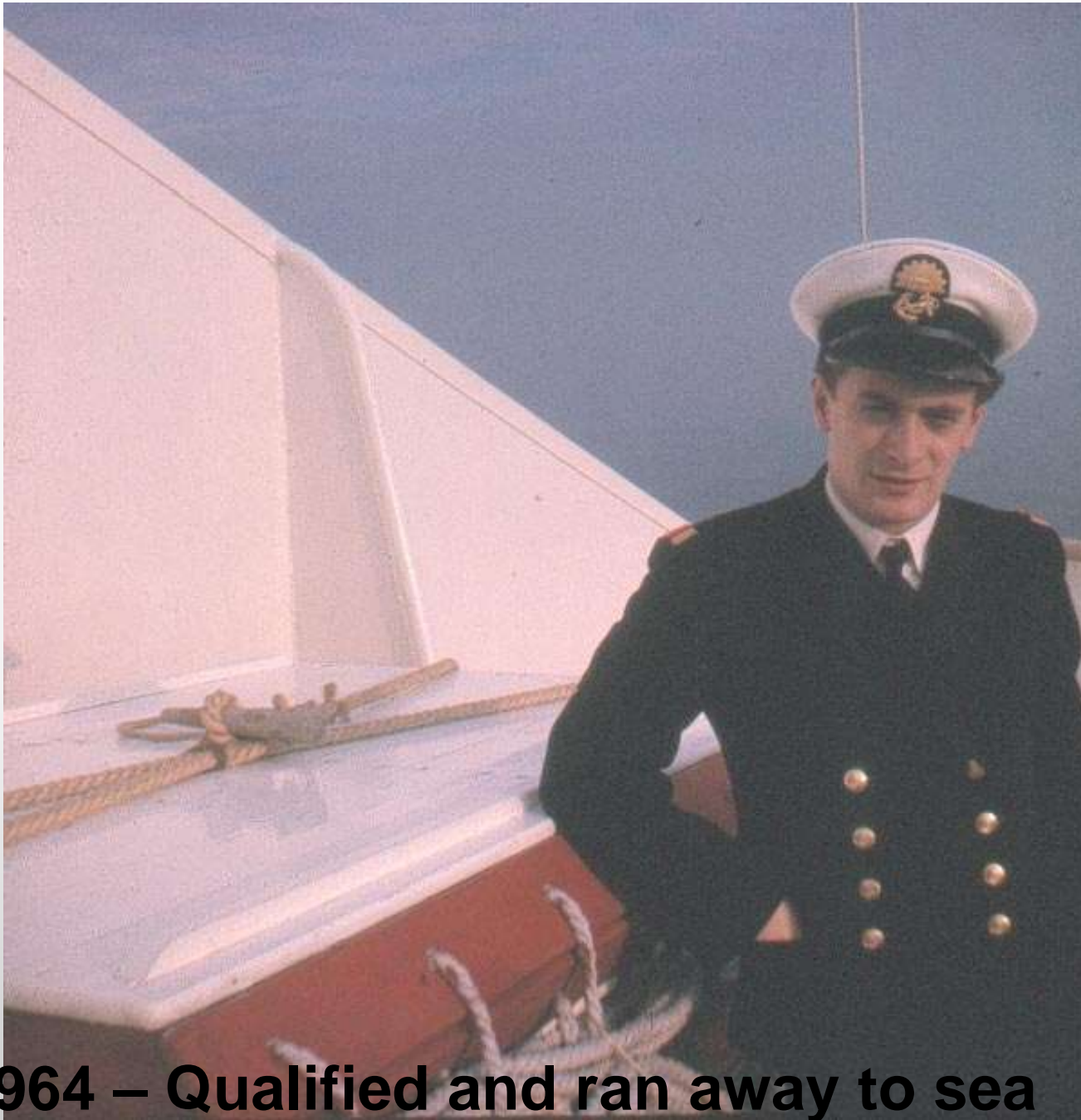


# Teaching Spirituality to Health Care Professionals

Dr Mike Sheldon

Developing a PG degree course in Whole  
Person Health



**1964 – Qualified and ran away to sea**



**Jenny, the most beautiful Middlesex Nurse in 1965**

# The “Complete” GP

- Country Practice
- Academic – teaching and research
- Third world primary care development
- Back to Academe
- Finally inner city London practice







**Our 4 children as teenagers**



**Some of our 9 grandchildren**



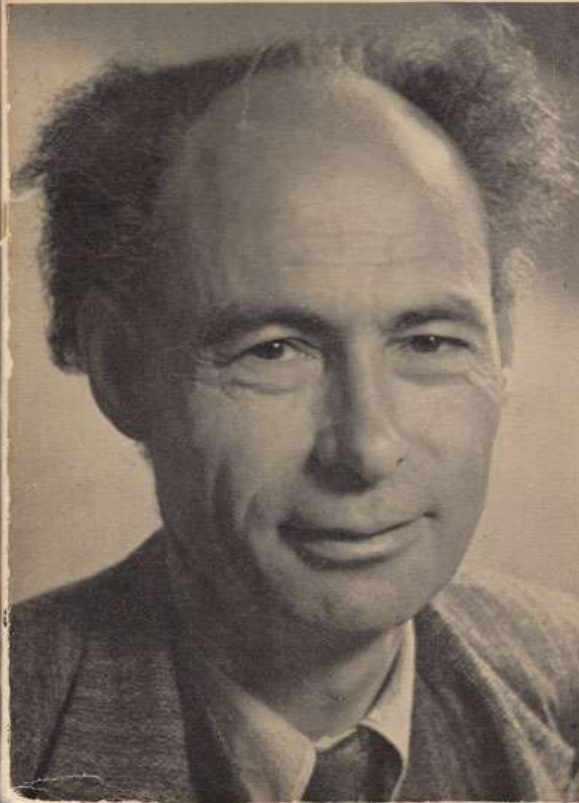
**My third wife is the curate**



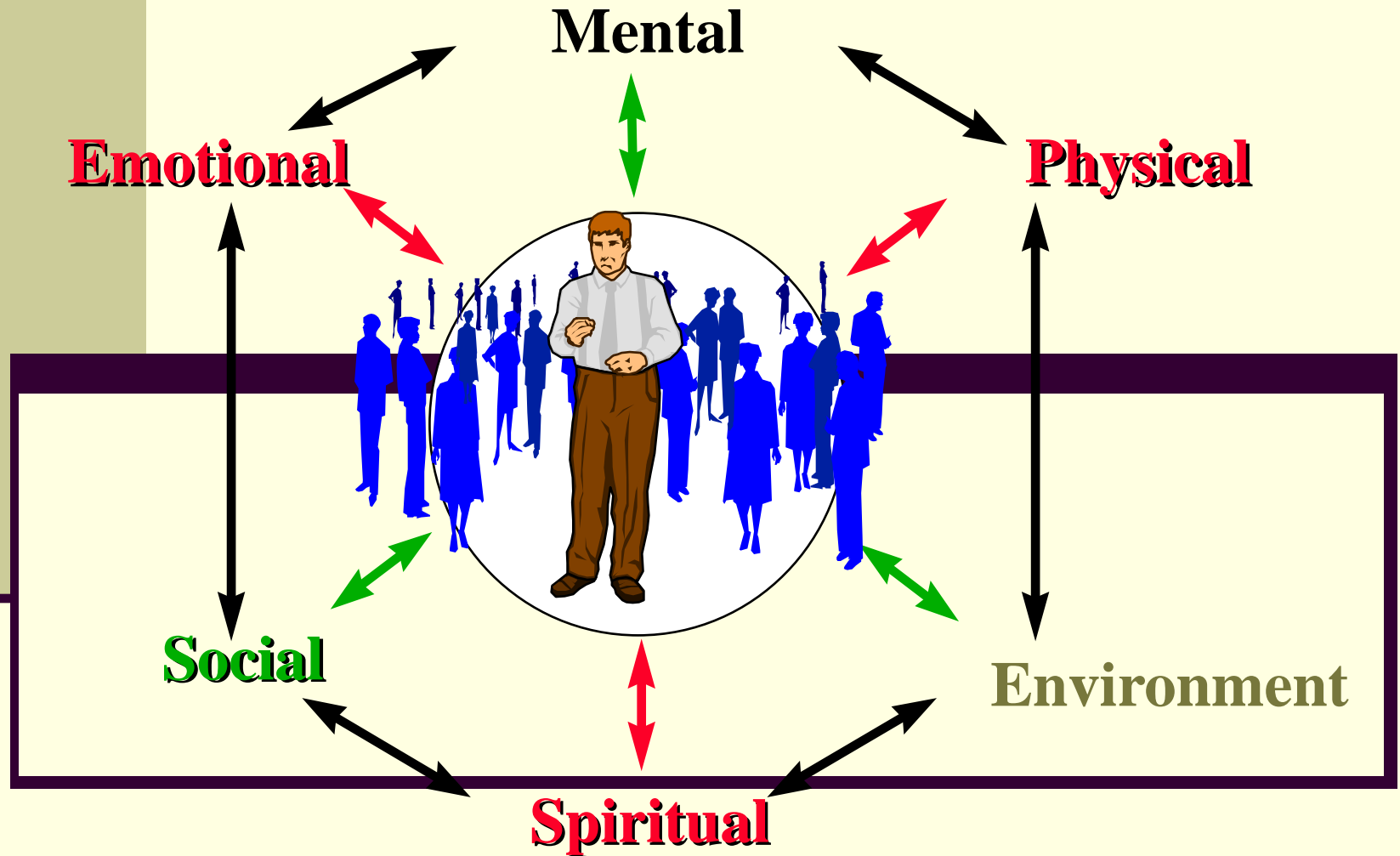
# PAUL TOURNIER

## THE MEANING OF PERSONS

Reflections on  
a Psychiatrist's  
Casebook



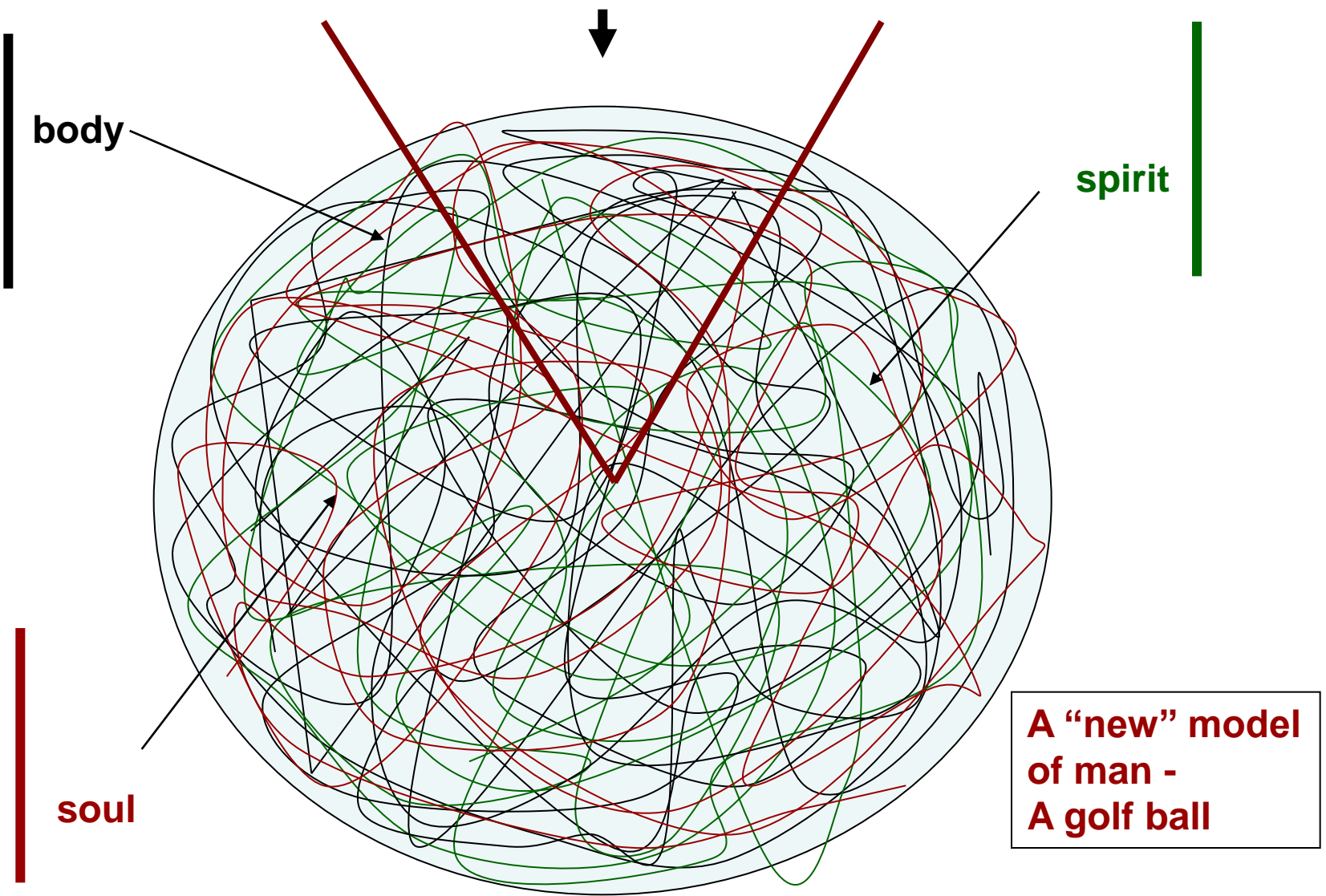
# Assessment in whole-person care



# What is the spirit?

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- Old model of body, soul and spirit not helpful as leads to dualism
- New model based on “golf ball” picture
- Seamless functioning of the spirit in ALL human activity
- Spirit connects us with God/Spirit World



# The Three Windows

## ■ **Physical window**

- Normal 'medical model' view of problems, translated into a whole-person approach

## ■ **Psychological window**

- Normal psychological counselling viewpoint looking at mind, emotions and life events

## ■ **Spiritual window**

- Looking at the spiritual and religious aspects of a person's health problems

# WHO definition of health

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- Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.
- Officially adopted in 1948

# WHO Ottawa Charter 1986

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- Health is –
- "a resource for everyday life, not the objective of living. Health is a positive concept emphasizing social and personal resources, as well as physical capacities."

# A “whole person” definition of Health

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- Strength to be human – to live and die
- Minimising morbidity and then -
- Adapting to residual pathology
- Coping with pain and suffering
- Growing through difficulties
- Learning compassion and kindness
- Coming closer to “inner peace” - Shalom



# Development of the whole-person approach

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- EBM is half of the picture
  - Patient centred medicine
  - Narrative Medicine
  - CAM
- 
- Still not produced a whole-person approach

# Experimenting with whole-person assessment

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- Importance of hearing the patient's story – through the three windows.
- More than one person needs to hear the story – so develop an integrated team
- The spiritual aspect of the story is as important as the physical or psychological.

# Whole Person Assessment - 2

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- It's all about the patient as a person
- Need to move the centre of control from the health professional to the patient and carers
- Maintaining good health is a life-long occupation

# Is spirituality part of a medical model?

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- **Three responses –**
- 1 Not at all, it may be important, but like the need for sewers and clean water, not part of a medical model. (Dualism)
- 2 Yes it is an important part of the delivery of health care, involving equality, respect of patient's beliefs, compassion etc.

# The third option

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- The spirit plays an important part in both becoming ill and then in overcoming sickness, so it is an integral part of any successful model of care.
- BUT this presents the big challenge
  - How do we integrate spiritual diagnosis, treatment and care into a whole person model which is practical and achievable?

# What would whole-person care look like?

- Major differences would be –
- 1: Integrated team includes patient
- 2: Full assessment of person through three windows
- 3: Diagnosis made in whole person terms
- 4: Continuing assessment is dynamic
- 5: Therapy will be multi-disciplinary but integrated

# Whole Person Clinic in General Practice

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- In 2008, here in Bern, I presented the findings of our clinic.
- Talk is available on-line at –
- [www.wphtrust.com/wholeperson01.html](http://www.wphtrust.com/wholeperson01.html)

# Chaplains in General Practice

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- Chaplains in hospitals have a long history
- Over the last 15 years we have begun experimenting with chaplains in the community.
- Birmingham has extensive experience of community mental health and General Practice chaplains.



# Chaplains in General Practice

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- I have a long association with a practice in South Birmingham where the use of chaplains has been developed and researched.
- The combination of doctors, counsellors and chaplains working together has been successful.

# WHO PROVIDES SPIRITUAL CARE?

- Up to now, any spiritual needs have been met by a chaplain.
- Is there a problem with this?
  - Christian denominations
  - Other religions
  - Non-religious
- Distinguish between spiritual and religious needs

# From Chaplain to SCA

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- New title of Spiritual Care Advisor (or facilitator?)
- The spiritual aspect of health care needs to be available to all within a secular setting.
- We are needing to train health care workers as Spiritual Care Advisors

# Spiritual Care Advisors (SCA)

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- To provide a core level of Spiritual Care provision, integrated with other health care professionals, and able to refer on to a wide variety of religious “chaplains” as required.
- The job description states that the SCA is to provide “spiritual care for patients and staff”. Anyone may be referred, regardless of faith, by GPs, consultants, nurses, or by self-referral.

# Main spiritual problems

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- Broken relationships
- Anxiety, fears and melancholy
- Shame
- Anger
- Guilt
- Wounds of abuse
- Loss, bereavement and loneliness

# KARIS MEDICAL CENTRE

My job description states that my purpose is to provide “spiritual care for patients and staff”. Anyone may be referred, regardless of faith, and are referred by GPs, consultants, nurses, or self-referral. The reasons for referral vary and include working with the bereaved and dying, patients coming to terms with change, illness, trauma, and difficult decisions. Some come with ‘spiritual issues’ – guilt, forgiveness, wanting to find God, or looking for meaning. Patients of different faiths, who already have a faith structure, are often open to receiving strength from God in different ways. I have listened and prayed with Muslims, Sikhs, Buddhists, Hindus, and people of other faiths, and no faith.

Annie Hughes (Chaplain – now SCA)

<http://www.wphtrust.com/spirit04.html>

# Need for accredited training

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- So a year ago we recognised the vital need for an accredited university programme both for Spiritual Care Advisors and all health care professionals in the whole person approach to health care.

# WHOLECARE

[www.wholecare.org](http://www.wholecare.org)



**WholeCare**

A Christian Initiative in Whole-person Healthcare

[HOME](#) | [ABOUT US](#) | [EVENTS](#) | [RESEARCH](#) | [INITIATIVES](#) | [LINKS](#) | [ARTICLES](#) | [SITE MAP](#)

Navigation to new  
pages

[WholeCare  
Academy](#)

[Newsletter  
Feb 2009](#)

## Welcome to the **WholeCare** web site

WholeCare is a new Christian initiative, arising out of a major report on the Christian healing ministry, and set up by a small group of doctors and clergy. As Christians we believe that physical, psychological and spiritual well-being are closely related. It is therefore important that people in our healthcare system are cared for in an integrated way, as whole people.

The aims of **WholeCare** are to identify, provoke, and encourage new approaches to whole-person healthcare, which are fruitful, and compatible with NHS structures within the UK.



# GRADUATE CHALLENGE

ENHANCE YOUR **CAREER PROSPECTS**



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You are here : [University of Gloucestershire](#) > [Courses](#) > [Postgraduate Taught Courses](#) > [Advanced Practice \(Health\)](#)

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## [Postgraduate Taught Courses](#)

# Advanced Practice (Health)

## [Postgraduate Certificate/Postgraduate Diploma/MSc](#)

Working within the ever-changing world of health care is filled with challenges and opportunities that offer professionals working in health related settings the chance to continue their professional development.

The focus of the programmes is on advancing knowledge, skills and practice to enable clinical staff to develop, lead and enhance the physical, psychological and social care of patients at an advanced level of practice.



### [Detailed Course Information](#)

[View a detailed structure of this course \(called a Course Map\)](#)

# UNIVERSITY OF GLOUCESTERSHIRE

- Within the faculty of health, social care and sport, a new centre has been created –
- The Centre for the Study of Faith, Science and Values in Health Care.
- We hope to undertake research in the UK along the lines of Harold Koenig's unit.
- Our other activity is to create a university PG degree course in Whole Person Healthcare

# PG DEGREE COURSE (MSc) IN WHOLE PERSON HEALTHCARE

- We plan several modules such as –
  - Whole Person Healthcare
  - Faith and values in the science of healthcare
  - Whole Person care and the vulnerable person
  - Providing spiritual care and advice in healthcare
  - Healthcare and Christian outreach
  - Crossing the boundaries of health and social care
  - Research methods for whole person healthcare
  - Reflective practice

# FIRST MODULE IN WHOLE PERSON HEALTHCARE

- Starting in October 2010
- 30 PG credits with 30 hours teaching and 270 hours student learning
- 5 face to face teaching days
  - These will be video recorded as we plan to make the whole course available over the internet.
- Tutorial contact via the internet
- Resources mainly available on the internet
- We plan to make the course open to all, wherever they are in the world during 2011

# MODULE CONTENTS 1

- Anthropology, philosophy and theology of health and their influence on the development of our understanding of body, mind and spirit.
- How medical models have developed and the implications for health care delivery
- The definition of health and well-being

## MODULE CONTENT - 2

- The patient as a person – identifying and meeting needs
- Skills of the therapist in a whole person model of care.
  - Listening
  - Counselling skills
  - Spiritual care
  - Special needs (care of the dying)

## MODULE CONTENT - 3

- Tools which can empower patients on their health journey.
- Practical applications of a whole person approach

# SUMMARY

- University of Gloucestershire
- Centre for the study of Faith, Science and Values in Healthcare
- PG MSc course in whole person healthcare
- Research and education into spirituality and the whole person approach to medicine and social care



# WEB SITES

- Whole Person Health Trust –
  - [www.wphtrust.com](http://www.wphtrust.com)
- University of Gloucestershire
  - [www.glos.ac.uk](http://www.glos.ac.uk)
- WholeCare
  - [www.wholecare.org](http://www.wholecare.org)
- My personal web site (for this talk)
  - [www.drmikesheldon.com](http://www.drmikesheldon.com)