

Henry Burt
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EDUCATION

PhD in Pastoral Theology, Princeton Theological Seminary, 2025

- Dissertation: “The Weariness of the Perfectionist Self: A Pastoral Theological Approach to Healing”
- Dissertation Committee: Dr. Robert Dykstra (chair), Dr. Jay-Paul Hinds, Dr. Jacob Hamman

Master of Divinity, Princeton Theological Seminary, 2019

- Concentration in Lutheran Studies

B.A. in 1) Psychology and 2) Exercise Science, St. Olaf College, 2016

PREVIOUS EMPLOYMENT

- Associate Pastor, Grace Lutheran Church, Albert Lea, MN, January 2025-present
- Interim Pastor, East Falls Presbyterian Church, East Falls, PA, Summer and Fall 2024
- Interim Pastor, Igreja Luterana San Sebastian (ELCA), Newark, NJ, February-April 2024
- Pastoral Supply (part-time), New Jersey ELCA Synod, Fall 2020-present
- Pastoral Supply (part-time), Hispanic congregations of the North Texas-North Louisiana ELCA Synod, Summer 2019
- Pastoral Supply (part-time), Abiding Presence Lutheran Church, Ewing, NJ and Young Adult Christian Education Confirmation Teacher, Abiding Presence Lutheran Church, Ewing, NJ, 2018-2019
- Office of Admissions, Princeton Theological Seminary, 2016-2018 and 2022-present
 - PhD Student Representative for Doctoral Applicants; Office of Admissions Interviewer for Masters programs
- Office of Admissions Student Representative, St. Olaf College, 2013-2016
 - Co-president of Student Tour Guides

RESEARCH EXPERIENCE AND INTERESTS

- Psychoeducational research for dissertation, “University students’ experience with perfectionism in relation to their faith and the therapeutic use of creativity in the pastoral relationship,” University of Pennsylvania, Fall 2024
 - leading focus group and workshops on perfectionism for students in campus ministries
- Dr. Margarita Mooney, Princeton Theological Seminary, Fall 2020-Spring 2022
 - co-editor and contributor for two books: *The Love of Learning: Seven Dialogues on the Liberal Arts* (2021) and *The Wounds of Beauty: Seven Dialogues on Art and Education* (2022)
- Dr. Kenneth Wang, Fuller Theological Seminary School of Psychology, 2017-2019
 - co-editor for *Journal of Religion and Health* article “Religious Perfectionism Scale among believers of multiple faiths in China: Development and psychometric analysis” (2017)
- Undergraduate Lab Assistant, Carlo O. C. Veltri, PhD, Department of Psychology, St. Olaf College, 2014-2016

- “Identifying Constructs of Perfectionism among College Students” Lab

-Current research interests: pastoral care of perfectionism; positive and negative religious coping; intrapsychic struggles; spirituality, embodiment, and athletics; Lutheran pastoral care; human flourishing; identity crises; Anzaldúan pastoral theology; theopoetics; pastoral care of clergy and seminarians; pastoral care of men and boys

TEACHING EXPERIENCE

- Teaching Assistant, Fall 2024, Parish Leadership and the Practice of Ministry, Dr. John Huh
 - “Diagonal Integration, the True Self, and Living Into Your Personhood as Pastor,” October 2024 lecture
- Teaching Assistant, Spring 2024, Pastoral Care and Life Cycle, Dr. Robert Dykstra
 - “Identity, Crises, and Adolescence: Cure in the Cause,” March 2024 lecture
- Teaching Assistant, Fall 2023, Minister and Spiritual Diagnosis, Dr. Jay-Paul Hinds
 - “The Wounded Pastor: Running from the Devil at One’s Heels,” November 2023 lecture
- Teaching Assistant, Spring 2023, Death, Dying and Grieving in Pastoral Care, Dr. Sonia Waters
- Teaching Assistant, Fall 2022, The Minister and Mental Illness, Dr. Sonia Waters
 - “*Ataque de Nervios* and Culturally-Contextual Pastoral Care,” September 2022 lecture
- Teaching Assistant, Fall 2021, Self in the System, Dr. Sonia Waters
- Teaching Assistant, Spring 2021, Religion, Vulnerability, and Resilience, Dr. Margarita Mooney
 - “Kenneth Pargament’s ‘Religious Problem Solving Styles’ and Psycho-spiritual Resilience,” February 2021 lecture

PUBLICATIONS AND PRESENTATIONS

- Burt, Henry. “Haydn’s *Creation*: The Significance of the Oratorio Form and the Composer’s Maturation Development for a Disconnected 21st Century.” Lecture given at Princeton University’s Richardson Auditorium. Nov. 10, 2024.
- Burt, Henry. “Perfectionism and the Threat of Grace: Reimagining Theological Principles for Healing.” Published in *Journal of Pastoral Theology* 34(1) Nov. 23, 2024. DOI 10.1080/10649867.2024.2406667.
- Burt, Henry. “When the Darkness Overcomes It: Pastoral Chums for Men So Lonely They Could Cry.” Paper presented at the 2022 Philadelphia Group for Pastoral Care of Boys and Men. May 2024
- Burt, Henry. “A Pastoral Caregiving Response to Male Emotional Breakdown.” Paper presented at the 2023 Philadelphia Group for Pastoral Care of Boys and Men. June 2023.
- Burt, Henry. “Running as Righteousness: Fitness as a Variety of Religious Experience.” Paper presented at the 2022 Philadelphia Group for Pastoral Care of Boys and Men. June 2022. Published in *Journal of Pastoral Psychology* 72(1) Dec. 27, 2022. DOI:10.1007/s11089-022-01043-x
- Co-editor and co-contributor. Mooney, Margarita. *The Wounds of Beauty: Seven Dialogues on Art and Education*. Providence, RI: Cluny Media. 2022.

- Co-editor and co-contributor. Mooney, Margarita. *The Love of Learning: Seven Dialogues on the Liberal Arts*. Providence, RI: Cluny Media, 2021.
- Wang, K. T., Xie, Z. Y., Parsely, A. C., & Johnson, A. M. "Religious Perfectionism Scale among believers of multiple faiths in China: Development and psychometric analysis." *Journal of Religion & Health*. Published online February 28, 2019. doi: 10.1007/s10943-019-00784-z
- Burt, Henry and Veltri, Carlo O.C. "Maladaptive Correlates of Common Elements of Perfectionism, Rigidity, and Orderliness." Presentation at American Psychology Association 2016 National Convention.

CONTINUING EDUCATION

- Society for Pastoral Theology Annual Conference, New Brunswick Theological Seminary, June 2024
- American Psychological Association Division 36 (Psychology of Religion and Spirituality) Mid-Year Conference, Princeton Theological Seminary, April 2024
- Institute for Youth Ministry Annual Conference, Princeton Theological Seminary, 2018-2019 and 2022-2024
- Hispanic Ministry Summer Term under Rev. Dr. Javier Alanis, Lutheran Seminary Program in the Southwest, Austin, TX, May-June 2019
- Reimaginar La Predicacion para una Nueva Era* ("Reimagining Preaching for a New Era"), preaching conference for Spanish-speaking clergy, Princeton Theological Seminary, May 2019

AWARDS AND GRANTS

- Presidential Merit Scholarship (awarded to students in each entering PhD class whose applications, in the judgment of the PhD Studies Committee, are of excellent quality), Princeton Theological Seminary, 2020
- The Cleven Seminary Scholarship for Alumni, St. Olaf College Office of Religious Life, 2019
- Seminary Fellowship (a full-tuition scholarship given each year to a member of the entering M.Div. class), Princeton Theological Seminary, 2016
- Baccalaureate Speaker, St. Olaf College, 2016
- Magna Cum Laude, St. Olaf College, 2016
- Student Life Leadership Award, Finalist, St. Olaf College, 2016
- Minnesota Intercollegiate Athletic Conference Academic All-Conference (Cross Country), 2014 and 2015
- Gordon Allport Award in Psychology, Finalist, St. Olaf College, 2015

ASSOCIATION AND PROFESSIONAL MEMBERSHIP

- Southeastern Minnesota Synod of the Evangelical Lutheran Church in America (ELCA)
 - ordination into Ministry of Word and Sacrament, February 08, 2025
- Society for Pastoral Theology
- Lutheran Campus Ministry
- Psi Chi Psychology National Honor Society

SEMINARY SERVICE

- Koinonia (PhD Student Group) Professional Development Liaison, Fall 2021-Fall Spring 2023
- Seminary Chapel Preacher, October 02, 2024 and March 1, 2019
- Spanish Conversation Table President, Student Government Association, Spring 2019
- Lutheran Group Council, 2016-2019
- Touring Choir and Chapel Choirs, Bass and Tenor Sections, 2016-2019 and 2020-present
- Alumni Relations and Alumni Reunion Committee, 2017-2019

PASTORAL FORMATION

- ELCA Lutheran Year, Pastoral Intern for Baltimore Lutheran Campus Ministries and Messiah Evangelical Lutheran Church-Sykesville, MD, 2019-2020
- Seminary Contextual Education Immersions
 - Pastoral Intern, Presbytery of Northern New York, Summer 2018
 - Prince of Peace Lutheran Church, West Windsor, NJ, 2017-2018
- Canterbury House (Episcopal Campus Ministry) Assistant, Rutgers University-New Brunswick, 2018-2019
- Clinical Pastoral Education:
 - Princeton Penn Medicine, Palliative Care Department, Summer 2021
 - Pediatrics Department, University of North Carolina Children's Hospital, Summer 2017
- Student Congregation President and Council Member, St. Olaf College, 2012-2016

ACTIVITIES

- Albert Lea Cantori Choir, Albert Lea, MN
- Church of St. Martin-in-the-Fields (Episcopal Church USA), Philadelphia Choir spring 2024
- First Presbyterian Church of Dutch Neck Choir, spring 2024
- Trinity Episcopal Church Princeton Evensong Choir, fall 2023-spring 2024
- Princeton University Episcopal Campus Ministry, fall 2021-present
- Johns Hopkins Gospel Choir, 2019-2020
- Princeton University Club Cross Country and Track and Field, 2016-2019 and fall 2020-present
- Princeton Theological Seminary Touring and Chapel Choirs, 2016-2019 and fall 2020-present
- St. Olaf College Cross Country and Track and Field, 2014-2016
- Boston Marathon Qualifiers, Spring 2017 (3rd place overall), Summer 2024, and Fall 2024 (3rd place overall)
- Spanish Fluency