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教牧心靈健康

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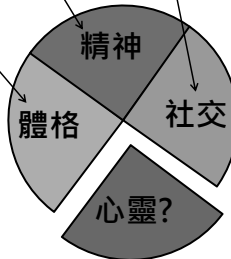
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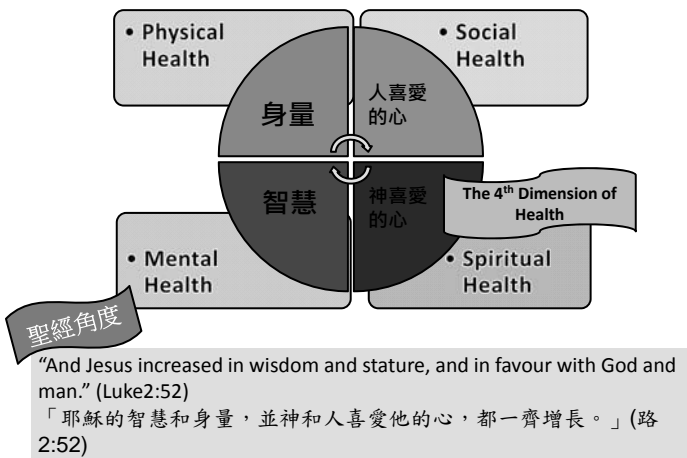
「心靈健康」 - 遺漏的一環 "Spiritual Health" —The Missing Dimension

WHO's definition of health: "A state of complete physical, mental and social well-being, and not merely the absence of disease".



心靈健康不包
括在內!?

The 4th Dimension of Health



心靈健康的定義

- 因為它的相對性和經驗性，所以「心靈健康」沒有標準的定義。
- 不過大家都同意它包括（但不止於）人的精神、社交、情緒等健康。
- 縱使沒有宗教信仰的人也可以有心靈健康。
- 從基督教的角度，個人之所以有「心靈健康」在於人能否與自己、他人、大自然以及上帝建立良好關係。

“Spiritual Health focuses on self-fulfillment, self-actualization, enlarging consciousness, unleashing creativity, wanting to go beyond 5 senses....
Neither all spiritual people are religious, nor all religious people are spiritual.”
-Neera Dhar, U. Datta and Deoki Nandan,
National Institute of Health and Family Welfare, New Delhi

“One might venture to include in the dimension of spiritual health at the individual level elements of generosity, charity, solidarity, self-abnegation, concern for others, self-sacrifice, self-discipline, and self-restraint. At the societal level, indicators might be manifestations of solidarity, equity, justice, sexual equality, unity in diversity, participative decision-making, and power sharing.”
-John-Paul Vader
University of Lausanne Medical Centre, Institute of Social and Preventive Medicine, Lausanne, Switzerland

“Spirituality is an important, multidimensional aspect of the human experience that is difficult to fully understand or measure using the scientific method, yet convincing evidence in the medical literature supports its beneficial role in the practice of medicine.

It will take many more years of study to understand exactly which aspects of spirituality hold the most benefit for health and well-being. The world's great wisdom traditions suggest that some of the most important aspects of spirituality lie in the sense of connection and inner strength, comfort, love and peace that individuals derive from their relationship with self, others, nature and the transcendent.”

-Gowri Anandarajah and Ellen Hight
Brown University School of Medicine, Providence, Rhode Island

牧職與心靈健康

1. 外在環境- 工作職務



工作職務可能帶來
牧者的困惑和焦慮：

- 教會的管治和管理→規範
- 牧者對聖職的自我理解→限制
- 信徒對牧者領導的期望→壓力
- 領袖將牧者與企業僱員比較→批評

2. 外在環境- 工作身份 / 角色



複雜和多重工作身份/角色帶來
牧者的困惑：

- 不同身份的職/權/責/態度
- 那個場合、時間扮演何種角色
- 會友/領袖對牧者角色的期望與牧者自己的角色轉移是否一致

3. 內在情況- 個人需要



牧者個人需要在牧職的困惑：

- 物質—客觀上相對其他職業為低，但主觀上不會覺得不公平，不會主動爭取(犧牲?吃苦?)
- 自尊—較少被肯定
- 自我發揮—工作有自由度(缺乏督導之故?)
- 意義—牧者的工作客觀上極具意義(屬靈的)，但不一定是個人的理想的實現

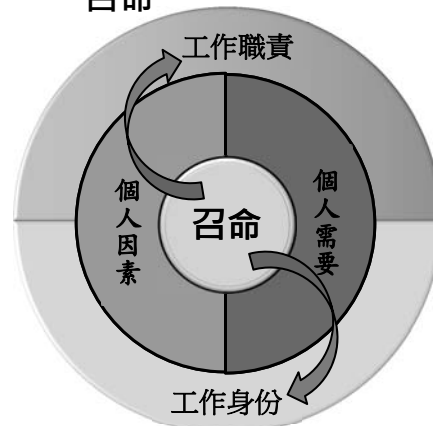
4. 內在情況- 個人因素



牧者個人因素導致
牧職的困惑：

- 個人性格的影響
- 工作風格與手法
- 價值觀與原則、立場
- 利益/關係—透明度與申報

5. 終極因素- 召命



召命與牧職的關係

- 牧者的聖職與上帝的呼召
- 有較高召命感的牧者工作投入感較高 (BU/HKPES)
- 以工作為召命的人在工作上的滿足感較大 (Philip Wu)
 - 個人需要得滿足；
 - 組織文化與個人價值觀吻合；
 - 興趣切合所從事的職業；
 - 技能應用在工作上