

# Pastoral Care at the Tufts University Chaplaincy

## What is pastoral care?

Pastoral care is a type of care and counseling provided by chaplains or spiritual leaders. It involves nonjudgmental and compassionate listening and facilitates meaning-making through someone's own spiritual or moral values. It aims to foster a person's spiritual and existential wellbeing.

At Tufts, chaplains provide pastoral care. Chaplains have specialized training in supporting to support spiritual and religious questions and needs, in facilitating identity formation, and in processing grief and loss. Some on the chaplain staff also have clinical training through work in healthcare and the carceral system, and in specialized programs like Clinical Pastoral Education. At Tufts, chaplains are among the confidential resources on campus.

Some common questions and concerns around pastoral care:

- Pastoral care is for anyone, regardless of their religious or philosophical background
- Students, staff, and faculty seek out chaplains for pastoral care
- Our chaplains are open and affirming of LGBTQ identities
- Our chaplains will never proselytize or seek to convert

## Why might someone seek pastoral care?

A person might seek pastoral care in order to process a challenging time in life, explore questions about religion and spirituality, or to share a traumatic experience. Upon request, chaplains can engage in prayer, sacred text reading, or any rituals from a student's tradition. Chaplains can also support students seeking unique resources from their religious or philosophical tradition. Our chaplains work directly with student religious or philosophical communities, and can support a student in finding and connecting with a community.

## How can I refer a student to the University Chaplaincy?

Most pastoral care appointments are arranged by directly e-mailing a chaplain. You can encourage a student to reach out to a particular chaplain, whose contact information is on our website, [chaplaincy.tufts.edu/contact](https://chaplaincy.tufts.edu/contact). You can also always email [chaplaincy@tufts.edu](mailto:chaplaincy@tufts.edu) with more questions. Contact information for each chaplain is listed on the back of this sheet.