

Coming Next...

3.00 pm

**SESSION 1.**

**‘Setting the scene’**

**David Buck**



# Resilience and Reflection in Chaplaincy and Spiritual Care:



# Resilience

- Ability to withstand or recover quickly from difficult conditions
- (of objects) Ability to recoil or spring back into shape after bending, stretching or being compressed

# Chaplaincy and Spiritual Care

Resilience is that ineffable quality that allows some people to be knocked down by life and come back stronger than ever. Rather than letting failure overcome and drain their resolve, they find a way to rise from the ashes.

Psychology Today

It's not important how many times  
you fall but how many times you rise

# What is resilience for us?

- Ability to face relentless death and dying
- Carrying on regardless
- Being self aware of impact on us and others
- Facing mortality
- Having strength in face of difficulties and challenge

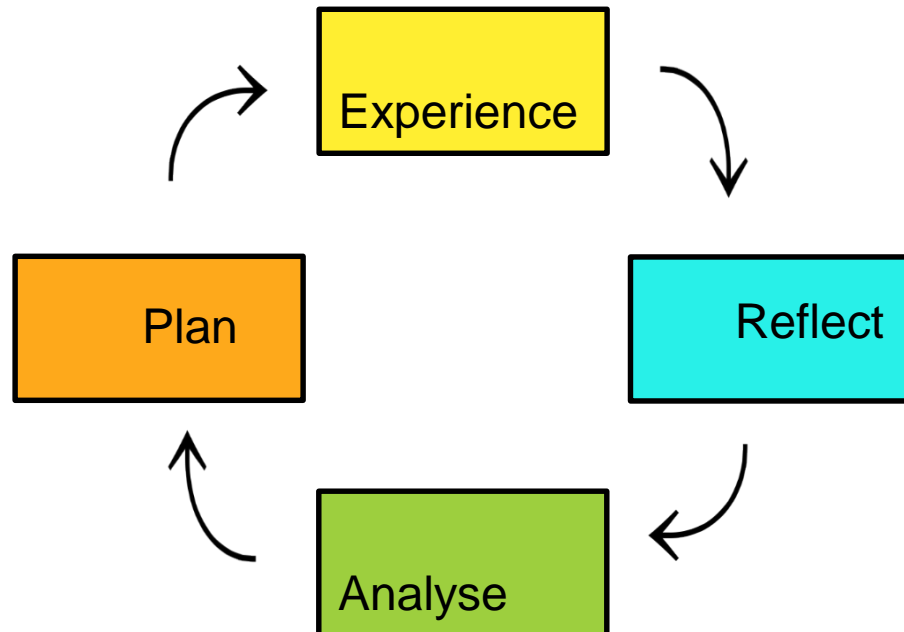
# Reflection

- A serious thought or consideration
- (of object) The throwing back by a body or surface of light, heat or sound without absorbing it

# What is Reflective Practice?



Becomes a circular process





# Reflection

- A practical task
- CPD – what does it mean and how does it help
- Personal
- With others
- Supervision
- Essential or desirable

# Interface of Dark and Light

Where are the dark places in our work ?

What does it mean for us to be in shadow?

Think about points of pressure

- Where are the light places?
- What brings us a sense of joy and brightness?
- How does it feel to be in the light places?