

Could MAP be a Resource for YOU?

If you are a New England Synod pastor, lay rostered leader, or an immediate family member, and one or more of these situations sounds like yours, don't wait. Pick up the phone and make an appointment. MAP offers you fully qualified, confidential help at no charge.

- Are your usual ways of coping no longer working?
- Are you experiencing conflict in your personal relationships?
- Are you questioning your calling?
- Does abuse of food, work, sex, drugs, or alcohol interfere with your life at home? With your ministry?
- Are you afraid of something getting out of hand?
- Are you having difficulty resolving a situation or conflict in your ministry?
- Is someone in your family draining your emotional, financial, or spiritual resources?
- Do you need to talk something through in confidence?

508-835-3238

508-847-1375

Ministry Assistance Program
The Rev. Dr. Howard Mathisen

A Resource For New England Synod Pastors, Lay Rostered Leaders and Their Families



**to contact
Rev. Dr. Mathisen:**

508-832-3238

508-847-1375

What is MAP?

The Ministry Assistance Program is a confidential counseling and consultation service for New England Synod pastors, lay rostered leaders, and their immediate families.

Is it really confidential?

Completely. If you or a member of your family utilizes MAP, you can be sure that your identity and privacy will be protected. Only the *number* of monthly contacts is reported to the Bishop.

When should I seek counseling?

If you are facing inner conflict, dealing with stressors in your life, going through a difficult transition, experiencing family problems, having vocational questions, disturbed by congregational conflict, struggling with faith issues, or engaged in some other problem that is getting you down, then MAP exists to offer you counseling with a pastoral psychologist.

What about consultation?

While the primary focus of MAP is to provide counseling, consultation (in person or by telephone) is offered to pastors and parish staff members who wish support in dealing with your pastoral care of an individual or family.

How much will this cost me?

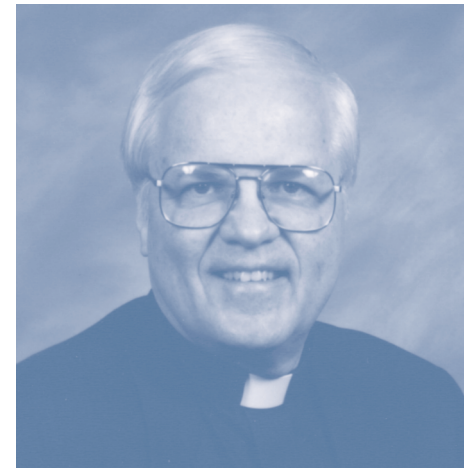
Because MAP is included in the New England Synod budget, there is no charge for services provided by its Director. If a referral is made, then that person or agency will charge a fee, which may be covered by your insurance.

What if I'm not sure I need help?

Your problem need not be momentous. Because stress often inhibits effective decision making, you may be tempted to push aside the pressures you are experiencing. So, if you are even thinking of getting some assistance, or if someone you trust has suggested it, you owe it to yourself to make at least one appointment to discuss your concerns.

OK—How does it work?

You take the first step. Call and ask for Dr. Howard Mathisen. After an initial telephone discussion, you and he together will determine the next step. One or more meetings may be held in his office. Or, if you live some distance from Worcester and wish to see someone closer, then an appropriate referral will be made.



The Rev. Howard Mathisen, D. Min., FAACS, is licensed both as a psychologist and as a marriage and family therapist and is board certified in family psychology and in sex therapy. He has served as a parish pastor, director of a community mental health center, and co-director of a group private practice. Currently he serves as a psychologist at Prescott Health Care as well as being the director of MAP



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