Ten Thoughts for Caregivers

How do we work with suffering, sin, evil, and darkness – dealing with all of these personally as well as in those who ask us for help – and not become utterly contaminated, looking for care in all the wrong places? We will consider ten characteristics of caregiving, how they can do damage to us, and what the antidotes of our Lord look like.

**Diane Langberg** is globally recognized for her 47 years of clinical work with trauma victims. She has trained caregivers on six continents in responding to trauma and to the abuse of power. She also directs her own counseling practice in Jenkintown, PA, Diane Langberg, Ph.D. & Associates, which includes seventeen therapists with multiple specialties. Dr. Langberg’s newest book is *Redeeming Power: Understanding Authority and Abuse in the Church*. Other books include *Counseling Survivors of Sexual Abuse*, *On the Threshold of Hope* (with accompanying workbook), *In Our Lives First: Meditations for Counselors*, and *Suffering the Heart of God: How Trauma Destroys and Christ Restores*. Dr. Langberg is the recipient of the Distinguished Alumna Achievements from Taylor University., the American Association of Christian Counselors Caregiver Award, The Distinguished President’s award, and the Philadelphia Council of Clergy’s Christian Service Award. She is married and has two sons and four grandchildren.

1. How God taught me to swim against the current with issues like sexual abuse, trauma and systemic abuse in the church
2. Learning to lean into the pain and suffering and have His heart for both the vulnerable and the abuser
3. Thoughts on caregiving
   1. Counseling is not nice; it is entering into suffering
   2. You will be exposed
   3. Don’t jump to silence the pain
   4. It is God’s work both for Him and with Him
   5. You will be doing God’s work for Him
   6. We can only do God’s work as He does His work in us
   7. The “stuff” of caregiving is contagious; we are image bearers
   8. Be a perennial student of God and his people - listening is key, study His Word
   9. The gift of the work is the Cross
   10. All this work must be done with complete dependence on the spirit of God (humility)