

Advancing the Integrating Spirituality in Behavioral Health Care

September 19, 2016
National Association of Casemangement



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Faith and Spiritual Affairs

Vision

Optimal health and well-being for all of Philadelphia's Faith and spiritual communities including health providers

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Mission

Faith and spiritual affairs is dedicated to informing faith and spiritual communities about behavioral health care services and reducing the stigma of behavioral health concerns. By partnering and collaborating with faith and spiritual communities, city agencies, stakeholders and DBHIDS will develop ways to provide health care to the community

Public Health Approach to Integrating Faith and Treatment

Effective Treatment

Community Health Strategies

Population Health Management

Dr. Arthur Evans, 2015

"There is an **inverse** relationship between religious coping and depression that was strongest among the most disabled persons."

• Dr. Harold G Koenig, MD
• JAMA. 1995;273(20):1561-1562

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Standing On Sacred Ground Initiative October 2013 Workshop

88 Participants Said:

1. We need to know more about spirituality and its impact in the healing process.
2. How do we integrate spirituality and behavioral health care?
3. In the future we would like to see this integration a part of the treatment plan?

We need to know more about spirituality and its impact in the healing process.

- What is spirituality?
- What role does spirituality play in the human experience?
- What impact does spirituality have in the healing process?
- Persons with lived experience want caregivers to know the significance of spirituality in the healing process.

How do we integrate spirituality and behavioral health care?

- What do clinicians need to know about the role of spirituality in healing and treatment?
- Caregivers want to know best practices.
- What do clergy and faith communities need to know and do?

In the future we would like to see this integration be part of the service/treatment plan

- Spirituality as part of the assessment, service plan and treatment plan.
- Ongoing training and support for caregivers.
- Support for persons with lived experience.

How to Integrate Spirituality With Care

- Acknowledge: *my spiritual side is integral to me.*
- Understand: *the role my spirituality plays in my healing.*
- Explore Fearlessly: *what's going on spiritually?*
- Listen for Cause & Effect: *how are my mental and spiritual states affecting each other?*
- Treatment: *how can the care of my mind and the care of my spirit heal each other?*

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What Is Spirituality?

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What does Spirituality Mean to you?

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Spirituality: Some Reflections

- "We are not human beings having a spiritual experience. We are spiritual beings having a human experience." Pierre Teilhard de Chardin.
- "Spirituality is life lived in the continuous presence of the divine." Abraham Joshua Heschel
- "A simple definition of spirituality the search for meaning...for yourself yet beyond yourself. It may be described as a process of reaching in, reaching out, and reaching up." Stephanie Dickstein

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Spirituality A Working Definition

Spirituality is an essential part of human experience that represents the part of us which seeks transcendent experiences, and recognizes that a force exists beyond the material world.

Spirituality:
encourages hope and purpose,
can foster positive emotions, and coping
skills,
and recovery in the face of behavioral
health challenges.

Spirituality and religion are not the same although many important spiritual resources come from religious practices.

Caroline Cupp

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Spirituality vs. Religion

Spirituality

- Universal
- Awareness of relationship with all of creation
- Sense of purpose and meaning
- Leads to development of a personal value system
- Universal
- Unique to each individual
- Can evolve throughout one's lifetime

Religion

- Organized tenants and doctrines
- Culturally embedded
- Communally practiced
- Material expression
- Sense of historical continuity
- Enacted through rituals
- Chosen vs. universal

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What We Believe

- 92% Believe in God or a universal spirit.
- 70-85% Pray regularly for good or better health. 2010 Pew Survey
- 16% Of people in the United States identify themselves as non-religious. 2013 Pew Study, "The Nones"

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Forms of Spiritual Expression

Behaving	rituals, lifestyles, holidays & holy days, good deeds
Belonging	community, culture, history
Believing	faith, meaning, theology
Being	experience of transcendence, life is a blessing

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Your Personal Experience

Think of a moment in your life that you would describe as:

- A powerful experience
- A moment of transcendence
- A time of connection to a higher power

power

Choose three adjectives to describe your experience

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Your Personal Experience

- Promotes a positive world view.
- Helps to make sense of difficult situations.
- Gives purpose and meaning.
- Discourages maladaptive coping.
- Enhances social support.
- Promotes other-directedness.
- Helps to release the need for control.
- Provides and encourages forgiveness.
- Encourages thankfulness.
- Provides hope.

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Evidence Based-Practice: Impact of Spiritual Care on Mental Health Outcomes

- Positive spiritual coping is associated with lower levels of anxiety and depression (Gall, 2006).
- Addressing spiritual concerns can moderate symptoms of Axis I disorders (Walker et al, 2009)
- Prolonged periods of spiritual struggle can lengthen hospitalizations (Fitchett et al, 2004)
- Ethnic minorities and the elderly are particularly likely to utilize religious coping following trauma (Bryant-Davis, 2013; Koenig, 1998)

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What does Spiritual Care Mean to You?

Group discussion....

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Spiritual Care

- Spiritual Care is the support of persons as they attempt to find meaning in illness and crisis.
- For many individuals this meaning is found by connecting their current struggles to the wider narrative of their spiritual or religious histories.
- For others, it is found through connections to their deepest values, beliefs, and hopes for the future

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What Nourishes Your Spirit?

- Belong to & participate in a faith community.
- Take part in rituals, symbolic practices, and other forms of worship.
- Read sacred and inspirational literature.
- Practice forgiveness of yourself and others.
- Listen to or make music.
- Deep reflection, meditation, and prayer.
- Participate in groups that involve trust and cooperation (i.e., sports).
- Observe the Sabbath: stop doing and enjoy being.
- Prayer.....

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What Nourishes Your Spirit? Continued

- Engage in dance or other types of spiritual expression.
- Involve yourself in acts of kindness to others.
- Spend time in nature.
- Experience and appreciate the arts.
- Be creative: painting, knitting, cooking, gardening, carving.....
- Share your spiritual journey with others.

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Not A Positive Experience For All

- "Spirituality seen as insignificant, not an area of study or interest (for some decades)
- Suspicion between MH and clergy
- False dichotomy: religion either problem or solution
- Pretense of religious neutrality in MH

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Not a Positive Experience

True or False??

- "God doesn't give you more than you can handle.
- If I'm suffering I must have done something to deserve it.
- Forgiveness has its limits-You can't be for something wrong you do over and over again.
- Evil and pain are part of God's plan for the world."

Developed by Reverend Caroline Cupp

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Ministry of Presence

Exactly what is that?

"This ministry of presence means that we will serve people even when it might make us uncomfortable. We will stand with people in the midst of anxiety and fear. Most importantly, in these difficult times we will be realists. We will not pretend things are better or worse than they actually are. We will address the situation appropriately, pointing people to the fact that Christ makes all things new."

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Trauma and MH Challenges

- Lead to disruptions of identity and faith
 - Loss of meaning/community
 - Existential struggles
 - Discontent
 - Questioning of faith/meaning
 - Shame
 - Disconnection

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Some Spirituality Coping Improves Recovery:

- Those with fewest resources find greatest benefit from faith
- Connection with God/divine enhanced
- Coping through engagement of Sacred and within community
- Acceptance of limits, forgiveness, reconciliation

Result? Watch out for stripping out faith language

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Some Spirituality Coping Harms

- Is God angry, rejecting, ominous?
Hindered recovery
- Does the client present passive spiritual responses? More depression predicted

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Spirituality In MH Practice?

- Mind/Body interventions
 - Mindfulness
 - Acceptance based interventions
 - Yoga
- Prayer/Meditation
 - Spiritual mantras superior to secular?

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In short...

- Be learners of people you Spirituality from a position of strengths vs. weaknesses
- Learn "local" language of distress and recovery
- Explore "local" healing interventions and healers
- Agree on integrated interventions

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Spiritual and/or Religious Countertransference

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Spiritual And/Or Religious Countertransference

- Refers to the full range of conscious and unconscious emotional and spiritual responses induced in a clinician when working with the spiritual/religious issues of their client.
- These responses relate to the clinician's issues and conflicts as well as to the issues and conflicts of the client.
- The clinician's self-awareness and processing of spiritual/religious countertransference is crucial for effective & ethical treatment especially with clients dealing with significant spiritual/religious/moral distress.

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Reflection Questions For Mental & Spiritual Health Practitioners

How do you experience spirituality and/or religion as a source of strength and resilience?

Where have you experienced spirituality and/or religion as a source of conflict or injury?

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Reflection Questions For Mental & Spiritual Health Practitioners

What are some of your most powerful spiritual/religious transferences?

What are some of your most important spiritual/religious countertransference tendencies?

How might this affect your work with people who have lived experience?

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Reflection Questions For Mental & Spiritual Health Practitioners

What practices have been most helpful to you in dealing with your spiritual/religious countertransference's?

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Clinician Ethical Responsibility For Countertransference Tendencies

Clinicians have an ethical responsibility for seeking appropriate supervision, consultation, and training, for dealing with their spiritual/religious Countertransference Tendencies.

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Prayer

- A key resource in the Church setting
- How is prayer involved in the counseling process?
 - Silently by the counselor
 - Vocally with the individual during session
 - Individuals pray outside of session

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Forgiveness and Repentance = Healing & Recovery

- What to consider when using this intervention
 - Readiness of individuals
 - Recognize it is a long, spiritual and emotional process
 - Forgiveness involves a process of reconciliation
 - It is initiated by the individual receiving services
 - Careful with the timing of suggesting or encouraging forgiveness

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Testimony of Forgiveness

"During my time at a retreat, God began to deal with my heart issues and my lack of forgiveness. As the spirit led, I prayed for all the people who hurt me when I was younger. For my mother dying and leaving me alone as a little girl. For those who sexually assaulted me. I chose to forgive. I know God wants to lift me out of being a victim."

"Unforgiveness is like a prison. You cannot move. It's like being in a very small room. But God gives us the gift of forgiveness."

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Some Basic Suggestions

- **Do your best to select and apply interventions that fit the unique needs, beliefs and circumstances of each individual**
- **Deep respect for the individuals autonomy and freedom**
- **Sensitivity to and empathy for individual**
- **Flexibility and responsiveness to the individual's needs**

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Forgiveness and Repentance Special Considerations for Trauma Not As Easy As It Sounds

- Shock and denial
- Awareness and recognition of abuse / hurt
- Feelings of hurt, grief, anger, rage and opportunity to express these feelings
- Need for validation / affirmation that it will not happen again
- Boundary repair
- Letting go and forgiving

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Faith and Mental Health? The Split

- How did we get here?
 - Descartes and Enlightenment
 - Moral Authority: the church or the academy?
 - The rise of empiricism and humanism in MH

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Themes

- Isolation
- Discernment
- Religion as illustrative of family and community system
- Spirituality as a language for Describing Experience
- Meaning - Making

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Isolation

- Chaplain as Safe Space
 - “I have a lot of stuff to talk about with you”
 - Patients often instinctively feel that the chaplain is “on their side” and will be compassionate
- Bearing Witness
 - Tom feels extraordinarily alone: even caregivers are perceived as threats
 - The chaplain can serve as a bridge as the patient acclimates to the clinical environment
 - Chaplain can use privileged place to encourage health-promoting behaviors (taking prescribed medications) and bonding with the treatment team

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Religion as Aspect of Family System

- Religion can offer an important lens into the family system and community engagement
 - Religious practice and beliefs can be a source of strength for a family and offer a helpful narrative around the special needs of particular family members
 - Religious conflict or allegiances can also illuminate breakdowns in the family system, pointing the treatment team toward areas in need of care
 - Even individuals with significant mental health challenges may be a part of a worshipping community. That community *may* be a powerful source of identity and hope for the patient

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How Do We Start The Conversation?

- Are you religious or spiritual?
- How do you view organized or spiritual religion's?
- Do you understand the difference between spirituality and religion?
- Should prayer and meditation be considered a wellness tool and be used on a recovery or treatment plan?
- What would prevent you from starting the conversation?

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2016 DBHIDS, Faith and Spiritual Affairs Conference



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For More Information Contact

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Thank you!!!!!!