

The Importance of Spiritual Care in the Treatment of Mental Health

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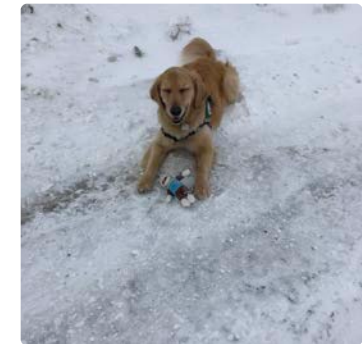
Overview

- ▶ Why?
- ▶ Defining the Terms
- ▶ History
- ▶ The Missing Piece of Treatment
- ▶ Types of Spiritual Care
- ▶ Evidence
- ▶ Integrating Spiritual Care into Treatment



Why Should We Care?

- ▶ Internship with Spiritual Care at Shodair Hospital
- ▶ Poor mental health is a growing problem
- ▶ Looking at the whole person



Defining the Terms

- ▶ Mental Health
- ▶ Mental Health Treatment
- ▶ Religiosity



- ▶ Spirituality
- ▶ Spiritual Care
- ▶ Holistic Care





History of Treatment

- ▶ Historically, both the stigma attached to mental health and the approach to mental health treatment have been everchanging
- ▶ Shaman- Respected
- ▶ Respect turns into fear
- ▶ Spiritual component in past treatment
 - ▶ Positive
 - ▶ Negative

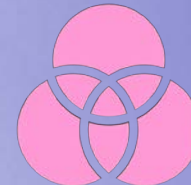
The Missing Piece



Spirituality



Holistic Treatment



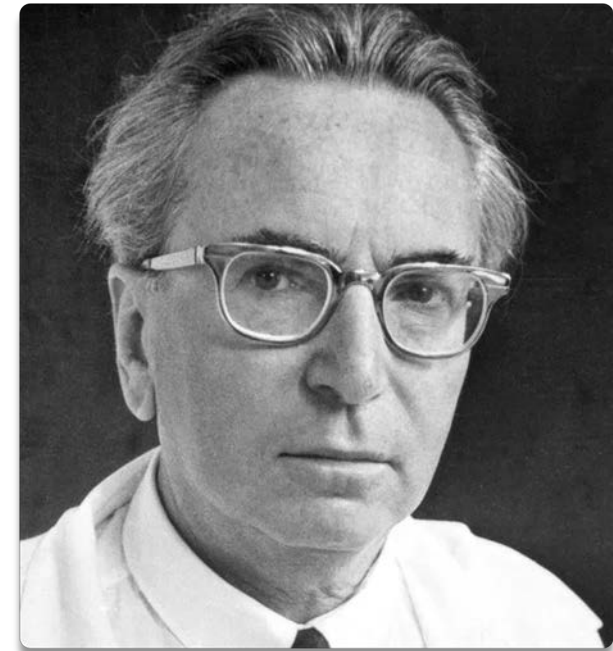
Why Does it
Matter?

Different Ways of Caring for the Spirit

- ▶ Meet the patient/client where they are at
- ▶ Ask them (Don't be afraid to bring it up)
- ▶ Different types:
 - ▶ Prayer & Ritual
 - ▶ Nature
 - ▶ Reflection
 - ▶ Asking & Listening
 - ▶ Accompanying Meaning Seeking
 - ▶ Love

Evidence

- ▶ Viktor Frankl
 - ▶ *Man's Search for Meaning*
 - ▶ *The Unconscious God*
- ▶ John Swinton
 - ▶ *Spirituality and Mental Health Care*
- ▶ Wilt & Smucker
 - ▶ *Nursing the Spirit*



Integrating Spiritual Care into Treatment

- ▶ Koenig (2005)
 - ▶ Faith & Mental Health
- ▶ Wilt & Smucker (2001)
 - ▶ Nursing the Spirit





DEFINING THE
TERMS



WHY CARE?



HISTORY



THE MISSING
PIECE OF
TREATMENT



TYPES OF
SPIRITUAL CARE



EVIDENCE



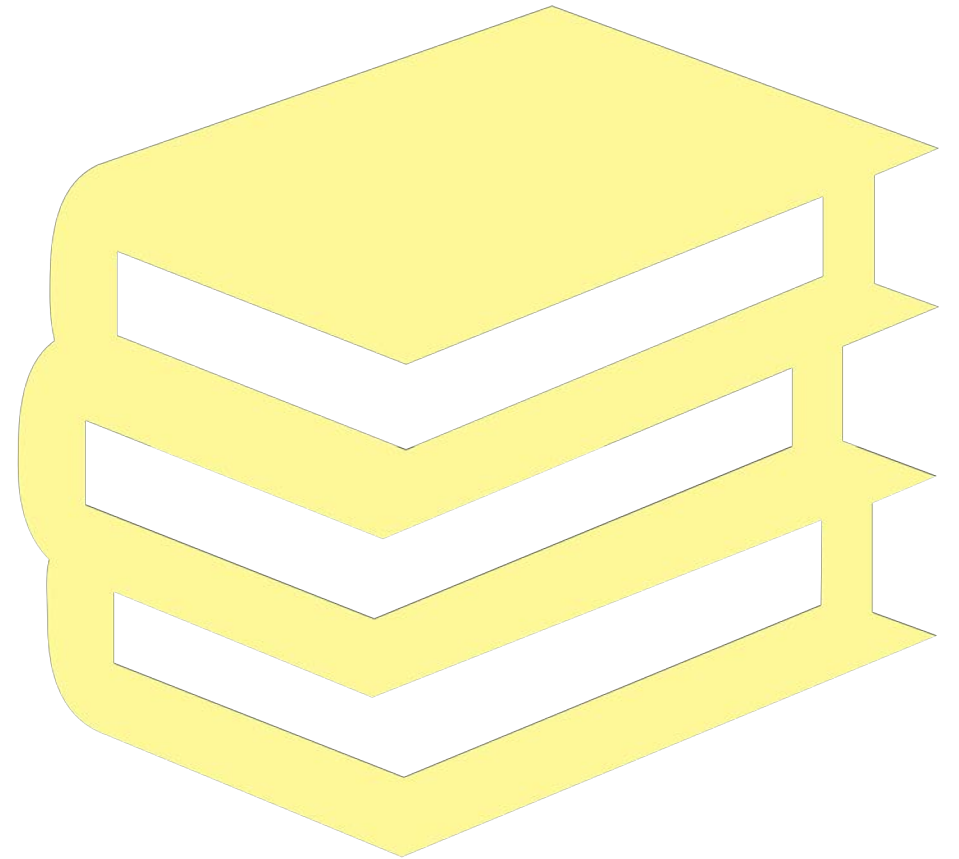
BRINGING
SPIRITUAL CARE
INTO
TREATMENT



Review

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▶ Questions??