

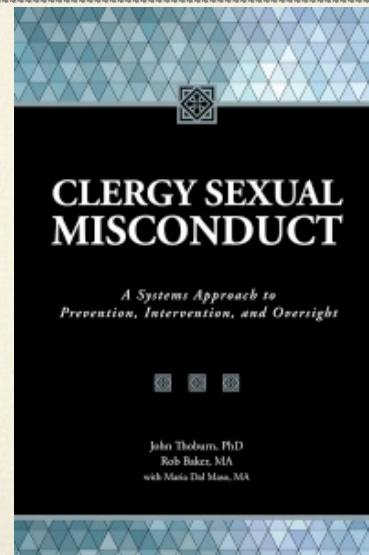
Seven Things You Must do to  
Protect your Marriage, your  
Ministry, and Yourself



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*AACC Forum*  
*Nov. 8, 2011*



## Important New Resource



## The Danger: Ministerial Misconduct

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- ❖ Sexual misconduct:
  - ❖ “overt or covert expression by the clergy person toward the congregational member of erotic or romantic thoughts, feelings, or gestures that are sexual or may be reasonably construed by the congregant as sexual” (p. 4).

## The Danger: Ministerial Misconduct

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- ❖ Emotional and sexual infidelity:
  - ❖ “occurs when a relationship with a person other than one’s spouse is characterized by emotional intimacy, sexual chemistry, and some degree of secrecy” (p. 4).

## The Danger: Ministerial Misconduct

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- ❖ Compulsive or addictive behavior:
  - ❖ “a pathological relationship with a mood-altering experience; it is a dysfunctional adaptation and survival mechanism for dealing with early life trauma and/or dysfunctional dynamics in the family of origin” (p. 4).

## The Danger: Ministerial Misconduct

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- ❖ Between 10 and 14 percent of pastors have sexual contact with someone other than a spouse while in ministry.
- ❖ More than 30 percent of ministers engage in sexual behavior they consider inappropriate.

## The Danger: Ministerial Misconduct

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- ❖ More than 15 percent of ministers qualify as functionally addicted to Internet pornography.
- ❖ There is an average number of seven women victims of clergy sexual misconduct per affected congregation.

- More than 15 percent of ministers qualify as functionally addicted to Internet pornography.
- There is an average number of seven women victims of clergy sexual misconduct per affected congregation.
- This number is significant and disturbing considering that the average size of most congregations is between 100 and 700 members.

## The Danger: Ministerial Misconduct

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- ❖ There are around 600,000 ministers in the United States serving in about 300,000 churches.
- ❖ At 10 - 14% that means there are somewhere between 60,000 -- 84,000 ministers involved in some form of sexual misconduct.

## The Danger: Ministerial Misconduct

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- ❖ How do we compare with other professionals?
  - ❖ 7.1 percent of male psychiatrists
  - ❖ 5 - 7% of psychologists

## The Danger: Ministerial Misconduct

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- ❖ Most guilty of ministerial misconduct are males
- ❖ Average age of misconduct is 43.5 years.

## Seven Things... Number 1

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- ❖ Keep your marriage strong.
  - ❖ One report shows 41% of those who acted out sexually were having problems in their marriage before the affair.
  - ❖ 75% of pastors who had marital difficulties of 5 - 20 years duration reported they were at risk for sexual misconduct.

## Seven Things... Number 1

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- ❖ Keep your marriage strong.
  - ❖ If we think in terms of root causes, insecure attachment styles learned in one's family of origin are a primary cause of addictive behavior.
  - ❖ Healing of relational wounds within the marriage is one of the best safe-guards anyone will ever find.

## Seven Things... Number 2

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- ❖ Guard yourself against burnout.
  - ❖ The average age of sexual misconduct is the mid forties.
  - ❖ The average age of burnout is mid forties.

## Seven Things... Number 2

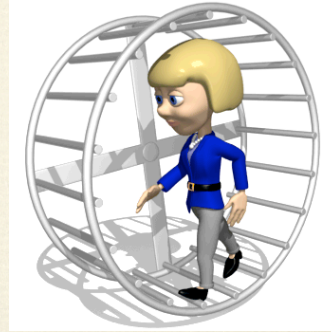
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- ❖ Guard yourself against burnout.
  - ❖ One study reported that 70% of pastors said they had no close friends and 45% admitted symptoms of burnout were present.

## Seven Things... Number 2

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- ❖ Those more prone to burnout:
  - ❖ are afraid of intimacy,
  - ❖ tend to overwork due to fear of failure or rejection,
  - ❖ put their emotional and physical energies into their careers because things are not going well at home.



## Seven Things... Number 3

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- ❖ Think systemically.
- ❖ Intrapersonally, how a person is connected to self
- ❖ Interpersonally, how a person is connected to others.
- ❖ Environmentally, how a person is connected to his or her community and the world.

A systems approach is built upon the idea of reciprocity where each member of a system, as well as each system, influences one another.

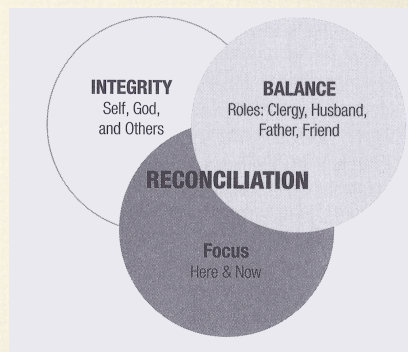
The Intrapersonal world of the pastor is shaped by internal core beliefs, attitudes, and emotions. These beliefs, attitudes and feelings are shaped by the interpersonal world of the pastor's upbringing...we are all a product of our past. These beliefs, attitudes and feelings are then reinforced by his spouse, family, church staff, and members of the congregation.

The pastor's intrapersonal and interpersonal life is also impacted by the environmental constraints and conventions of the ecclesiastical system in which he works...as well as by the culture in which he lives.

## Seven Things... Number 3

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❖ Thinking systemically also involves to an integrated life of personal and relational health.



## Seven Things... Number 4

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- ❖ Know the risks:
  - ❖ Assessment and evaluation of a pastor's call to ministry
  - ❖ Practical ministry education and training in recognizing signs of burnout
  - ❖ The personality factors of the pastor.

## Seven Things... Number 4

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- ❖ Know the risks: (cont.)
  - ❖ The pastor's foundation (or lack thereof) in spiritual formation
  - ❖ The quality of the marital relationship
  - ❖ The needs and expectations of the congregation
  - ❖ The kind of direction and support supplied by the pastor's ecclesiastical structure.

## Seven Things... Number 5

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- ❖ Avoid the Spiritual Bypass.



## Seven Things... Number 5

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- ❖ A spiritual bypass is an attempt to solve a non-spiritual problem by spiritual means.
- ❖ Clergy Sexual Misconduct is NOT just a spiritual problem.

## Seven Things... Number 6

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- ❖ Submit to authority before there is a problem.
- ❖ Oversight should come from multiple sources
  - ❖ An ecclesiastical official to serve as a “team coordinator.”
  - ❖ A therapist

## Seven Things... Number 6

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- ❖ Oversight should come from multiple sources
  - ❖ A pastor and lay leader who each have experience in addressing problematic sexual behavior.
  - ❖ Ancillary team members such as legal consultants, medical personnel, or experts in crisis management.

## Seven Things... Number 7

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- ❖ Have a plan in place in the event it is needed.
- ❖ Behavioral relapse prevention.
- ❖ Resolution of personal core issues, including building healthy esteem and resiliency.
- ❖ Relationship healing and reconciliation, including the development of healthy relationship competencies.

- Behavioral relapse prevention.
  - This includes monitoring the pastor's sobriety regarding the problematic sexual behavior or addiction and other interactive or concurrent addictions. Healthy self-care interventions need to be proactively put in place to monitor the problematic behavior or addictive cycle. This component also provides the grounding for deeper healing work.
- Resolution of personal core issues, including building healthy esteem and resiliency.
  - This component includes treatment modalities for resolving trauma, loss, and corresponding underlying shame issues that often originate from dysfunctional family-of-origin dynamics. Significant emphasis is placed on integrating spiritual formation and restoration.
- Relationship healing and reconciliation, including the development of healthy relationship competencies.
  - This segment addresses reconciliation of the person's marital and family relationships, attention is also devoted to repair and restoration with the Church.

## Seven Things... Number 7

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- ❖ The plan for restoration focuses on relationship building.
  - ❖ With God
  - ❖ With Others
- ❖ This is not only essential to restoration, but also to prevention.

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Thank you and stay safe!