

## CPE Participants tell of their experience:



**Lattia:** 'CPE has helped me to listen to people in prison and to reach out beyond what they first say to what are really saying. It has given me a tool that helps me to allow them to express themselves and tell their own true story.'

**Peter:** When I enrolled for CPE I already had thirty years of pastoral care under my belt. What could these CPE guys possibly teach me? Well, I was humbled. Gentle prompting encouraged me to review my methodology, to be confident in the good work I was already doing, and to serve even better those in my care.

**Elizabeth:** I found CPE to be of valuable and practical help. It re-energised my vocation. The content was intellectually stimulating, user-friendly and non-threatening. CPE helped me to be more consciously aware when engaging with others. It helped me make sense of the theoretical base that underpins my pastoral roles, and provided me with practical tools for my professional tool-box.

**Martin:** CPE was very helpful indeed, and I'll be looking to do a refresher in the near future. It provided me with tools to improve my listening and discernment in pastoral ministry. It also helped me to deepen my own spirituality, whilst enabling me to deepen the spirituality of others.

**Glenda:** 'CPE provides people with a unique opportunity to learn, to grow, and to develop their pastoral skills and strengths within a safe environment. The benefits I gained from two CPE courses have been invaluable, affirming and profoundly life-enhancing, both personally and professionally. Gaining an increased awareness of both myself and others means that I am now better able to "be there" with someone in a pastoral interaction.'\*\*

**Clare:** 'I completed CPE in preparation for full time ministry and it was an absolutely crucial learning experience in my formation. As one of my lecturers often said, our first and best tool for ministry is our self - and CPE provided me with a supportive context in which to understand myself and learn essential skills for pastoral ministry.'



**Clinical Pastoral Education  
equipping people to provide  
quality pastoral care  
within community**

The New Zealand Association for  
Clinical Pastoral Education (Inc.)

NZACPE is a professional association committed to advancing experienced-based theological education for people of diverse cultures, ethnic groups and faith traditions.

NZACPE ensures it maintains high professional training and accreditation standards by being an active member of the Australian and New Zealand Association for CPE (ANZACPE)

NZACPE supervisors undergo extensive training, accreditation and re-accreditation processes. These processes are in accord with international CPE standards.

For more information see our website:

[www.cpe-nz.org.nz](http://www.cpe-nz.org.nz)



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The goal of CPE is to assist you to grow your self-insight, plus your skills of pastoral care; it will help you consolidate and expand your connections between your life, ministry and faith experiences.

### CPE will assist you to:

- better understand yourself and the way you engage with people
- establish and/or improve your ministry practice
- bring together and integrate your personal experience, pastoral work, spirituality, theology and philosophy of life
- find a balance between your personal life and your work life

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## Our CPE logo:

Anton Boisen, one of the founders of CPE, encouraged his students to pay careful attention to both their own self and the people in their care.

He urged his students to 'read these living human documents', first-hand living source materials rather than second-hand statements found in textbooks. Our logo reflects this 'reading the living human documents' so emphasised in CPE. For more information see our NZACPE website.



## When did CPE begin?



CPE began in 1925 when Richard Cabot, a physician, and the Reverend Anton Boisen introduced an action-reflection way of learning and doing theology. To find out more about the history of CPE, see our NZACPE website.

## Who can do CPE?

Anyone (lay-person or clergy-person) who wants to grow their people-skills and who wants to integrate more fully these skills with their own spirituality and theology – priests, ministers, chaplains, seminarians, pastoral workers, community workers ... anyone who wants to provide quality pastoral care within community.



**Jason:** 'Initially CPE seemed daunting, but with a well-trained supervisor on hand to help, the process was not only informational but fun. The care of my supervisor helped me learn new skills in my times of uncertainty. Taking CPE is a leap of faith you won't regret.'

**Sarah:** 'CPE helped me, as a newly ordained person, to move from theory to practice, to understand the identity transition I was in and to become aware of the impact of my internal processes on pastoral work. Twelve years later I continue to reflect on the learning it enabled.'

# TODAY

## CPE today:

CPE continues to emphasise an action-reflection way of learning and doing theology. A 'unit' of CPE involves 400 hours of supervised work, made up of 200 hours of practical work with people, plus 200 hours reflecting on this practice. This reflection takes place in a small group facilitated by a CPE supervisor (100 hours), plus one-to-one supervision with a CPE supervisor (10 hours), plus 90 hours of self-directed study and writing.



The life and development of each CPE group differs in response to its participants' needs. There is no fixed curriculum because at the start of the group's life you decide

your educational goals in consultation with the CPE supervisor and other group members. The CPE educational method consists of an action-reflection model within which you present yourself and your work to the group for critique and discussion, followed by opportunities to experiment and develop rounder ways of interacting with people.

The standards of CPE training in New Zealand are consistent with overseas standards so that you can continue on with further training overseas if you wish. CPE is internationally recognised.

## What does a supervisor look for in potential participants in a CPE group?



A supervisor, when reading your application papers, and when meeting you in the screening interview that precedes acceptance in CPE, will be looking to see if you can:

- reflect with insight on the behaviour of both yourself and others
- relate to people in a caring manner
- work collaboratively with your peers
- accept supervision for the purpose of learning

## How can you find out more about CPE in Aotearoa/New Zealand?

CPE is offered throughout New Zealand e.g.

Auckland,  
Rotorua,  
Hawkes Bay,  
Taranaki,  
Palmerston North  
Wellington,  
Nelson,  
Christchurch,  
Dunedin.



For availability of courses see our NZACPE website.

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**Andrew:** 'CPE helped me to integrate what I had learned at theological college with the reality of pastoral ministry. I found it stretched and grew my ability to listen attentively and gave me a set of skills which I have continued to rely on for the past sixteen years.'