

Religion, Spirituality and Faith in the Care of Torture Survivors Part 2

Webinar Presentation
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Introduction

- Thomas Moore *Care of the Soul* 1993. Harper
- James Hillman *Insearch* 1994. Spring
- Carl G. Jung *Psychology and Religion: West and East*. 1969. Princeton University Press
- Huguelet and Koenig *Religion and Spirituality in Psychiatry*. 2009. Cambridge University Press

Review

Spirituality: Meaning

Religion: System and Structure

Faith: Belief and Action

Spirit & Soul

Spiritual Assessment

Components

Process

Why make an assessment?

- Swiss Study.2006 (Huguelet, Mohr)
 - 1/3 of psychiatrists discussed spiritual issues
 - NONE of the MD's initiated the discussion
 - Canadian Study.2009 (same results)

Why?

- “No time”
- Concerned they would “offend”
- Not Trained
- Personally uncomfortable with topic
- Concerned colleagues would disapprove
- Not interested

American Psychiatric Guidelines

- In the developmental, psychosocial and socio-cultural history domain
- Recommends considering “ What are the patient’s cultural, religious and spiritual beliefs, and how have these developed or changed over time? ”

Typical Scale of Assessment

- F.I.C.A.
 - Faith “Is religious faith an important part of your life”
 - Influence “How has faith influenced your life (past and present)?”
 - Community “Are you currently a part of a religious or spiritual community?”
 - Address Needs “Are there any spiritual needs that you would like me to address?”

Mohr and Huguelet*

- Religious/Spiritual History
- Effect of illness upon spirituality/religiousness
- Current Beliefs and Practices
- Subjective importance of religion in life
- Subjective importance of religion to cope w/illness
- Synergy of religion with psychiatric care

* Religion and Spirituality in Psychiatry. 2009 . Cambridge University Press page 236

Component 1

Be Human

(imperfect, flawed, etc)

Assess YOUR OWN spiritual and religious perspectives on humanity.

Assess the clients perspective on being human.

Component 2

Help the person tell their story

In specifics

Component 3

Assess symbolic aspects of spiritual life

After information gathering (FICA) explore the deeper themes in a persons story that give meaning.

Example: worth/value, individuality, renewal, reflection, courage, allegiance

Spiritually Implicating Ideas

Courage/Fear

Independence/Community

Allegiance/Betrayal

Honor/Dishonor

Dignity (worth)/Lack of Dignity (worthless)

Valued and Affirmed/Humiliated

Practical Example

It is not uncommon for a person to tell their trauma story and fear they will “not be believed”

Clearly an opportunity for spiritual assessment:
Belief; Testimony; Validation of things not provable (faith)

Component 4

Assess what (in the specifics) has touched them

Assess how hard it is for them to share these experiences

Component 5

Assess how they relate

-To You

-To Family & Friends

Assess How People relate to them

Component 6

Assess any Rituals

Pilgrimage, Rebirth, Baptism

Confession, Relics, Sacred Scripture

Holy Days, Saints, Prayers

Discover the meaning they find in ritual

Dreams & Nightmares

Explore Dreams

Explore Nightmares

(have them journal)

Component 7

How do they cope with pain?

**Is there a correlation between spiritual
resources and ways to cope?**

Component 8

Community Resources Collaboration And Liaison

Components

- Be Human
- Invite story specifics
- Reflect on Symbolic aspects of story
- What touched them inside (about the experience)?
- Relating
- Rituals and Resources
- Dreams & Nightmares
- Coping
- Community Resources, Collaboration and Liaison

Common Goals in Literature for Spiritual Assessment

- Reduce Stress
- Offer Support
- Help a person cope

Process

- Reflect on your own perspective regarding spirituality, religion and faith
- Get Basic Information (FICA)
- Listen to stories carefully (for themes)
- Become interested in having the person TEACH YOU.
- Journaling
- Invite stories about people they know or admire - see what touches them.
- Bring to awareness any insights they have for use in daily life

Cross-Cultural Medicine- A Decade Later: Working with Refugee Survivors of Torture

Barbara Chester and Neal Holton
West. J. Med. 1992

“Like torture survivors, the health professional
assessing and treating these patients needs
the courage to imagine.”

Web Resource

www.pastoralcounselingtraining.com

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