Keeping Watch:
The 5Triads Chaplaincy Perspective

Workshop B1 – Caring for the Human Spirit
Orlando, FL  April 20, 2015
Presented by
Chaplain Timothy J. Ledbetter, DMin, BCC
TRI-CITIES CHAPLAINCY, RICHLAND, WASHINGTON

Welcome to the 5Triads Workshop!
Swirling Chaplaincy Questions

Ledbetter’s 5Triads of Chaplaincy Perspective
Case Study

CHANGES

EXPERIENCES

INTENTIONS

RESOURCES

OUTCOMES

PERSONAL CORE

Starting Point: What was life like?

Who am I?
What was life like?
Who am I?
Whose am I?
How do I?

• Being
• Belonging
• Behaving
CHANGES to Personal Core

Descent: What’s changed?

EXPERIENCING the Changes

In the Depths: What is this like?
INTENTIONS regarding Experiences

Turning Point: What to do about it?

RESOURCES to actuate Intentions

Empowerment: What is needed?
OUTCOMES or progress

New Changes to Personal Core

Charting: ASSESSMENT

CONFERENCE THEME
Making It Work: Flourishing in Dynamic Systems

• CHANGES (Scenario of what has happened)
  – Physically, psychosocially, spiritually

• EXPERIENCES (Story of what is it like)
  – Stressors, suffering, comforts

• INTENTIONS (Seeds of what is wanted)
  – Relief, Survival, Improvement
Charting: CARE PLAN

• RESOURCES
  – Personal Vitality, Support of Others, Faith Traditions
  – Individual’s “Capital,” and
  – CHAPLAIN’S INTERVENTIONS

• OUTCOMES
  – Recovery or curing (of what was Changed)
  – Adaptation or healing (of Experiences)
  – Integration or meaning (of new Being, Belonging, Behaving)

Coping with change: then to now

HOW THINGS WERE: Being, Belonging, Behaving

• What has changed?
• What is it like?
• What should be done?
• What can make it happen?
• What is it like NOW?

CHANGES > EXPERIENCES > INTENTIONS > RESOURCES > OUTCOMES
### Charting: **SCREEN (Triage)**

<table>
<thead>
<tr>
<th>Chaplain Response to “INSUFFICIENT COPING”</th>
<th>Coping-0 Full</th>
<th>Coping-1 Adequate</th>
<th>Coping-2 Marginal</th>
<th>Coping-3 Deficient</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>(missing 0 of 3 coping resources)</td>
<td>(missing 1 of 3 coping resources)</td>
<td>(missing 2 of 3 coping resources)</td>
<td>(missing 3 of 3 coping resources)</td>
</tr>
<tr>
<td><strong>Stable condition-1</strong> (manageable)</td>
<td>1=No Contact</td>
<td>2=No Contact</td>
<td>3=Important</td>
<td>4=Important</td>
</tr>
<tr>
<td><strong>Serious condition-2</strong> (life-impacting)</td>
<td>2=No Contact</td>
<td>3=Important</td>
<td>4=Important</td>
<td>5=Urgent</td>
</tr>
<tr>
<td><strong>Critical condition-3</strong> (life-threatening)</td>
<td>3=Important</td>
<td>4=Important</td>
<td>5=Urgent</td>
<td>6=Urgent</td>
</tr>
</tbody>
</table>

**Coping Resources** = Vitality, Support, Faith

---

### 5Triads & DISCERNMENT

- What has **CHANGED** in your life?
- What have those changes been **LIKE**?
- What would you **LIKE TO DO** about them?
- What might **HELP** you do something new?
- What might your new life **LOOK LIKE**?
5Triads & CONFLICT RESOLUTION

- What has CHANGED between or among us?
- What has it BEEN LIKE for you and for me—the good, bad & ugly?
- What do you and I WANT AND NEED to get a break, make it thru & make it better?
- What do you and I BRING TO THE TABLE to make our wants and needs happen?
- What would our NEW RELATIONSHIP look like?

5Triads & PAIN MANAGEMENT

- How is a patient’s pain commensurate with significant LIFE-CHANGES?
- What is the nature of the patient’s EXPERIENCES related to pain?
- What are the patient’s DESIRES regarding their pain management?
- What RESOURCES are available to help the patient manage pain?
- What are the GOALS for the patient’s pain management plan?
5Triads & PRAYER

Example of Jane’s family conflict:

- **Psychosocial changes.**
- **Stressors caused by** psychosocial changes.
- **Survival Intentions from** stressors *caused by* psychosocial changes.
- **Vitality Resources that aid** survival intentions *from* stressors *caused by* psychosocial changes.
- **Meaning & Peace found through** one’s vitality resources *that aid* survival intentions *from* stressors *caused by* psychosocial changes.

**PRAYER:**  
O God, we ask for your help in finding meaning and peace for Jane by blessing her with courage that she might endure the painful stress caused by her family conflicts. AMEN

---

4/20/15

5Triads (c) 2015 TJL

19