking. As such, clergy and spiritual care professionals have an important role to play in the recovery of traumatic wounding and fostering of resiliency. This book explores how trauma-informed congregational leaders can facilitate resiliency and offers one way of thinking theologically in response to traumatizing abuses of relational power and our resources for restoration.

### ***When Steeples Cry: Leading Congregations through Loss and Change* / Jaco J. Hamman, 2005**

*When Steeples Cry* is a book about embodiment, yours and mine. It is not meant to be a "how-to-book," but it envisions you being a different kind of leader to your community. Written primarily, but not exclusively, for church leaders and those seminarians who will serve in mainline Protestant churches, *When Steeples Cry* identifies the work of mourning as a significant aspect of being a church leader in North America today. Leading your congregation towards gratitude, gladness, and praise, to rebuild ruins and to be a "tree of righteousness" is a difficult call. This book explores the diverse nature of loss occurring in North American church contexts: numerical, relationship, material, identity, functional, role, and systemic losses, and suggests how to grieve loss well and move on from it in healthy, life-giving ways.

***Pilgrimage through Loss: Pathways to Strength and Renewal after the Death of a Child* / Linda Lawrence Hunt, 2014**

This book recounts one family's journey through grief. Other parents also speak about the silence often surrounding suffering in our culture. Linda Hunt illuminates the paths parents eventually find to open their lives to strength and healing. Each chapter includes questions for reflection and discussion plus recent research on grief and loss. She not only helps grieving parents but provides an insightful resource for anyone wanting to understand and support a family in grief.

***The Unwanted Gift of Grief: a Ministry Approach* / Tim P. VanDuivendyk, 2006**

*The Unwanted Gift of Grief* is a passionate, practical guide through the grieving process for those who have suffered loss—and those who suffer with them. Rather than talking people out of their grief and pain as a way to make them feel better, this unique book invites them into the grief and pain as a way to healing, transformation and hope. Using real and in-depth ministry and counseling conversations, it identifies the journey through the wilderness of grief.

***Grief, Transition, and Loss: a Pastor's Practical Guide* / Wayne E. Oates, 1997**

Pastors are privileged to offer ministry in the context of bereavement grief, but in this book Oates takes us into life situations where the significance of grief, separation, and loss often go unnoticed, such as divorce and employment situations. As always, Oates discovers nuggets of biblical wisdom and spiritual insight that ground pastoral care in the Christian tradition and connect caregiving with the faith of the parishioner.

***Crisis Counseling* / Howard W. Stone. 2009**

*Crisis Counseling* unites the historic skills of pastoral care and counseling with current methods of crisis intervention from the fields of psychology and psychotherapy. Like the original edition, the present book is written for ministers - both clergy and lay - who are called upon to care for those in crisis. Its concepts and methods will be of value to mental health professionals and crisis hot-line volunteers as well.

*Crisis Counseling* discusses the minister's role as a crisis intervener, incorporating the understanding of recent crisis intervention theory and exploring how the dynamics of crisis is vital for effective crisis management.

***Trauma & Grace: Theology in a Ruptured World / Serene Jones, 2019***

This substantive collection from noted scholar Serene Jones explores recent work in the field of trauma studies. Central to its overall theme is an investigation of how individual and collective violence affect one's capacity to remember, to act, and to love; how violence can challenge theological understandings of grace; and even how the traumatic experience of Jesus' death is remembered. Jones focuses on the long-term effects of collective violence on abuse survivors, war veterans, and marginalized populations and the discrete ways in which grace and redemption may be exhibited in each context. At the heart of each essay are two deeply interrelated faith claims that are central to Jones's understanding of Christian theology: (1) We live in a world profoundly broken by violence, and (2) God loves this world and desires that suffering be met by words of hope, love, and grace. This timely and relevant cutting-edge book is the first trauma study to directly take into account theological issues.

***When Faith is Tested: Pastoral Responses to Suffering and Tragic Death / Jeffrey R. Zurheide, 1997***

When a religious caregiver visits a person who is suffering and dying or who is grieving a tragic death, questions arise concerning faith in God's goodness and power. This book deals with the pastor's preparation to deal with personal and cosmic issues of suffering and justice. Zurheide includes suggestions for conducting conversations with the dying.

***Preaching God's Compassion: Comforting those who suffer / LeRoy H. Aden, Robert G. Hughes, 2002***

Suffering is universal, but how we handle it goes a long way in determining who we will become. Arden and Hughes, following the Pauline/Augustinian tradition viewed through a Lutheran lens, sensitively handle such tough issues as illness, loss, fear, violence, and failure, then offer three sample sermons.

***Jesus Wept: When Faith & Depression Meet / Barbara C. Crafton, 2009***

Drawing from her personal experiences and those of hundreds of others, Episcopal priest Barbara Cawthorne Crafton explores what it means for a person of faith to suffer from depression. Just as no two people are the same, the experience of depression is unique to every individual. Depression's mark on each soul can perplex or even annoy loved ones, friends, and family, while at the same time they want very much to help...

***Looking Anxiety in the Face: Wisdom for all who worry / Herbert Brokering, 2009***

Stare down stress and alleviate anxiety with this encouraging guide! Drawing from his own experience, Brokering offers 24 wise reflections on how to quiet your noisy mind, still your restless soul, and face head-on the worries that confront you. Personal and pastoral, it includes practice suggestions at the end of each chapter.

***Uproar: Calm Leadership in Anxious Times / Peter L. Steinke, 2019***

*Uproar: Calm Leadership in Anxious Times* helps leaders understand the powerful impact that emotional processes have on the people they lead. In this book, readers will observe important leadership characteristics such as separating oneself from the surrounding anxiety, making decisions based on principle and not instinct, taking responsibility for one's own emotional being, staying connected to others including those who disagree with you, being a non-anxious presence, focusing on emotional processes rather than the symptoms they produce, knowing people naturally influence one another, and recognizing leader and follower as complements.

***A Guide to Ministry Self-Care: Negotiating today's Challenges with Resilience and Grace / Olson, Rosell, Marsh, and Jackson, 2018***

*A Guide to Ministry Self-Care* offers a comprehensive and up-to-date overview of both the causes of stress and strategies for effective self-care. Written for both new and long-time ministers, the book addresses a wide range of life situations and explores many forms of self-care, from physical and financial to relational and spiritual.

***Ministry with Persons with Mental Illness and their Families, 2<sup>nd</sup> ed. / Albers, Meller, Thurber, 2019***

Those who are afflicted as well as those who are adversely affected by mental illness often live lives of "quiet desperation" without recourse to appropriate assistance. Most caregivers confronted with these illnesses in the work of ministry have had no training or accurate information about mental illnesses, so frequently they do nothing, resulting in further harm and damage. Others may operate out of a theological system that does not adequately account for the nature, severity, or treatment of these illnesses. In *Ministry with Persons with Mental Illness and Their Families, Second Edition*, psychiatrists and pastoral theologians come together in an interdisciplinary, collaborative effort to ensure accuracy of information concerning the medical dimensions of mental illness, interpret these illnesses from a faith perspective, and make suggestions relative to effective ministry.