

# Boundary Awareness Workshop

**The Classis of Schenectady will hold a Boundary Awareness Training at Christ Community Reformed Church (1010 Route 146) in Clifton Park on Friday, January 25 from 9:00 am to 1:00 pm.**

Lunch will not be provided so please plan accordingly.

Clergy and anyone who serves in the leadership of church is invited to participate.

The workshop will be led by Dr. David Olsen of Samaritan Counseling.

Before clergy or professionals can say Yes to their calling and to pastoral excellence, they need to be able to say No and live out clear boundaries within their ministry contexts.

Clear boundaries are a necessary part of pastoral ministry. While all clergy and professionals are aware of this, maintaining those boundaries is far from easy. Not surprisingly, clergy are at high risk for both burnout and numerous health problems.

Based on the book *Saying Yes to Say No: everyday boundaries and pastoral excellence*, this workshop will focus on helping clergy identify, set, and maintain clear boundaries.

**Part 1** of the workshop will focus on defining what effective boundaries are in the changing context of ministry, and how complicated those boundaries have become in our changing culture.

**Part 2** will focus on why boundaries are so hard to maintain. For many clergy, boundaries are all too clear. For example, most would agree they need better self care, or time for continuing education. What is not clear is why it is so hard to say no to those things which interfere with improved self care. Part 2 will explore both intrapsychic (issues within the self) and systemic (issues within anxious congregational systems) reasons why saying no is so difficult with special attention to the role of anxiety

**Part 3** will focus on prevention. Building on the reasons that boundaries are so difficult to maintain, this final section will work building strategies for creating and maintaining clear boundaries aimed at allowing for growth in pastoral excellence.

About the presenter:

David Olsen, PhD, LCSW, LMFT

David has served as the executive director of the Samaritan Counseling Center for the last 32 years. He has been an adjunct professor of family therapy at Sage Graduate School, and is an ordained minister in the American Baptist Churches and provides consultations and trainings for a number of judicatories.

His interests are in providing couple and family therapy, as well as coaching and consultation for clergy and congregations.

He is the author of six books, most recently ***Saying No to Say Yes*** with Nancy Devor , and ***Renewing your Relationship, 5 necessary steps*** with Erin Belanger.

He holds the MS in counseling psychology, MSW in social work, MPHIL in psychology and religion, PHD in psychology and religion, and has done post doctoral work in Bowen Family therapy