

Leap of Faith:

How Spiritual Health and Wellness Impacts Recovery from Trauma and can Improve Health Outcomes

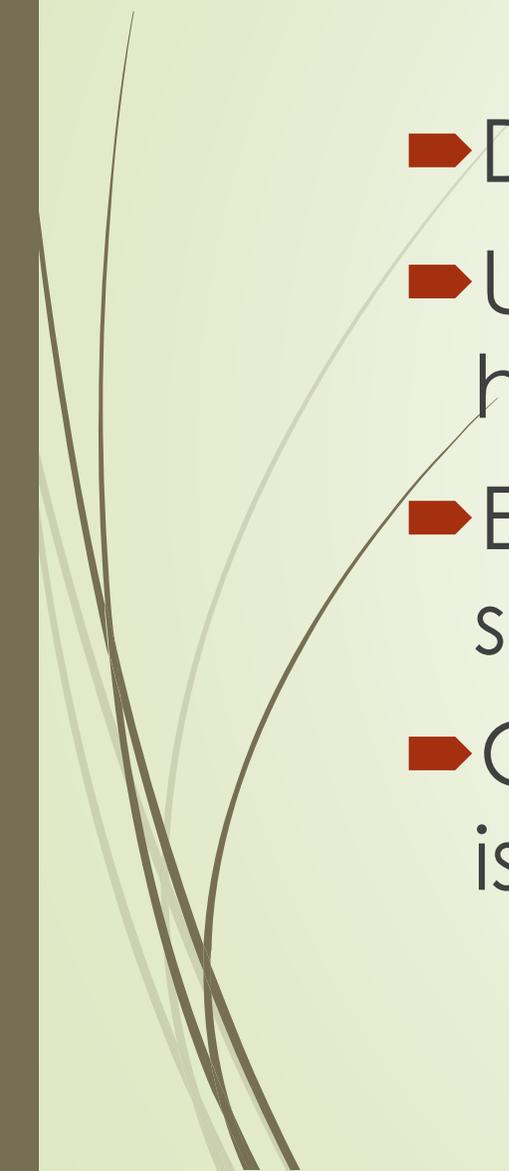


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Goals of our Think Tank

- Define Spiritual Health
 - Understand the connection between Spiritual health, wellbeing, and trauma recovery
 - Examine ways that we can incorporate spiritual health into our health care practice-
 - Create recommendations for NHCH to address issue of Spiritual Health
- 



What is Spirituality?

spir it u al i ty

ˌspɪrɪˈtʃuːələˈdɛi/

noun

noun: **spirituality**; plural noun: **spiritualities**

the quality of being concerned with the human spirit or soul as opposed to material or physical things.

"the shift in priorities allows us to embrace our spirituality in a more profound way"





Spirituality is a broad concept with room for many perspectives. In general, it includes a sense of connection to something bigger than ourselves, and it typically involves a search for **meaning** in life. As such, it is a universal human experience—something that touches us all

Spirituality

Where do I find meaning?

How do I feel connected?

How should I live?

Religion

What practices, rites, or rituals should I follow?

What is right and wrong?

What is true and false?

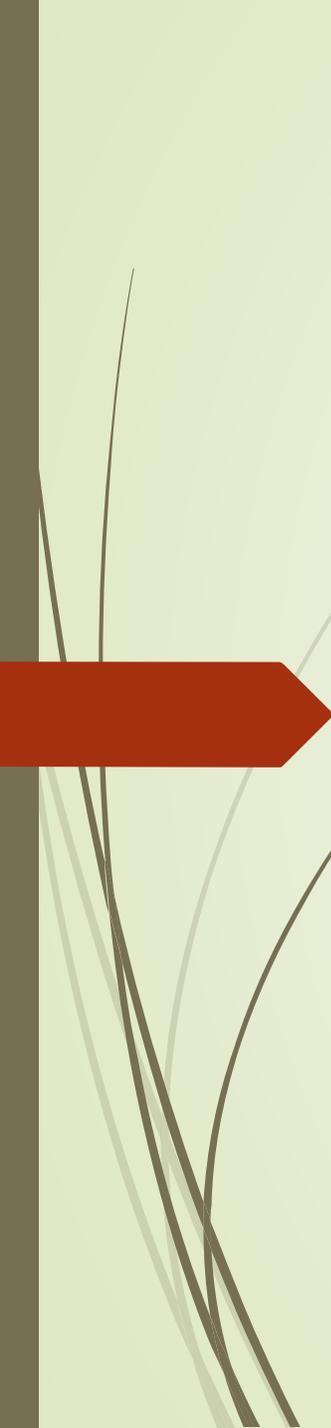
belief
comfort
reflection
ethics
awe

Emotional vs Spiritual Health

- Spirituality is about seeking a meaningful connection with something bigger than yourself, *which can result in positive emotions, such as peace, awe, contentment, gratitude, and acceptance.*
- Emotional health is about cultivating a positive state of mind, *which can broaden your outlook to recognize and incorporate a connection to something larger than yourself.*



Spirituality is.....



“the aspect of humanity that refers to the way individuals seek and express meaning and purpose and the way they experience their connectedness to the moment, to self, to others, to nature, and to the significant or sacred.”

Christina Puchalski, MD, Director of the George Washington Institute for Spirituality and Health,



The Connection Between Spiritual Health, Wellbeing, and Trauma Recovery



Trauma & Spirituality

➤ Religious Trauma

- More frequent and powerful than we realize
- Loss of faith can be a consequence of trauma
- Loss of faith community

➤ Spirituality and Personal Narratives

- Why did God let this happen to me?
- Loss of connection to self, others, and spirit



Spirituality, Resiliency, and Post-traumatic Growth

- ▶ “Jesus and a case manager!”
- ▶ Next chapter of their narrative story
- ▶ Reconnecting to spirit
 - ▶ Changes social networks
 - ▶ Provides role models
 - ▶ Pathways to forgiveness and reclaiming self-worth
 - ▶ Mindfulness practice
 - ▶ Rediscovering values



How do we talk about spirituality?



For many, spirituality is connected to large questions about life and identity:

- Am I a good person?
- What is the meaning of my suffering?
- What is my connection to the world around me?
- Do things happen for a reason?
- How can I live my life in the best way possible?



What's your Favorite Color?



What brings you awe?

➤ Nature

➤ Animals

➤ Music

➤ Sanctuary





FACT- Assessment

- **F**– Faith (and/or Beliefs, Spiritual Practices)
- **A**– Active (and/or Availability, Accessibility, Applicability)
- **C** – Coping (and/or Comfort); Conflict (and/or Concern)
- **T** –Treatment Plan



Some Cases....



Next Steps.....



Resources

- The George Washington Institute for Spirituality & Health
 - [2600 Virginia Avenue, NW Suite 300 Washington, DC 20037](#)
 - caring@gwish.org
- <http://www.takingcharge.csh.umn.edu/enhance-your-wellbeing/purpose/spirituality/what-spirituality>