

## MY INTEREST IN PASTORAL PSYCHOLOGY

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My interest in pastoral psychology began with my first clinical pastoral training under the supervision of Carroll A. Wise when I was a student at Boston University School of Theology. Dr. Wise was at that time (1935) chaplain supervisor at Worcester State Hospital, where he had succeeded Dr. Anton Boisen. This clinical training experience was the most important thing that had happened up to that point in my theological education, and I wanted to get more of it. Therefore when Russell L. Dicks and Dr. Richard C. Cabot offered a course at Massachusetts General Hospital for theological students the next winter, I enrolled in that course. Their book The Art of Ministering to the Sick was just about ready to be printed and was in mimeographed form when I participated in their teaching and training program.

While I was a student at Boston University School of Theology I worked for the A. M. degree in Psychology of Religion under the leadership of Prof. Francis L. Strickland. My thesis was written on some of my experiences at Worcester, State Hospital under the guidance of Carrol A. Wise, and was titled The Use of Religion by Certain Abnormal Personalities in Escaping Problems of Life. It was based on some case histories of certain psychotic patients with whom I worked. One of these patients became a part of Dr. Wise's later book Religion in Illness and Health. Section II of his book was based on the experience and symbols in religion in the experience of Mary Jones. It became apparent to me that a mature religion was one which helped the individual to grow, to face reality, to solve problems of life; and an immature religion was one which caused a person to try to escape from rather than face up to problems of life, and might cause the individual to become mentally sick or have an abnormal personality.

My own religious experience was put to a severe test when my wife became seriously ill with multiple sclerosis and finally had to be committed to a state mental hospital where she ultimately died. My own naturalistic humanism form of religion was weighed in the balance and found wanting. After being a parish pastor for 6 years, I entered the U. S. Army as a Chaplain and acquired a great amount of counseling experience with soldiers who were involved in tremendous personal problems. An injury resulting in a fractured spine while I was in England preparing for the Normandy Invasion put me in Army hospitals for six months and returned me to the States. While a patient in Army Hospitals I had sufficient time to think and feel my way through to a more mature and perhaps more orthodox theological position. A complete recovery from the fractured spine made it possible for me to return to active duty, and after serving six months as the first chaplain of a Hospital Train Unit in San Francisco, I again applied for overseas duty and served in the Philippines and then back in the States and then to Alaska.

My Army experiences helped me decide to enter the hospital chaplaincy, so when my active duty was terminated I sought out Seward Hiltner in New York City in January 1947 for advice on how to go about it. I had been corresponding with Seward ever since I had become acquainted with him while I was at Worcester State Hospital with Carrol Wise. Seward recommended that I get some more clinical training, and recommended either Russell Dicks in Chicago or Paul Johnson who was doing an excellent program at Boston University. So I drove on up to Boston

and re--entered the Seminary to be under the leadership of Paul Johnson.. He introduced me to the client-centered therapy approach, which revolutionized my entire counseling procedure. I also became acquainted with Rollin Fairbanks at Massachusetts General Hospital and his newly-organized Institute of Pastoral Care. Rolly gave me wise and helpful instruction and opportunities to try my hand in hospital chaplaincy work, and especially in Psychosomatic Medicine under the psychiatrist Dr. Stanley Cobb. Then Rolly recommended me for the position of chaplain and director of clinical training at University Hospital in Ann Arbor, Michigan. I arrived at Ann Arbor on May 5, 1947 and started my first clinical pastoral training program that summer.

I should mention the fact that while I had my first clinical pastoral training at Worcester under Carroll Wise and the Council for Clinical Training I became deeply interested in Sigmund Freud. While there at Worcester I read Freud's complete works and became thoroughly saturated with his teachings. With this as an introduction to the field of psychiatry, I read with enthusiasm as much as I could in all the other, writers in psychoanalysis. I think I read some from practically every book and journal in the library at Worcester at that time, spending my spare time there rather than socializing with fellow Students. No doubt this background has profoundly influenced my thinking and teaching.

In my twenty years as chaplain and director of clinical pastoral training at University Hospital I had over 500 students participate. in my programs. Some students were there for short courses, some for a complete summer, some for from one to three years internships or residencies. Many have become chaplains and supervisors of clinical training elsewhere. The large number of individuals going into chaplaincy as a career led me to realize that training an individual for the chaplaincy involves much more than teaching the art of ministering to the sick and pastoral counseling techniques; the chaplain must become acquainted with every phase of hospital work and administration and counseling so that he understands and cooperates with the total program of the hospital and the medical profession and knows how to fit his or her program into it. Many chaplains know how to counsel the patients, but fall down in their relationships with the administration and personnel. For this reason I have endeavored to prepare those who enter hospital chaplaincy for all. phases of their program.

I must not fail to mention my work with Dr. John M. Dorsey of Wayne State University Medical School in Detroit. Dr. Dorsey had spent three years studying with Sigmund Freud at the same time that I was studying at Worcester State Hospital. and Boston University. Later when I was at University Hospital in Ann Arbor he invited me to be a part of his program of training psychiatrists in his MacGregor Health Center in Detroit. I was a trustee of his program for many years, and each year I would bring my theological students in Ann Arbor to Detroit to learn some of his philosophy of life and health. He wrote very generously of my program in his book Illness orAllness and my philosophy of clinical pastoral training. My theological students and pastors were greatly impressed and influenced by their contact with Dr. Dorsey.

My interest in hospital chaplaincy caused me to be interested and active in the program of the American Protestant Hospital Association, I was a part of the Chaplains' Association of the APHA as it grew from a small. handful. in 1947 to a large group of clinically trained chaplains,

and I participated in the work of the College of Chaplains, for twenty-five years. I attended and participated in nearly all the national conferences on clinical pastoral training and hospital chaplaincy. I wrote and published many articles that had to do with chaplaincy.

After twenty years at University Hospital in Ann Arbor, I left to return to my native state of Indiana. After one year as a pastor of a Methodist Church, I returned to the chaplaincy and clinical training at Methodist Hospital of Indiana. There I was not only involved in chaplaincy in the hospital and in clinical pastoral training for pastors, but I was put in charge of the education of pastoral counselors in the newly-formed Buchanan Counseling Center of the Hospital. My emphasis turned more to pastoral counseling, and I prepared a Pastoral Counseling Guidebook for the Counseling Center. After five years of this the opportunity came to become chaplain and director of clinical pastoral training at the Larue Carter Hospital in Indianapolis. This hospital was a psychiatric hospital on the campus of the Indiana University Medical School where medical students, psychiatric interns, and residents got their training. It became an opportunity for me to participate in the entire educational program of the hospital, integrating my pastoral students into the psychiatric experience. The nearby Christian Theological Seminary sent me D. Min. candidates who were specializing in pastoral Counseling to get clinical training as part of their practicum. These students were integrated into the entire program of the psychiatric hospital, working as a team with medical personnel and trainees. During the next five years I supervised the clinical training of 51 students at Larue Carter Hospital,.

By this time I was 65 years old and retirement was mandatory. But I returned to Methodist Hospital and functioned as a staff therapist in the Buchanan Counseling Center for three years. Then I started the Chapel Hill Counseling Center in the local Chapel Hill United Methodist Church and I have been in charge of this program for about seventeen years. I have had about 600 individuals in counseling at this Church--related program.