

The Awakening: Integrating Religion and Spirituality Into Practice

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Objectives

- ▶ Define the importance of incorporating religion and spirituality into practice
- ▶ Identify assessment tools for religion and spirituality and develop a general knowledge of intervention strategies
- ▶ Describe ways in which religion and spirituality shape practice

Spirituality and Religion

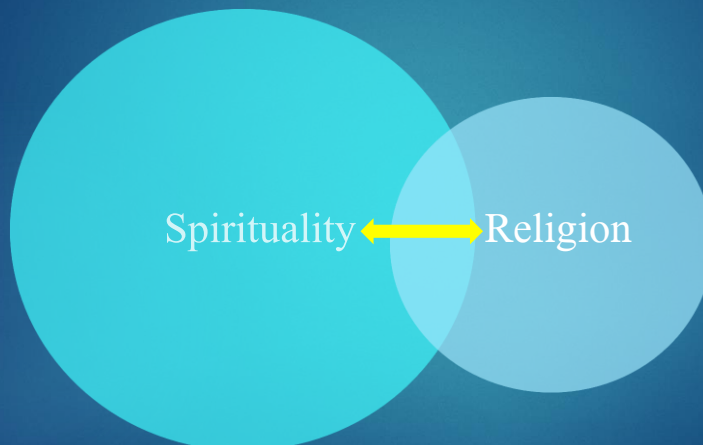
Spirituality

- ▶ Universal, Fundamental Human Quality
- ▶ Search for Sense of Meaning, Purpose, Connection, Transcendence, and/or Ultimate Reality
- ▶ Personal, Beliefs/Practices Can Be Based on Individual Values or Ideology

Religion

- ▶ Institutionalized, Organized, Systematic
- ▶ Transmitted Over Time, Learned, Can Provide Answers to Why We Are Here, Where We Came From, and Where We Are Going
- ▶ Social, Shared Beliefs, Practices (Traditions/Rituals), and Symbols

Overlapping, but Distinct Concepts



Why is This an Important Topic?

- ▶ Statistics on the Prevalence of Religion in the United States
- ▶ Research on Positive and Negative Outcomes
- ▶ Professional Ethical Codes
 - ▶ Cultural Competence
 - ▶ Client Autonomy and Self-Determination
 - ▶ Professional Competence

Implications for Practice: We Cannot Be Spiritually Blind

- ▶ Religion and spirituality play a significant role in a majority of people's lives and these beliefs may influence thoughts, feelings, and behavior
- ▶ Recognize the dual nature of religion and spirituality
- ▶ Conduct assessments in this area and address these issues in an ethically and culturally competent manner

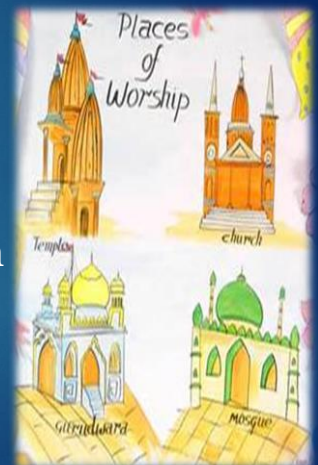
Practical Applications

- ▶ Need to be familiar with conducting a spiritual assessment (how, when, why, and if appropriate)
- ▶ Need to be familiar with a variety of spiritual assessment tools, strengths, and limitations
- ▶ Need to be familiar with general spiritual intervention strategies

Ethical Issues and Best Practice Approaches



- ▶ Self-Assessment/Reflection
- ▶ Knowledge
- ▶ Informed Consent
- ▶ Respect Client Autonomy/Self-Determination
- ▶ Professional Competence
- ▶ Empowerment
- ▶ Evaluation



Spiritual Assessment

- ▶ Process of gathering and organizing spiritual information that provides a basis for intervention
- ▶ Goals
 - ▶ Identify spiritual strengths and resources to address problems, issues, and concerns
 - ▶ Identify needs

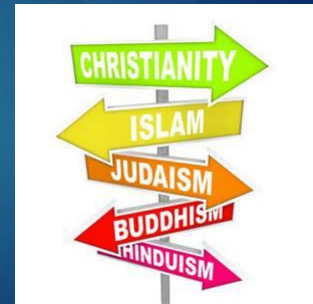
Bio-Psycho-Social-Spiritual Assessment/Screening

- ▶ Joint Commission on Accreditation of Healthcare Organizations (JCAHO)
- ▶ FACT (Larocca-Pitts, 2008)
- ▶ FAITH (Neely & Minford, 2009)
- ▶ FICA (Puchalski & Romer, 2000)
- ▶ HOPE (Anandarajah & Hight, 2001)
- ▶ SPIRIT (Ambuel, 2003)

Spiritual Assessment Tools

- ▶ Spiritual History
- ▶ Spiritual Genogram
- ▶ Spiritual Life-Map
- ▶ Spiritual Eco-Map
- ▶ Spiritual Eco-Gram

(Hodge, 2005)

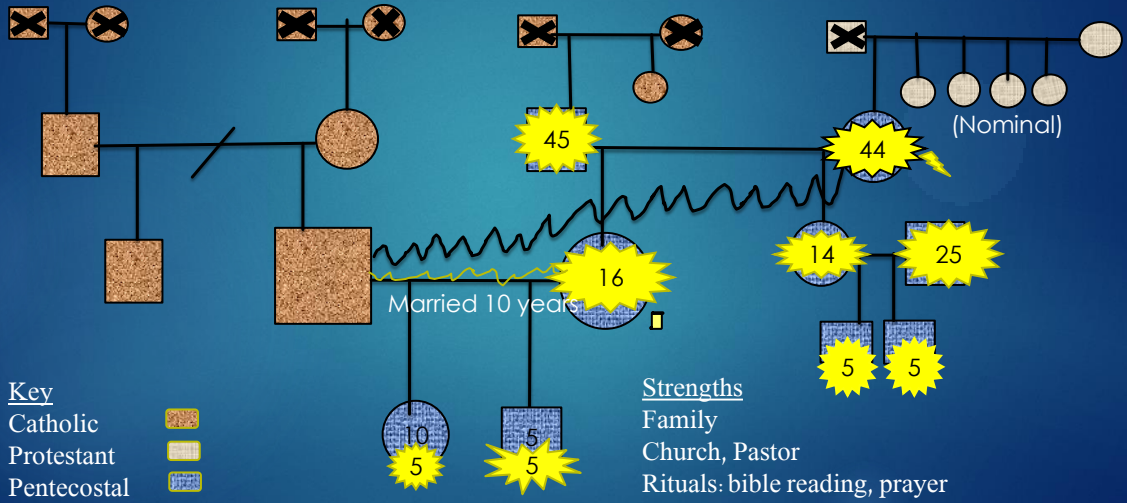


Spiritual History

- ▶ Initial Narrative
- ▶ Interpretive Framework
- ▶ Questions:
 - ▶ Religious/spiritual tradition of the family you grew up in?
 - ▶ Personal experiences or practices that stand out and informed your life?
 - ▶ What is your current religious or spiritual orientation and strengths?

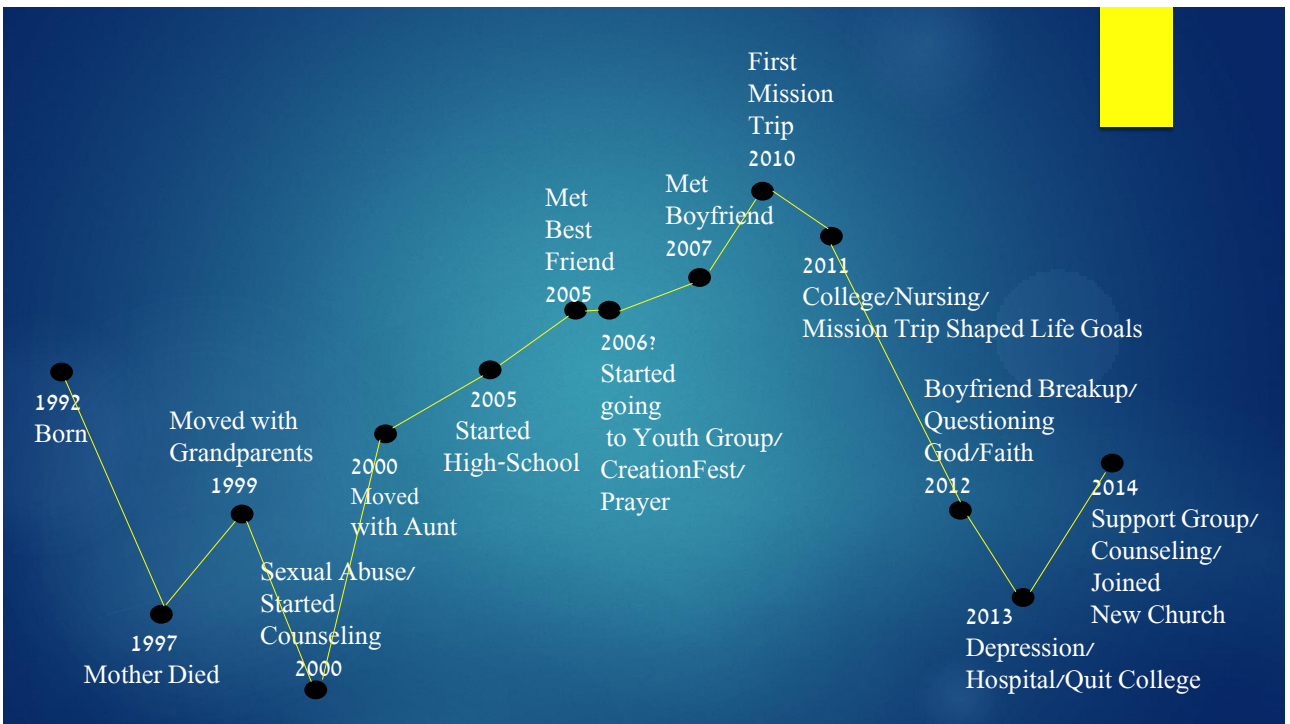
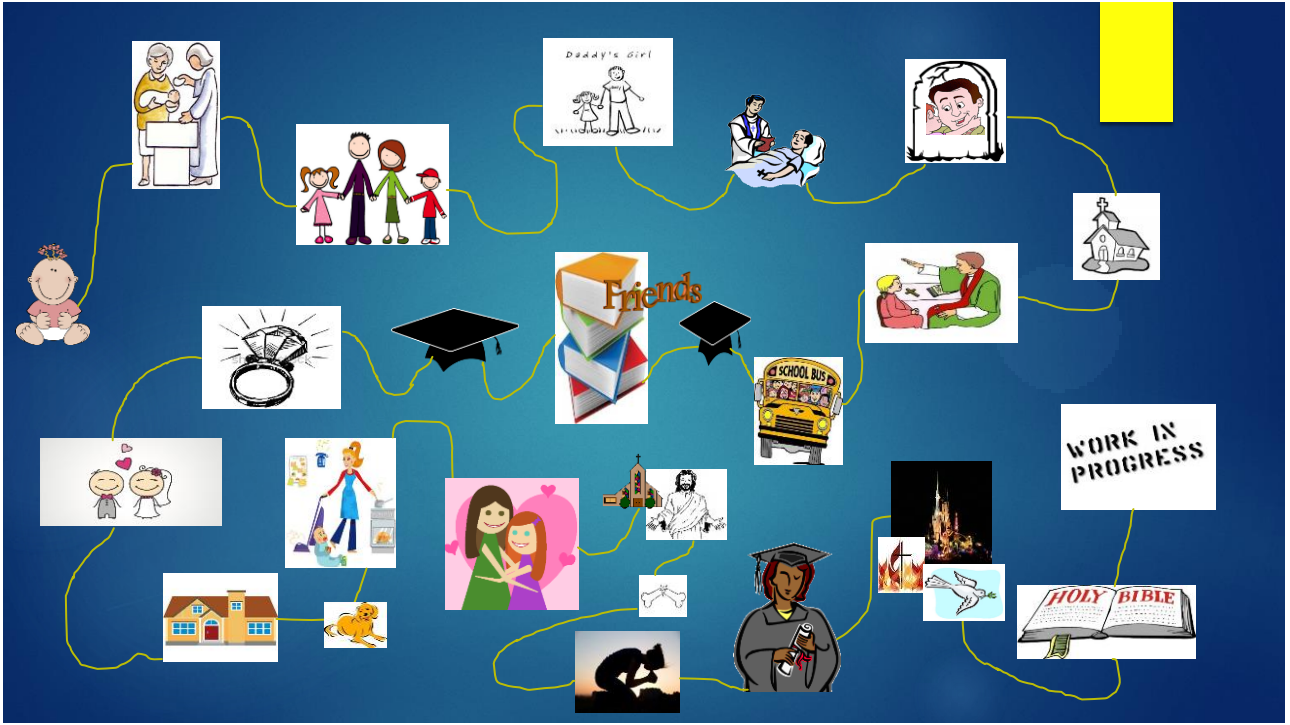
(Hodge, 2003)

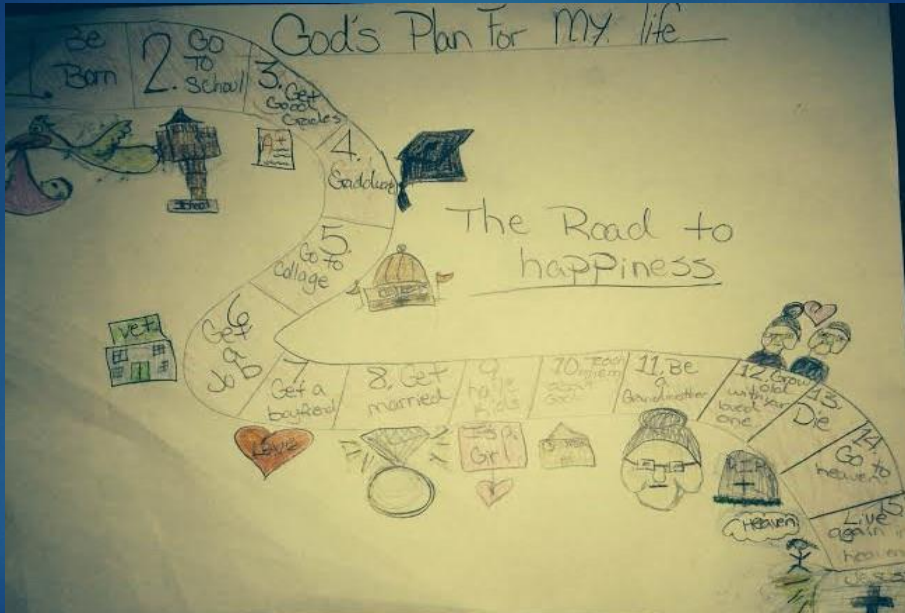
Spiritual Genogram



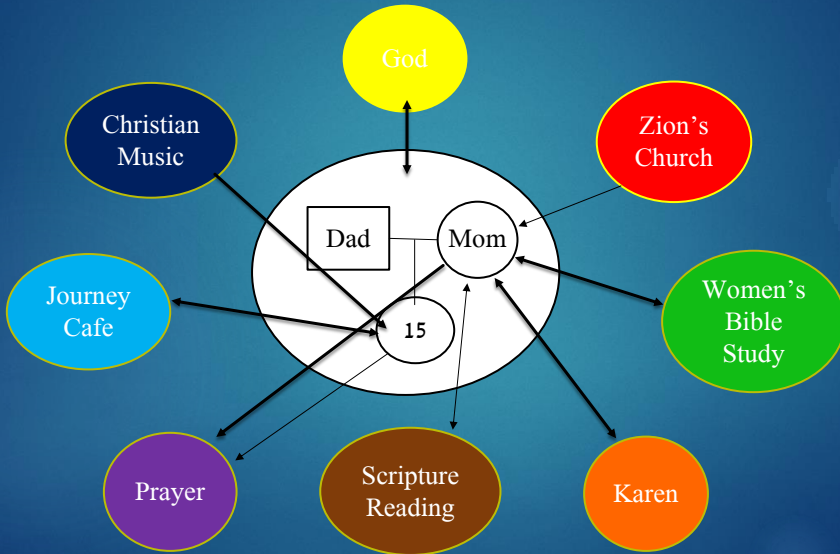
Spiritual Life-Map



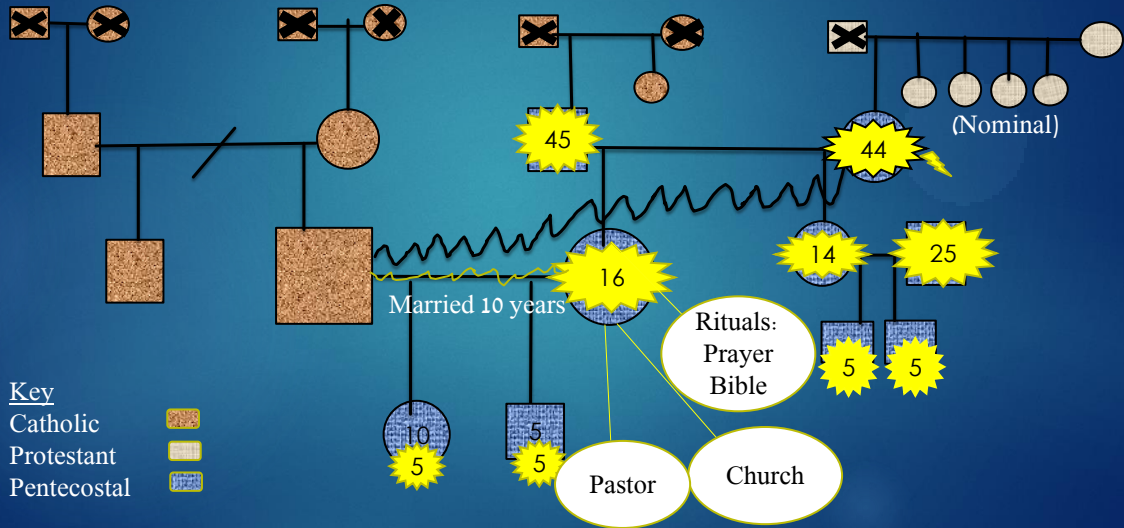






Spiritual Eco-Map



Spiritual Eco-Gram



General Intervention Strategies

- ▶ Linkage to Community Resources
- ▶ Use of Rituals 
- ▶ Cognitive Behavioral Therapy
- ▶ Forgiveness
- ▶ Meditation/Nature Walks
- ▶ Homework Assignments
- ▶ Journaling 
- ▶ Collaboration/Referral



Spiritual Self-Assessment



Reflection/Discussion/Questions



References and Resources

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Mnemonics for Spiritual Assessment Questions

FACT (Larocca-Pitts, 2008)

Faith

Active (Availability, Accessibility, Applicability)

Coping (Comfort or Conflict/Concern)

Treatment Plan

FAITH (Neely & Minford, 2009)

Faith/Spiritual Beliefs

Application

Influence

Talk/Terminal Events Planning

Help

FICA Tool (Puchalski & Romer, 2000)

Faith/Beliefs

Importance/Influence

Community

Addressing Issues

HOPE Questions (Anandarajah & Hight, 2001)

Sources of Hope

Organized Religion

Personal Spirituality/Practices

Effects on Medical Care/End of Life Issues

SPIRIT Instrument: (Ambuel, 2003)

Spiritual Belief System

Personal Spirituality

Integration with a Spiritual Community

Ritualized Practices/Restrictions

Implications for Medical Care

Terminal Events Planning