



**LIDLAW
THEOLOGY**

MENTAL HEALTH AND HUMAN FLOURISHING

*POSTGRADUATE
BLOCK COURSE*

**MENTAL DISTRESS
CAN BE A COMMON
BUT CHALLENGING
ASPECT OF HUMAN
EXPERIENCE, RAISING MANY
QUESTIONS FOR PEOPLE OF
CHRISTIAN FAITH.**

Practical theology seeks to look such experiences squarely in the eye, while also holding these experiences alongside the revelation of Christ as pain-bearer, ourselves as humans made in the image of a relational God, and the hope and challenge of the church.

Read more about this postgraduate course offered in Semester One 2023, 27-31 March.

**R405.830 MENTAL HEALTH
& HUMAN FLOURISHING**
POSTGRADUATE BLOCK COURSE

Dr Sarah Penwarden & Rev. Dr Maja Whitaker
27-31 March 2023
Henderson Campus OR by Distance via Zoom
Three additional evening tutorials via Zoom
over the semester.

**COURSE
DETAILS**

This course invites you to look at mental distress, focusing in particular on anxiety, depression, bipolar disorder, and schizophrenia, as well as the social stigma surrounding these lived experiences.

By the end of the course, you will come to understand a theology of mental distress, as well as what human wellbeing and flourishing might look like.

Through this course, you will also reflect on what a wise, compassionate, and informed pastoral response might be both within a community or church context and individually.

ENTRY REQUIREMENTS

Entry to a postgraduate Theology programme requires an undergraduate degree or graduate diploma (or equivalent) in Theology or a related area. Special admission is possible for students with a Bachelor of Counselling where this has included some grounding in theology.

LECTURERS



Dr Sarah Penwarden

Senior Lecturer
(Counselling)

BA (Hons), PGCE (Tchg),
MCouns, PhD, MNZAC



**Rev. Dr Maja
Whitaker**

Practical Theology
Lead

BSc, PhD (Theology)



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www.laidlaw.ac.nz 0800 999 777

