

Regional Clergy Care Team

Available Services for CCIW & CCMR Clergy

Rev. Amy Bertchausen – Supportive Care for Clergy



Rev. Amy Bertschausen, with 35 years of ministry experience and 15 years of supporting clergy and congregations, will provide coaching, consultation, and spiritual direction. All three of these options may have some overlap, but the starting points are distinct.

Coaching starts with you, the clergy person—what do you want to work on to improve your ministry, your self-knowledge, and skills? This is the right choice when you want to examine your own functioning as a spiritual and administrative leader.

Consultation starts with a situation in your congregation and ministry that requires outside eyes and ears to help you understand the situation, the forces at work and how to move forward as a church pastor and leader. Often these consultations are about challenging situations in the church including conflict, but it can also be opportunity driven such as strategic planning or other types of opportunity growth.

Spiritual Direction starts with your own walk with Christ. Far too many clergy unintentionally neglect their own deep need for prayer, contemplation, and reflection. It is so easy with the many demands on time and thought to lose sight of our own soul's needs. Plus, an occupational hazard for clergy is that because we are so often praying, preaching, and teaching in the church, we might think that is enough for our own souls—but that is rarely the case. Spiritual direction is a supportive relationship to listen more closely to your own soul and to God's gentle yet persistent calling.

Rev. Dr. Dara Cobb Lewis – Spiritual Health Coach

Rev. Dr. Dara Cobb Lewis is a Certified Pastoral Counselor and a Spiritual Health Coach. Her education includes graduating from the University of South Carolina where she received a Bachelor of Arts degree in History. She also received a Master of Divinity Degree from Lexington Theological Seminary in Lexington, Kentucky, where she served as president of the Pan-African Caucus. Dr. Dara has served as the Regional Minister of the Christian Church (Disciples of Christ) in South Carolina. In addition, Dr. Dara received her Doctor of Ministry in Pastoral Counseling degree from Louisville Presbyterian Theological Seminary. Her doctoral



work looked at “Using the Prayer of Examen for the Treatment of Anxiety and Depression in Religiously Serious Women.”

Through her ministry, The Devoted Life, she finds great joy in helping others find shalom (the peace and wholeness that God has in store for each of us). As a North Carolina Certified Practicing Pastoral Counselor, Dr. Dara serves clients by taking an integrative approach using the behavioral sciences combined with spirituality, theology and the person’s religious experience to work towards health and wholeness. In her service as a spiritual health coach, she participates in an ancient practice of accompanying another on her or his quest to a deeper relationship with God. This involves holy listening, often quietness, sometimes laughter,

other times tears and an opportunity to grow and deepen one’s spiritual life and attunement to God.

Services I can provide:

1. Spiritual health coaching.
2. Group work around specific topics or for mutual support.
3. Workshops on topics such as "Pastors, Mental Health, and Stigma Reduction," "Reclaiming the Gifts of God: Sustaining Spiritual Practices," "The Benefits of Maintaining Healthy Social Relationships," "For Goodness Sakes: Creating Healthy Boundaries for Emotional, Mental, and Spiritual Well-being," etc.