

Models for Helping Others Navigate Crisis

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What do I Want to Be During COVID-19?

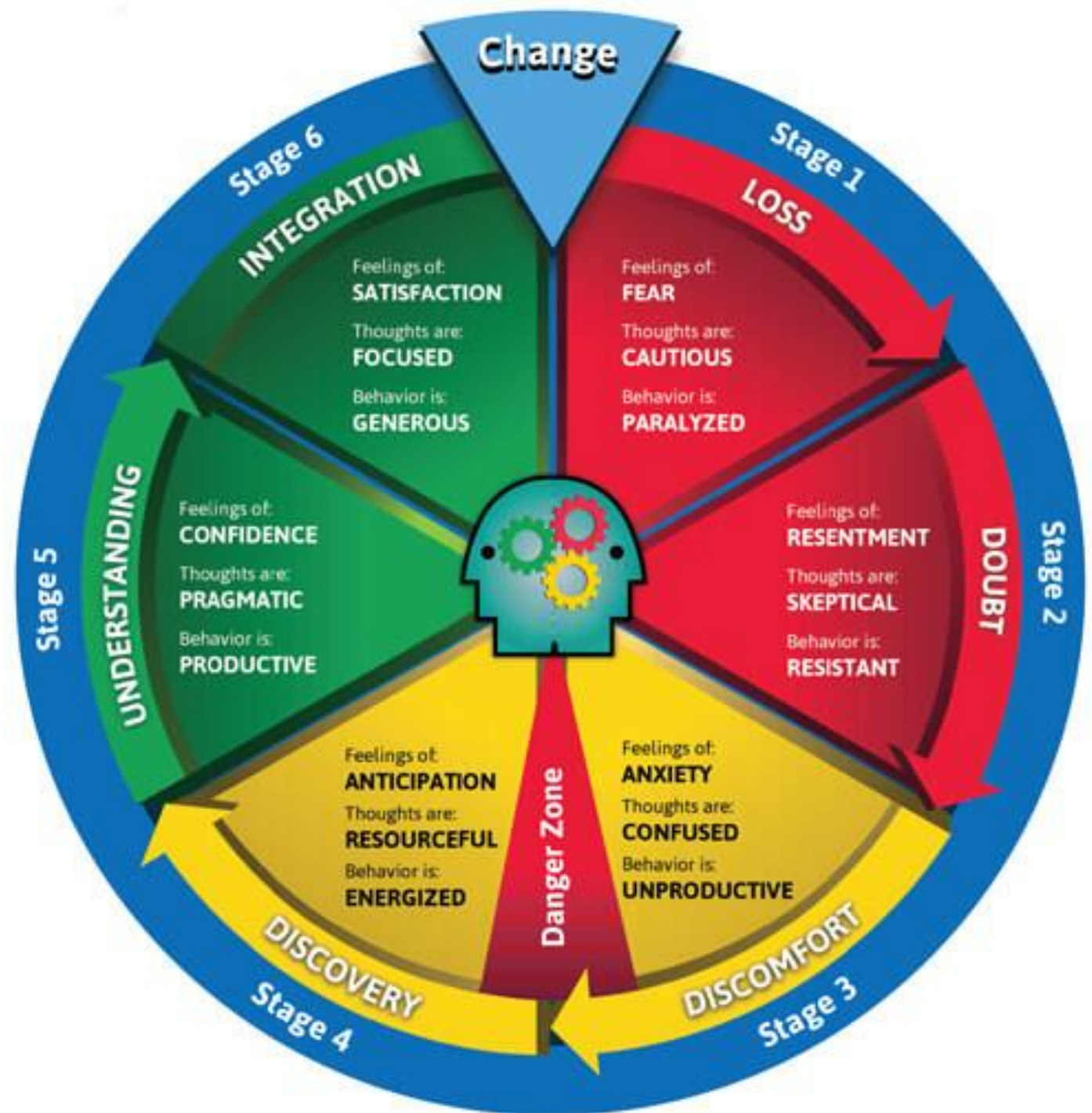
(Author Unknown)



The Change Cycle

Brock and Salerno

Source: <https://changecycle.com/change-cycle>



Pastoral Process in Crisis Assistance

Listen, be incarnationally present

Grace for grief, lament, complaining, irrational fears, less than best behavior

Help them understand the normal process. Be familiar enough with the models to be able to weave perspective without being technical or teachy.

Help them appreciate and lean into resources (internal and external) from a posture of abundance vs. scarcity

Provide genuine assurance and hope

Stay connected