

**CPE Centre of the  
Evangelical Lutheran Church in  
Tanzania**

at the Kilimanjaro Christian  
Medical Centre - KCMC, Moshi



Gesellschaft  
für interkulturelle  
Seelsorge  
und Beratung e.V.

## **REPORT**

### **2<sup>nd</sup> Workshop in pastoral-psychological Supervision**

26 August – 04 September 2015  
and

### **2<sup>nd</sup> Week of Care and Counselling**

### **Conference on Care and Counselling with Families today**

Introduction into systemic family-counselling

05 – 10 September, 2015

Canossa Spirituality Centre, Njiro Hill, P-O- Box 2756, Arusha, Tanzania

## **A) INTRODUCTION**

### **1) Thanks**

We, Rev. *Archiboldy Lyimo* as Director of the CPE Centre of the ELCT at KCMC, Moshi and Rev. *Helmut Weiss* as president of the SIPCC want to thank the six sponsoring institutions to bring these two educational events into life:

Mission OneWorld, Neuendettelsau, Germany (*Manfred Scheckenbach*)

Nordkirche Weltweit, Hamburg, Germany (*Heike Spiegelberg*)

French Association on Care, Counselling and Supervision, Strasbourg, France  
(*Jean-Charles Kaiser*)

The Association of Hospital Chaplaincy in Bavaria, Günzburg, Germany  
(*Harald Richter*)

The Rhenish Association for Care, Counselling and Supervision, Düsseldorf, Germany  
(*Harald Bredt*)

SIPCC, Düsseldorf, Germany (*Alexander Letz, treasurer of SIPCC*)

We are thankful for the generous contributions which made possible to train seven pastors of the ELCT in supervision for full 9 days (2<sup>nd</sup> Workshop in pastoral-psychological Supervision) and to conduct the 2<sup>nd</sup> “Week of Care and Counselling” in Tanzania with 50 participants.

## **2) Background**

Since many years (2007) the CPE Centre in Moshi and SIPCC have established many connections and co-operations between each other. In 2009 the CPE Centre invited SIPCC to come with the International Seminar 2012 to Moshi. For SIPCC that has been a great challenge. At the beginning there were many doubts if that could come true. But both sides worked hard and finally 100 participants from many countries in the world and among them 40 from Tanzania departed with the experience of a “historical Seminar”.

This Seminar gave the attendants from Tanzania an incentive to continue with education for care and counselling beyond the CPE courses.

The SIPCC General Assembly therefore decided in 2013 to prove the request of an annual “Week of Care and Counselling” as joint undertaking in Tanzania and to find out if there could be education for a small number of pastors in pastoral-psychological supervision who could enter the team of CPE trainers. Until now only two chaplains have to bear the whole responsibility in the CPE Centre conducting 2 courses of 4 month per year in large groups. There is great need to have able persons who can help in this important ministry of the church for education in care and counselling.

We were happy to start with the first Workshop in Supervision and the first Week of Care and Counselling in May 2014 – with your help. We have sent you a report – and you could see that it was a great success.

## **3) SIPCC Branch Tanzania**

During the supervision workshop and the Week of Care 2014 the Tanzanian sisters and brothers made the proposal, to establish a “SIPCC Branch Tanzania” to structure and to confirm the cooperation between the CPE Centre and SIPCC. As member of the Executive Committee of SIPCC, Rev. Lyimo brought this proposal to the General assembly of SIPCC on *Tuesday, 16 September, 2014* in Mennoerde, Netherlands.

Let us cite the minutes of this meeting:

### **“SIPCC Branch Tanzania**

Archiboldy Lyimo shares about the training work being done in Tanzania and asks the General Assembly’s authorization for the formal establishment of a SIPCC branch there. ***The Assembly members vote in favor of it unanimously.***”

***The SIPCC Branch Tanzania*** has given itself the following structures:

- 1) The registered members of the SIPCC in Tanzania form the SIPCC Branch Tanzania.
- 2) The **purpose** of the *SIPCC Branch Tanzania* is to strengthen and deepen the networking between the members of SIPCC in Tanzania and the other SIPCC members worldwide.

- 3) The **task** of the SIPCC Branch Tanzania is to participate in the planning, organising and conducting
  - a) workshops of *two weeks* in pastoral-psychological supervision (with a group of 7 persons)
  - b) and *Weeks of Care and Counselling* (for about 30 – 40 participants)
 in cooperation with the President of SIPCC and the CPE Centre in Moshi.

The **president of the SIPCC** is attending both educational events. If possible he is accompanied by other representatives of the SIPCC (e.g. the EC, the Planning Group or others).

- 4) The members of the SIPCC branch Tanzania are invited to a **regional meeting** during the Week of Care and Counselling to discuss matters which are connected with SIPCC and relevant to care and counselling in Tanzania. The president of the SIPCC and the chair-person of the SIPCC Branch Tanzania are chairing this meeting.
- 5) The SIPCC Branch Tanzania has a **leadership**, which is appointed by SIPCC EC and GA: chair-person, secretary and treasurer.
  - a) The chair-person is a member of the SIPCC EC who keeps contact and reports about the activities and developments in Tanzania: ***Rev. A. Lyimo, member of the SIPCC EC and director of the CPE Centre of the ELCT in Moshi.***
  - b) The secretary keeps notes during the regional meetings: ***Rev. Rhoda Chamchana, member of the "Supervision-Workshop".***
  - c) The treasurer has the responsibility to collect the annual SIPCC fee from the members in Tanzania. This money will be used for the mentioned activities in Tanzania. The SIPCC treasurer is getting an annual report on the money matters: ***Rev. Eliabu Mbasha, member of the "Supervision-Workshop".***

During the Workshop Supervision and the Week of Care 2015 it was recognized that the establishment of the Branch was great progress for the cooperation in Tanzania. The CPE Centre and SIPCC are looking for more partners in Tanzania to enhance education for care and counselling. We hope to can give you next year some results of broadening our efforts.

#### **4) The venue**

The Workshop and the Week of Care and Counselling took place in the Canossa Spirituality Centre in the southern part of Arusha. This place is run by a convent of the "Daughters of Charity Servant to the Poor", who are active in charity ministry all over the world with some stations in Tanzania. The house is located in a beautiful and quiet surrounding and is a good place for workshops and seminars with all needed equipment – and the prices are reasonable.

Nevertheless we were thinking to change the venue for 2016. The Workshop Supervision will be in the CPE Centre in Moshi. For the Week of Care an appropriate place has to be found.



## B) 2<sup>nd</sup> WORKSHOP ON PASTORAL-PSYCHOLOGICAL SUPERVISION

### 1) The time frame

The participants arrived on Tuesday, 25 August. The first meeting was Wednesday, 26 at 10.00 clock. We ended on Friday 04 September at 18.00 h. Altogether there were 36 sessions of 90 minutes or 54 hours.

### 2) The participants

Six pastors of the ELCT and one priest of the Anglican Church:

S/No	Name	Contact	Home address
1	Rev. Archiboldy Lyimo	+255 763 439 417	KCMC Moshi
2	Rev. Rhoda Chamshama	+255 784 388 566	ELCT Morogoro Diocese
3	Rev. Nahana Mjema	+255 59618422	ELCT Pare Diocese
4	Rev. Eliabu Mbasha	+255 757 514 665	ELCT Northern Diocese
5	Rev. P. E. Hiiti	+255 754 052 820	KCMC Moshi, Anglican Church
6	Rev. Daniel Ole Meiyan	+255 782 283 087	ELCT Northern Central Diocese
7	Rev. Melchizedeck Joel Mbilinyi	+255 754 621 585	ELCT Konde Diocese

### 3) The content

#### *Morning Devotions (8.30 – 9-00)*

Each day started with devotion chaired by a participant. The pastors selected texts which were speaking into their personal and working life especially in the context of care and counselling. So the Biblical message gave us many inspirations for the day..



*Theory: Pragmatics of human communication by Paul Watzlawik et al (9.00 – 10.30)*

In the theory sessions we went through chapter one and two of this book of human communication and applied the lectures to care and counselling.

For most the style of writing was not easy to understand, since it is very abstract. But through re-reading, reflection and explanation we could understand the main points: that there is all the time a flow of communication (“one cannot *not* communicate”), communication on an content and relational level, patterns of communication and the meaning of analogic and digital communication. The deeper we understood the meaning, we saw how helpful these “axioms” for communications in our counselling work are. A great impact made the discovery of communication: to communicate about communication with partners in counselling. We have to talk to them how they communicate in relationship to other people.

Though it was “heavy stuff” and took time to grasp these two chapters of the book, the study of human communication and behaviour the book helped to understand better what we are doing in counselling.

*Case studies (11.00 – 12.30)*

Each member presented at least one case study about his or her work as pastoral counsellor. Some examples: a relational conflict between a female and male student at university; marital problems in a Maasai family; the plight of widows after the death of their husbands; a girl who runs away from home because the parents want to force her into marriage; problems with a bishop who was interfering into the work. The aim of the case studies was, first to explore the relational and emotional dynamics between the involved persons, but especially the role of the counsellor and how to help her or him, to be helpful for them.

*Institutional analysis (14.30 – 16.00)*

The group members found it very helpful last year to reflect on the institutions they work in – and they wanted to continue these year and try to understand better the

structures of organisations. Therefore we were reflecting on parishes (a parish in Maasai land with 2500 members, 21 different filials, some of them 120 km from the main church, 4 church buildings and 19 evangelists who earn very, very little money for their work); a university with its hierarchy; a diocese where it is difficult to approach the higher positions, a counselling centre for women etc.

The aim was that the presenters found their position in their organisation and to look for their own responsibility and creativity in the structures. Again and again the participants were discussing at what points changes in structures would be helpful for the people.

#### *Interpersonal relations (16.30 – 18.00)*

After a reflection of the learning experiences of the day by each member personal or relational problems were presented. Some sessions were very moving and touching. This open atmosphere strengthened the bonds in the group. Some parts of the life-stories were understood in a new light. It was interesting to experience how helpful biblical interpretations can be to find new ways for the own identity.

All participants appreciated the workshop very much and said that they learned a lot. They had the impression that in comparison to last year much more personal growth was taking place.

#### *Here voices of four participants:*

“My comment on the supervision course: This course has blessed me a lot. According to the knowledge which I obtained it will help me a lot to do counselling in my community. It is my hope that the supervisor will continue to come to conduct this course for the coming years. We have worked together with him enabling us to enjoy the course. May God bless him and all sponsors who contributed money for the course.”

“My learning experiences in the 2nd Workshop in pastoral-psychological supervision: Good relationship can help me to grow in a productive communication in my family as well as in my ministry. As a counselor I have learned that my task is to find out how communication is going on in a counselling, that means I have to reflect on communication (meta-communication).”

“During the course of supervision this year I was able to get more understanding of the importance of communication and how I as supervisor and counsellor can create an atmosphere of reflecting on it in doing meta-communication. Moreover I have learnt and got more understanding of relations and different dynamics between people (in a certain situation) and how the understanding of the dynamics can help doing counselling.”

„What I have learned:

1. How to put out my anger without keeping it.
2. I have learned much about communication. This has helped me to communicate better.
3. How certain patterns in family are repeating again and again and how I as a pastoral counselor can engage in counselling families by understanding those patterns.”



#### 4) 3<sup>rd</sup> Workshop 2016

The 3<sup>rd</sup> Workshop for Supervision will take place in the *CPE Centre of the ELCT in Moshi*. The dates are: The dates have not yet be fixed. Each day there will be again four sessions in the same format as 2015. Theme for the theory will be: "Stages of faith" by James W. Fowler.

#### 5) Supervisor of the workshop

Rev. Helmut Weiß, Teaching Supervisor of the German Association for Pastoral Psychology (DGfP) and President of the SIPCC



## C) 2<sup>nd</sup> WEEK OF CARE AND COUNSELLING

### Conference on Care and Counselling with Families today

Introduction into systemic family-counselling

Saturday, 5 September – Thursday, 10 September 2015

#### 1) The time frame

TIMETABLE OF THE 2 <sup>nd</sup> WEEK OF CARE AND COUNSELLING 2015							
	Saturday <b>5 Sept.</b>	Sunday <b>6 Sept.</b>	Monday <b>7 Sept.</b>	Tuesday <b>8 Sept.</b>	Wednesday <b>9 Sept.</b>	Thursday <b>10 Sept.</b>	Friday <b>11 Sept.</b>
7.45 am		BREAK FAST	BREAK FAST	BREAK FAST	BREAK FAST	BREAK FAST	
8.40		Devotion	Devotion	Devotion	Devotion	Devotion	
9.00 - 10.30 am			<b>Lecture</b>	<b>Lecture</b>	<b>Lecture</b>	<b>Lecture</b>	
10.30 – 11.00 am		10.00 <b>WORSHIP</b>	TEA	TEA	TEA	TEA	
11.00 am - 12. pm			<b>Questions Discussion</b>	<b>Questions Discussion</b>	<b>Questions Discussion</b>	<b>Questions Discussion</b>	
12.30 - 3.00 pm		LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	
3.00 -4.30 pm		Introduction into the Week	<b>Workshop</b>	<b>Workshop</b>	<b>Workshop</b>	2.00 – 4.00 Celebration <b>20 years of SIPCC</b>	
4.30 -5.00 pm	Arrival	TEA	TEA	TEA	TEA		
5.00 -6.30 pm	Regi- stration	<b>Lecture</b>	<b>Reflection- groups</b>	<b>Reflection- groups</b>	<b>Reflection- groups</b>		
6.30 -7.00 pm	Regi- stration	Forming Reflection- groups	Evening prayer	Evening prayer	Evening prayer		
7.00 pm- 8.00pm	DINNER	DINNER	DINNER	DINNER 8.30 Meeting SIPCC Branch TZ	DINNER		

Because many participants had to leave on Thursday the “Week of Care and Counselling” was closed with the celebration on Thursday, 10 September. The steering committee (members of the workshop supervision) stayed until Friday to discuss future plans.

#### 2) The participants

See the list in the attachment. Among the participants were 32 students of the present CPE course of the CPE Centre of the ELCT in Moshi. The Week of Care was a integrated part of the course which goes until November 2015. The CPE Centre payed for the expenses of these participants





The CPE Choir from Moshi

### 3) Lectures

*Helmut Weiss, President of SIPCC*

**Systemic pastoral Care and counselling – An introduction**

*Rev. Dr. Msafiri Mbilu, Sebastian Kolowa Memorial University, Director of Tanga Campus*

**Families today – Challenges for the church**



*Rev. Prof. Dr. Godson S. Maanga, Associate Professor of History and Theology; Principal SMMUCo (Sebastian Moshi Memorial University College, Mwika Campus*

**Tensions in families between youth and the older generations**



*Dr. Florence Ghamunga, Director of Research and Consultancy at the Tumaini University in Makumira*

**The situation of families in Tanzania – from a sociological perspective**



*Dr. Angela Olotu, Dean of the Faculty, Tumaini University in Makumira*

**The position of women in families**



**4) Workshop in three sessions**

*Helmut Weiss, President of SIPCC*

**Family constellations and family dynamics**



## 5) Reflection groups



There were three sessions in five small groups for reflecting the day and the own family situation. The moderators:

- 1) Rev. Rhoda Chamshama
- 2) Rev. Nahana Mjema
- 3) Rev. Eliabu Mbasha
- 4) Rev. P. E. Hiiti
- 5) Rev. Daniel Ole Meiyan + Rev. Melchizedeck Joel Mbilinyi

In each session of the reflection groups there was a round on reflecting and evaluating the day. Most of the participants were very enthusiastic about the week, the organisation and the content.



## 6) Celebration – 20 years of SIPCC

The Week of Care and Counselling was closed with a celebration dedicated to the 20<sup>th</sup> Anniversary of the founding of SIPCC.



Helmut Weiss was giving an overview over the history and the main fields of activities of this association, Rt. Rev. Stanley Ibrahim Hotay, Bishop of the Anglican Church of Tanzania – Diocese of Mount Kilimanjaro and guest of Honour, was preaching, the CPE Choir was singing and the participants received their certificates.



The members of the Week of Care in the chapel of the Spirituality Centre

After the ceremony three trees were planted in the garden of the Spirituality Centre – signs of hope and a contribution to the integrity of creation.



Bishop Atoy planting a tree

**7) Invitation to the 3<sup>rd</sup> Week of Care and Counselling 2016:**

**Culture and Family – Challenges for Care and Counselling**

Time and the place have to be fixed and announced.



The participants show proudly their certificates

Canossa Spirituality Centre, Njiro Hill, P-O- Box 2756, Arusha, Tanzania

10 September 2015

*Rev. Helmut Weiß*  
*President of the SIPCC*

*Rev. Archiboldy Lyimo*  
*Director of the CPE Centre*