

SHADOWS OF THE HEART

A Spirituality of the Negative Emotions



James D. Whitehead
and
Evelyn Eaton Whitehead

Whitehead

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Shadows Of The Heart A Spirituality Of The Negative Emotions:

Shadows of the Heart Evelyn Eaton Whitehead, James D. Whitehead, 2003-10 Drawing from a wealth of psychological and spiritual sources the authors help us gain a new perspective on how we handle the painful emotions of anger shame guilt and depression

Shadows of the Heart James D. Whitehead, Evelyn E. Whitehead, 1994-09-01

The Gift of Anger Carroll Saussy, 1995-01-01 This book provides a biblical basis and a very practical and viable methodology for using and expressing anger in a healthy and redemptive way

The Angry Christian Andrew D. Lester, 2003-01-01 In this work respected scholar Andrew Lester discusses and incorporates the newest behavioral research models contemporary biblical and theological scholarship constructivist philosophy and narrative theory into a comprehensive pastoral theology of anger In revisiting through the lens of theological anthropology the very subject that brought him to the forefront of scholarship in pastoral care Lester presents engaging new material and innovative new methods of interventions for dealing with this often confusing human emotion

End-of-Life Care and Addiction Suzanne Bushfield, Brad DeFord, 2009-11-23 Named a 2013 Doody's Core Title Bushfield and DeFord offer us an excellent informed and sensitive work that speaks both of the erosion of family systems due to addiction and the complications that arise when these victimized families face end of life care Illness Crisis and Loss With a growing elderly population comes an increased need to recognize the medical and psychological needs of older adults suffering from addiction particularly towards the end of life This guide describes the challenges such persons and families present to those providing end of life care and shows caregivers how to best negotiate these issues with clients and their families The authors place special emphasis on the role of the family presenting a cohesive family systems approach to end of life care The book demonstrates how hospice teams can work collaboratively with the client and family to help alleviate some of the emotional stress and pain of addiction The authors also present practical guidelines for recognizing and diagnosing addiction determining appropriate interventions and outlining special concerns for addicted people in end of life care Key features Identifies the known markers of substance abuse and appropriate interventions Provides guidance on how to address the physiological psychological and spiritual effects of addiction Details what every hospice team needs to know about family systems theory Discusses the emotional process of addicted clients and what hospice teams caregivers and family members can do to help

Conversation as Ministry: Douglas Purnell, 2003-10-22 Douglas Purnell draws upon his experience as a pastor counselor and therapist to give both lay and ordained Christians the resources they need to engage in caregiving conversation intentionally deeply and confidently In Conversation as Ministry Stories and Strategies for Confident Caregiving Purnell shares his reflections on the nature of pastoral conversation and he presents questions for specific conversations to help people focus on their intentions while engaging in pastoral conversation

Forgiveness and the Healing Process Cynthia Ransley, Terri Spy, 2004-03 Many people come for help because they remain stuck in a destructive relationship job or legal battle or with painful memories of child abuse But does it necessarily help to forgive

Taking

Charge Marilyn Kielbasa, Michael Theisen, 1996 The older teens in your parish want a youth ministry program that exposes them to relevant real world topics in an active engaging way Horizons is an innovative comprehensive approach to religious education Its foundation is teacher led creative learning strategies that give students ample opportunities for discussion reflection and fun Designed for grades 9 12 Horizons utilizes a module system so that you can combine courses and topics to meet the specific needs of your parish Seven core courses set the stage for discussing central and foundational themes Then choose from a wide selection of age appropriate minicourses to round out your curriculum and craft summer courses retreats and youth group activities The Youth Ministry Strategies component features more than 65 creative youth activities to complement the Horizons curriculum And on top of all that Horizons includes outstanding training resources You ll be able to create the most engaging and relevant youth ministry program for senior high that is available anywhere The Living Church , 1994-07

Ethics and Spirituality Charles E. Curran, 2014 This volume compiles writings by leading moral theologians and ethicists on an important emerging topic in the field of ethics As spirituality asserts its broad humanistic interdisciplinarity and moral theology emerges from its fixation on sin to address broader questions of human formation and Christian discipleship the need for the two disciplines to be in dialogue is clear **Aquinas, Education and the East** Thomas Brian Mooney, Mark Nowacki, 2013-03-12 A confluence of scholarly interest has resulted in a revival of Thomistic scholarship across the world Several areas in the investigation of St Thomas Aquinas however remain under explored This volume contributes to two of these neglected areas First the volume evaluates the contemporary relevance of St Thomas s views for the philosophy and practice of education The second area explored involves the intersections of the Angelic Doctor s thought and the numerous cultures and intellectual traditions of the East Contributors to this section examine the reception creative appropriation and various points of convergence between St Thomas and the East *Parish Nurses, Health Care Chaplains, and Community Clergy* Larry Van De Creek, Sue Mooney, 2012-11-12 Understand the roles of these three unique professions and how collaboration can make each more effective This is the first book to clarify the roles and interprofessional dynamics of these three professions and describe how they can best work together Here you ll find theological perspectives on each profession practice models of collaborative programs and new resources to aid your professional growth In addition this book gives you a thorough historical overview of parish nursing and an introduction to health care chaplaincy as well as insightful analyses of the relationships of clergy and congregation to health care institutions Parish Nurses Health Care Chaplains and Community Clergy Navigating the Maze of Professional Relationships is a vital addition to your reference shelf This unique book written by experts in all three fields provides the necessary background to be an effective parish nurse including information on spiritual formation clinical pastoral education and more instruction on starting a parish health ministry effective ways that the disciplines can work together in congregational health ministries to provide the best possible spiritual care successful practice models that your ministry can emulate an examination of the

health care institution's role in forming the spiritual care team resources to use to increase your ministry's effectiveness Parish Nurses Health Care Chaplains and Community Clergy is a must for practitioners educators and students who will be entering these vital professions *The Bright Side of Shame* Claude-Hélène Mayer, Elisabeth Vanderheiden, 2019-04-25 This book provides new ideas on how to work with and constructively transform shame on a theoretical and practical level and in various socio cultural contexts and professions It provides practical guidelines on dealing with shame on the basis of reflection counselling models exercises simulations specific psychotherapeutic approaches and auto didactical learning material so as to transform shame from a negatively experienced emotion into a mental health resource The book challenges theorists to adopt an interdisciplinary stance and to think outside the box Further it provides practitioners such as coaches counsellors therapists trainers and medical personnel with practical tools for transforming negative experiences and emotions In brief the book shows practitioners how to unlock the growth potential of individuals teams and organisations allowing them to develop constructively and positively **Cardinal Jean-Marie Lustiger on Christians and Jews** Bruce Tallman, 2005 Written by an experienced practitioner this book offers spiritual directors a road map to becoming more fully conscious and proficient in their work helps directees learn to discern the good director from the not so good and teaches both director and directee how to cope in less than ideal spiritual direction situations The author describes the four heroic archetypes Sovereign Warrior Seer Lover and the antiheroic archetypes associated with each of them BOOK JACKET The Value of Shame Elisabeth Vanderheiden, Claude-Hélène Mayer, 2017-04-06 This volume combines empirical research based and theoretical perspectives on shame in cultural contexts and from socio culturally different perspectives providing new insights and a more comprehensive cultural base for contemporary research and practice in the context of shame It examines shame from a positive psychology perspective from the angle of defining the concept as a psychological and cultural construct and with regard to practical perspectives on shame across cultures The volume provides sound foundations for researchers and practitioners to develop new models therapies and counseling practices to redefine and re frame shame in a way that leads to strength resilience and empowerment of the individual **A Many Colored Kingdom** Elizabeth Conde-Frazier, S. Steve Kang, Gary A. Parrett, 2004-03 A Many Colored Kingdom explores Christian formation and teaching in the church with a particular focus on intercultural and interethnic relationships **A Christian Spirituality and Psychotherapy** Richard H. York, 2009-06-01 This book describes a method of therapy based upon the Christian spirituality and psychotherapy perspective developed by Dr Richard York This clinical theology perspective is a phenomenological approach that integrates spiritual theological and psychological concepts and was developed in large part through York's own experience of being relieved of depression and anxiety through interweaving of psychotherapy prayer and meditation spiritual direction and the relationship with his Indwelling Spirit Because human beings are the products of relationships York critiques approaches to psychology premised upon the subject object

epistemology of empirical science that study human behavior He suggests instead that a relational ontology research method offers an approach superior to that of standard psychotherapy and uses experience in relationship as the fundamental concept in this clinical theology Because people are prone to hurt themselves and others York also argues that standard approaches to psychology need to develop a psychology of sin and evil including some form of a Higher Power as essential parts of the spiritual aspect of psychotherapy York critiques Christian theologians for developing theology that seldom uses empirical data and that is irrelevant to the process of helping people heal and grow He criticizes those pastoral ministers who moralize with people instead of listening to them as well as those who preach more about sin and suffering than God's presence and saving grace through the forgiveness of sins While he acknowledges that most of his perspective is not new York does offer a unique contribution to the field of psychotherapy through the concept of the Indwelling Spirit He describes how the Indwelling Spirit works in psychotherapy and the various techniques to access it He further argues that his experience as a gay psychologist is an essential aspect of his method because in being healed through his experience with his Indwelling Spirit he was able to define this experience for use in psychotherapy an insight used by very few straight therapists York challenges the notion of how a gay man who worships God regularly found healing through a relationship with Christ in the Holy Spirit of God and developed the concept of the Indwelling Spirit for psychotherapy could be considered objectively disordered and intrinsically evil by the Roman Catholic Magisterium Furthermore York describes a new principle of moral theology for sexual relationships based on love rather than procreation and suggests seven research hypotheses to study the phenomenon of the Indwelling Spirit and the love that is exhibited in both same sex and opposite sex relationships

The Healing Power of Spirituality J. Harold Ellens, 2009-12-30 This three volume set addresses how the

role of spirituality and its constructive expressions in various religions and outside of formal religion enhances human personality and experience Theologian and acclaimed scholar J Harold Ellens now offers a breakthrough work on the positive impact of faith In *The Healing Power of Spirituality and Religion* an extraordinary group of scholars discuss the latest scientific research into the connection between belief and psychological and physical well being Each volume of *The Healing Power of Spirituality* focuses on a specific aspect of the scientific exploration of faith and well being volume one examines the healing power of personal spiritualities like I Ching and Transcendentalism volume two looks at the subject in the context of Christianity Judaism and other world faiths and volume three explores the psychodynamics of healing spirituality and religion including the role of biochemical and chemical reactions in heightening psychospiritual apperception

The Gardened Soul David White, 2025-07-29 Gardens have always been places where people sought meaning From Eden to Gethsemane from Versailles to Kew from Powerscourt to Altamont something of these places resonated with people's souls as they yearned to connect to more Styles of gardens have changed down the millennia as have the lifestyles of those who created and gardened them but what has remained constant has been the human desire for wholeness holiness and connection As

much as we have created and cultivated gardens they have had their effects on us In other words our souls have been gardenened This book addresses how a receptive engagement with gardening as a spiritual practice can allow for the emergence of a sacred environment where emotions can lead the soul deeper into the experience of more particularly into the development of other embodied spiritual practices The two specific emotions examined are love and sadness which are explored as they grow into the embodied practices of gratitude and everyday joy respectively The emotional experiences in the garden incite wonder excitement and connection nurturing the soul and lead onward towards discerning what embodied spiritual practices may be needed for the journey ahead Our souls are gardenened

Spirituality in Social Work and Education Janet Groen, Diana Coholic, John R. Graham, 2013-01-24 Over the past ten years the fields of social work and education have grappled separately with definitions of spirituality ways to integrate spirituality into the classroom and the rendering of spirituality as a meaningful concept for practitioners students and researchers Social work and education have many commonalities in areas of engagement with children families and communities For the first time this book brings together these two professional disciplines for interdisciplinary discussions that advance our knowledge in the broad area of spirituality The book s three sections reflect broad topic areas created to facilitate dialogue between the contributors all of whom have established expertise in exploring spirituality in education or social work The first section of the book explores the historical and theoretical underpinnings of spirituality in education and social work Examination of our respective heritages uncovers the religious roots within our professions and reveals a present understanding of spirituality that calls for active engagement in challenging oppression and working toward social justice The second section shifts the focus to the pedagogical implications of incorporating spirituality into higher education classrooms The varied level of acceptance and the tensions that come from including spirituality implicitly or explicitly in the programs and coursework in our respective faculties are illuminated by authors in both professions The final section explores issues related to practising and teaching in the field from a spiritually sensitive perspective

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