



## **BIP on Mental Health and Spiritual Support in Times of Permacrisis: Building Caring Communities in a Risk Society**

**Dates:** Wednesday, January 6 - Sunday, January 10, 2027 in Tallinn, Estonia

**Location:** Tallinn, Estonia (Koskla 18 1<sup>st</sup> floor)

**Credits:** 3 ECTS

**Program Coordinator:** Meego Remmel, PhD (meego@ekklesia.ee)

### **Course description**

During this five-day international training we will be moving from understanding individuals to supporting communities under pressure. This is a chance to enlarge our godly vision and envision a broader human perspective on mental health issues relating to war, displacement, disasters, polarization, economic insecurity, and other forms of collective trauma.

The physical gathering will be followed by a virtual part in February 2027 via Zoom (the exact time will be agreed among the participants).

### **Learning Outcomes**

By the end of the programme participants will be able to:

- Explain how permanent crises affect individual and community mental health from psychological, spiritual and social perspectives.
- Demonstrate basic competencies in psychological first aid, spiritual care and supportive communication in risk societies.
- Design practical strategies for strengthening resilience and hope within churches, educational institutions and local communities.

### **Schedule**

#### **Wednesday, January 6**

##### **Theme: Hope in Times of Social Crisis**

Morning–Afternoon

- International arrivals
- Accommodation
- Registration
- Orientation

17:30-18:30 Dinner together

##### **18:30-20:00 Opening Session: How Do Churches Matter in Times of Permacrisis?**

- Opening worship
- Welcome from the Estonian Free Church Theological Seminary - Einike Pilli
- Introduction of participants & overview of the programme - Meego Remmel
- **Panel: Mental Health, Faithful Church and Social Responsibility** - Maire
- Latvala, Andrey Puzynin, Adrian Sarbu, Mihail Ciopasiu, Petri Patronen

## **Thursday, January 7**

### **Theme: Understanding Trauma and Community Resilience**

09:00-09:20 Morning devotion

09:30-11:00 **Lecture(s): Trauma, Stress and Resilience in a Contemporary European Context** - Merike Sisask, Petri Patronen

11:15-12:45 **Seminar: Recognising Trauma Responses in Individuals and Communities** - Lars Widen

13:00 Lunch

14:00-16:30 **Study Visits**

16:30-17:30 **Reflection groups:** what did we learn from today's visit?

18:00 Dinner & free time

## **Friday, January 8**

### **Theme: Spiritual Care During Social Crisis**

09:00 Morning prayer

09:30-11:00 **Dialogue: Psychological First Aid and Pastoral Presence** - Elina Kivinukk & Andrey Puzynin

11:15-12:45 **Workshops**

- **Proclaiming the Resurrection in a Funeral Sermon** - Milos Masarik
- **Boundaries of pastoral care** - Meego Remmel
- **Referral to professionals** - Adrian Sarbu
- **Mental and spiritual challenges of the digital and AI world** - Karmen Maikalu
- **Deeper Walk practices** - Andrey Puzynin

13:00 Lunch

Afternoon - **Tallinn Cultural Programme**

18:30 Round table dinners in regional-linguistic reflection groups

20:00 free time

## **Saturday, January 9**

### **Theme: Building Caring and Resilient Communities**

09:00 Morning devotion

09:30-11:00 **Mini-lectures: The Church as a Community of Hope** - Andrey Puzynin, Mihail Ciopasiu, Kristiina Krabi, Ago Lilleorg

11:15-12:45 **International Roundtable** - participants from different countries present examples of churches serving in times of crises in society

13:00 Lunch & free time

16:00-18:00 **Workshops in regional-linguistic reflection groups**

How to:

- 1) design local mental and spiritual health initiatives?;
- 2) develop church support networks?;
- 3) respond to crises together?

18:00 Dinner together

19:00-21:00 **Closing Evening: Stories of hope**

- Worship & Prayer
- Reports & Reflections - representatives of the regional-linguistic reflection groups
- Evaluation and Visioning

## **Sunday, January 10**

### **Theme: Sent to Serve**

11:00-13:00 Participation in worship services in Tallinn and Harju county churches

Possible contributions:

- Scripture reading
- Testimonies
- Music
- Prayer
- Short sermon or reflection
- Children's message
- Assisting local congregations

13:00 onwards departures to Tallinn Airport or toward homes on the road/rail

## **February 2027**

Virtual component in Zoom (date and time to be agreed)

### **Required reading:**

Barker, Paul A., ed. 2019. *Tackling Trauma: Global, Biblical, and Pastoral Perspectives*. Carlisle: Langham Publishing.

Dual alternative:

Brueggemann, Walter. 2014. *Reality, Grief, Hope: Three Urgent Prophetic Tasks*. Grand Rapids: Eerdmans. 234.25 B889

Koenig, Harold G. 2018. *Religion and Mental Health. Research and Clinical Applications*. Oxford: Academic Press.

**Erasmus+**



**Co-funded by  
the European Union**