

Fundamental principles of accompaniment with people who are suffering

(work by Alan Wolfelt, Ph.D., 2009)

The minister learns to be present with the suffering without trying to fix, solve or justify suffering with theological or spiritual certitudes.

- 1.- Accompaniment is Being Present to the pain of someone who seeks improvement without trying to remove the pain they have.
- 2.- Accompaniment is to enter the Desert of the Soul with another person without thinking that you are responsible for finding the way out of their situations of pain.
- 3.- Accompaniment is Honoring the Spirit of the person as his/her Intellect.
- 4.- Accompaniment is Listening with the Heart before analyzing with the Brain.
- 5.- Accompaniment is to give testimony of the patient's struggle without judging him but trusting that a solution will come from the mere fact of giving testimony.
- 6.- Accompaniment is Walking beside; It is not offering expert leadership and solutions.
- 7.- Accompaniment is Discovering the gifts of the sacred silence without filling all the moments with words.
- 8.- Accompaniment is to offer the gift of peaceful presence and not of frenetic and continuous movements.
- 9.- Accompaniment is Respecting the creative movement of disorder and confusion.
- 10.- Accompaniment is Learning from others before teaching them.
- 11.- Accompaniment is Cultivating curiosity as well as expert knowledge.