



Global Member Care Network (GMCN) April 2013

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This month's Sponsor - InterHealth Worldwide



InterHealth is a Christian international health charity preparing, sustaining and supporting the health and wellbeing of humanitarian workers and mission partners around the world. InterHealth provides medical, psychological, occupational health and travel clinic services. In 2012 over 12,000 people were supported from 300 different organisations.

Training

Training programmes are currently offered in Kenya, Ethiopia, UK and Washington DC. Topics include stress, trauma, psychological first aid, resilience, team conflict, travel health, care for families on the move, first aid. Visit www.interhealth.org.uk/home/training/ for the 2013 training calendar or email training@interhealth.org.uk to request further information. Upcoming dates include:

- • Kenya - 15th May - Cultivating Personal Resilience
- • Kenya - 16-17th May - Cultivating Organisational Resilience
- • Ethiopia - 20-21st - Trauma & Psychological First Aid
- • Ethiopia - 22nd May - Cultivating Personal Resilience

Health Information

InterHealth provides a spectrum of health information and guidance. This includes health information topics ranging from malaria through to resilience, recommendations for travel internationally with an interactive map, staying well with updates on important health topics and news articles on a variety of subjects.

- • Health alerts (<http://www.interhealth.org.uk/home/around-the-world/health-alerts/?type=alerts>)
- • InterHealth World Map (<http://www.interhealth.org.uk/home/around-the-world/interhealth-world-map/>)
- • Health information A-Z (<http://www.interhealth.org.uk/home/around-the-world/health-information-a-z/>)

Editorial: Ready, repack, go!

Packing and unpacking my suitcase is like a ritual for me. My work requires me to travel abroad almost every fortnight, sometimes making stops at several places. Just hours before each journey, I often find myself being forced to repack and unload several non-essential items. Otherwise, any excess baggage will become an unnecessary burden throughout the trip.

Life is somewhat similar for those going into the mission field. From my personal experience in recruiting, sending, and providing member care for cross-cultural workers, I find it essential for them to leave behind their “excess baggage” in order to enjoy healthy transitions and positive experiences both in the field and upon returning to their home countries. This metaphor sounds perfectly simple and logical, but in practice how does one ensure that?

While they may possess strong motivations to live and serve in hard places or situations, cross-cultural workers are also fully human. Like all other people, they bear the same human weaknesses. It is common to experience stress from a variety of physical ailments, culture shock, re-entry shock, traumatic events and attacks that may limit the effectiveness of their ministries. It is not surprising therefore, if their spiritual struggles in the field included emotional and psychological issues that have not been previously dealt with. To thrive in the mission field, they ought to first let go of those burdens that weigh them down. Otherwise, excessive pressures or prolonged stress situations can potentially lead to PTSD, depression, burnout, and the unthinkable—attrition.

The Lord knows our struggles, of course, and help may be found within the body of Christ. There are skilled professionals who can provide the necessary diagnosis, care, and counsel to address many pre-field issues. Only then will the spiritual, emotional, and physical healing take place. The key is to receive the best care for one’s heart, body, mind, and soul. This should start right from the very beginning with the pre-field screening and selection process. Best practices will include interviews, medical check-up, psychological assessment and where necessary, counselling, before deployment. When workers return home for furlough or retirement, pre-home assignment interviews and debriefing should also be arranged; there should be no compromise.

Mission organizations often have a range of member care resources and mental health professionals within their networks. They include Christian psychiatrists, psychologists, and counsellors who combine their training in mental health with their knowledge of Scripture to provide the best services they can offer. There are also marriage and family therapists, social workers, clinical counsellors, and pastoral counsellors who assess mental health issues and provide therapies and interventions to those who need help.

In an interesting secular book titled “Repacking Your Bags: Lighten Your Load For the Good Life,” the authors Richard J. Leider and David A. Shapiro define “the good life” as “living in the place you belong, with the people you love, doing the right work, on purpose.” The authors advise people to repack their critical “bags” (i.e., place, relationship, work, and purpose); identify their gifts, passions, and values; and plan their journey, no matter where they are in life. Repacking should not be something people do once (or at most, a couple of times) as a reaction but clearly as a proactive process—it is a lifelong process.

As we earnestly seek to care for our workers, they must be given ample opportunities to “unpack and repack their bags.” By regularly removing their “excess baggage,” they stand to enjoy a “good life” of service as they embark on their exciting journey into the world of mission . . . for a long, long time!

Philip Chang (GMCN board member, Malaysia)

Q&A (Questions and Answers)

psychometric assessments in the UK

where can we access people who offer psychometric assessments for missionaries in the UK?

Can you help? globalmembercare@gmail.com

RESOURCES

book: Asian MKs! - The first-ever title representing Asian MKs**rice, noodles, bread, chapati**

A book for all global citizens... Pre-Publication Discount! Promotion lasts till 15 May 2014! [See attachment](#)

Seventeen MKs from eight Asian countries share the challenges and blessings of being MKs and third culture kids (TCKs)
Testimonies of MKs from seven Asian countries on the development and challenges of the MK Care ministry

“A ground breaking book indeed! Through poignant personal stories, we see the growing cultural complexity many children face in sorting out personal and cultural identity in today’s globalizing world. And we also see hope for the strength that can come in the end. Don’t miss it!” -- Ruth E. Van Reken, Co- author of Third Culture Kids: Growing Up Among Worlds

http://www.globalmembercare.com/fileadmin/user_upload/MKbooklaunch.pdf

http://www.globalmembercare.com/fileadmin/user_upload/Preprint%20Book%20Sale_revised.pdf

Order enquiries: belinda.ng@sim.org

Newsletter: Member Care and Counseling Resources**17 April 2013 Member Care & Counseling Resources**

see attachment http://www.globalmembercare.com/fileadmin/user_upload/17%20April%202013%20Member%20Care%20&%20Counseling.pdf

Leadership**Member Care by Media - Audio on leadership**

Leadership

Servant Leadership

Transformational Leadership

http://www.membercaremedia.com/component/virtuemart/view/category/virtuemart_category_id/7.html

Stress**pdf about Stress**

After reading the attachment, consider these questions:

* Who spots for you?

* Who do you spot for?

* What additional pointers do you have for personally handling stress or for helping others to handle stress?

http://www.globalmembercare.com/fileadmin/user_upload/Short%20Bits%20on%20Stress%20in%20Missions_Randy.pdf

marriage**Missionary Marriage Issues**

Marriage is complicated enough! Then when you add a cross-cultural living situation and a cross-cultural ministry, things begin to get really confusing. The nineteen chapters in "Missionary Marriage Issues" will help you navigate your way through the confusion. The book is available to download free of charge as .doc, .pdf, or .zip files for your computer and as .mobi or .epub files for your Kindle or Nook. You can't beat the price. Find it at... <http://www.missionarycare.com/ebook.htm#marriage>

German language**german member care resources**

find several good resources, artikels and more, in German language here: <http://www.brueckenbauen.com/tipps.html>

book

Persecuted: The Global Assault on Christians

http://www.amazon.com/Persecuted-The-Global-Assault-Christians/dp/1400204410/ref=sr_1_1?ie=UTF8&qid%1363990933&sr=8-1&keywords=persecution+of+christians

member care newsletter Chiangmai Thailand

March 2013

<http://us2.campaign-archive2.com/?u=93ed99d9b6c8479d135b01b96&id=9a5fa50cd9&e=25f63328eb>

Mission Training

Greetings from Mission Training International!

We are pleased to inform you that our new website is up and running! We invite you to go and browse around at www.mti.org. There are many wonderful features on the site. You will find on our website a new and more efficient way to register for our programs, conferences, and workshops. This website will make it easier for you to give online and allow you to track your history of giving. It is a wonderful location to gather lots of information, and we also offer a fully functioning bookstore!<http://www.mti.org/>

Short-Term Team Devotionals (oscar.org.uk)

Leading or hosting a short-term mission team can be daunting. Aside from all the practical arrangements, what help do you give them on spiritual and cross-cultural matters? 'Time Out' is a series of 15 studies, written by Tony Horsfall, designed for short term mission teams to use before and during their time 'on mission'. Go to www.oscar.org.uk/timeout.htm

Effectiveness of Member care

What is the ROI — return on investment — on a missionary you have in one of your Oases?™

<http://thrivementor.com/2013/04/04/the-case-for-missionary-care-it-sure-takes-a-lot-of-money-doesnt-it/>

<http://thrivementor.com/>

Link Care Newsletter, USA

12 Pointers To Remember When We Face Decisions

http://www.globalmembercare.com/fileadmin/user_upload/2013%2004%20To%20our%20Colleagues%20in%20Personnel.doc

Book: Trauma & Resilience:

A Handbook (Kindle Edition)

Are you looking for resources to come alongside people who are suffering as they serve God? This book brings together theological perspectives; personal stories; and spiritual, psychological, community, and medical resources. It is research-based and at the same time practical. This is a handbook for church and mission leaders, peer supporters, counselors, those in personnel and member care roles, as well as those who suffer. It is also an excellent resource for training courses about this topic.

<http://www.amazon.com/Trauma-Resilience-A-Handbook-ebook>

GLOBAL MEMBER CARE EVENTS

Asia - Turkey

Counseling and Member Care Seminar, 6-18 October 2013

Sponsor: Narramore Christian Foundation (NCF)

Place: Antalya, Turkey

Focus: As a cross-cultural worker, one may be called to counsel and support a great variety of people. Yet, academic training rarely offers adequate equipping to deal with the many problems encountered in serving others. To meet this need, NCF has developed this intensive counseling seminar which is designed to increase one's counseling and member care skills. Instructors will emphasize a strong integration of biblical truth with practical psychological insights and counseling techniques.

Instructors: Drs. Bruce Narramore, Keith Edwards, Jenny Pak, Bill Kirwan, and Tim Friesen; John and Becky Leverington, and others

Cost:

\$940 USD per single person who shares a room with another participant

\$1,120 USD per single person who prefers a private room

\$1,750 USD per married couple

For more information or to receive an application form, please contact Cindy Hibma—cindyh@ccfthailand.org

Links: http://www.ncfliving.org/seminar_turkey2.php;

<http://www.ccfthailand.org/resources/seminars/>

[http://www.globalmembercare.com/fileadmin/user_upload/APPLICATION FORM_CMC SEMINAR 2013.docx](http://www.globalmembercare.com/fileadmin/user_upload/APPLICATION_FORM_CMC_SEMINAR_2013.docx)

Australia, Melbourne

MI ConNEXTions Conference

MISSIONS INTERLINK NATIONAL CONFERENCE, 16 – 18 July 2013

http://www.globalmembercare.com/fileadmin/user_upload/Missions%20Interlink%20National%20Conference%20Flyer.pdf

USA

ADVANCED COUNSELING TRAINING SEMINAR—LEVEL I

Join us for two weeks of intensive teaching and hands-on training with Dr. Paul Rodriguez at the INN in Franklin, NC, in the beautiful Blue Ridge Mountains.

Seminar Focus:

To enhance the level of knowledge and skill proficiency for those involved in counseling in the mission context: member care or development staff, as well as those who work with crisis, trauma, debriefing, and grief work. The seminar will be open to all mission sending agencies.

Seminar Description:

- The seminar will consist of two weeks of intensive teaching and hands-on training.
- This will represent a minimum of 60 contact hours, including didactic lectures and demonstrations, recorded skill practice and refinement, as well as group and individual coaching and supervision.
- Evenings and weekends are free to study, relax, or sightsee.
- Completion of this seminar is a requirement for admission to the ACTS Level II & III seminars. (A detailed certificate of completion will be issued with faculty credentials.)

Prerequisites:

Applicants must be truly fluent in the English language, over 25 years of age and have had preferably at least ten years of experience in field: missions counseling, member care, or medical mission work. Except for the English fluency criterion, exceptions will be considered on an individual basis.

Dates:

Arrive: Sunday evening, September 15th (evening meal not provided)

Depart: Saturday morning, September 27th (after breakfast)

Comprehensive Cost (includes everything, with the exception of \$10 for training manual & notebook): \$780 for individuals, \$1280 for participating couples

Location, Contact & Application Information:

- To receive the ACTS Application Form, or for answers to specific questions, contact Dr. Rodriguez at pcrod71@gmail.com
- For directions, or to learn more about the INN, Google search "Christian Training Center International," or go to www.lifeisrelationships.com
- For those flying in, the nearest airports are located in Asheville, NC; Greenville- Spartanburg, SC; and Knoxville, KY. Transportation from Asheville airport to the INN on Sunday, and from the INN back to Asheville airport on Saturday morning will be available for a fee.

Find more information here:

http://www.globalmembercare.com/fileadmin/user_upload/ACTS%20Level%20I%20Member%20Care%20Announcement2.pdf

and here:

http://www.globalmembercare.com/fileadmin/user_upload/ACTS%20Level%20I%20Information%20Sheet2.pdf

Asia, Thailand**Child Safety Protection Network - Annual Asia Area Conference and Investigative Team Training**

A CSPN conference covering all aspects of Best Practice Standards will be held November 4-5 and a Investigative Team Training is scheduled for November 5-8, 2013 in Chiang Mai, Thailand. For more information and to register please visit <http://childsafetyprotectionnetwork.org/events/108-chiang-mai-thailand>

The Global Member Care Network is an independent network of volunteers. Please consider donating to this important network, to keep the running costs covered. We do this, because we believe in it. This Newsletter is a free service and was created to share and connect member care resources around the world. It goes out in the middle of each month. News and resources need to be posted on our website blog, or send to office@globalmembercare.com.

Subscribe: go here: <http://www.globalmembercare.org/newsletter/user/subscribe.php>

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<http://www.globalmembercare.org/newsletter/user/login.php>