

# Spirituality and Behavioral Healthcare Workshop Proposal

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## Background:

With the exception of pastoral counseling and 12-Step programs, most traditional clinical training advocates respecting a consumer's spiritual belief but divorcing religious or spiritual interventions from conventional behavioral therapies. We tend to be uncomfortable with outward expressions of spiritual practices or prayer as part of treatment.

However, a surprising number of Americans engage in dedicated, targeted prayer for the health of oneself or others; a recent Centers for Disease Control national survey suggests that over half (55.3%) of American adults who used some kind of complementary and alternative medicine (74.6% of all American adults) cited dedicated prayer for health as their modality of choice.

There are also a growing number of studies investigating the relationship between active spirituality and improved health. The research takes two forms:

- (1) Those who define themselves as religious or spiritual tend to be healthier overall than those who do not (less depression, lower blood pressure, fewer hospitalizations, longer lives.).
- (2) There is growing - albeit controversial - evidence that dedicated prayer can improve treatment outcomes among those with active diseases.

Our behavioral healthcare clients may increasingly challenge us to incorporate their personal spiritual traditions directly into their treatment. As we continue to enhance and improve our own clinical services we may also be drawn to new research trends around prayer and spirituality. This workshop is designed to help clinicians to explore and potentially integrate spirituality into their clinical practice in ways most appropriate for clients and most comfortable for themselves.

## Workshop Objectives:

This two-day workshop will explore the integration of religion, spirituality and behavioral health clinical practice with a mixture of didactic presentation, experiential exercises, small and large group discussions, and opportunities to explore applications back at your home agency.

**Awareness & Education:**

- ✦ Learn the research about religion, spirituality, healing, and health.
- ✦ Learn about the historical relationships between religion, spirituality, and behavioral health.

**Getting Comfortable:**

- ✦ Sharing personal beliefs and experiences with religion, spirituality, and health that relate to our professional lives.
- ✦ Exploring professional beliefs and experiences with religion, spirituality, health, and recovery. This includes exploring our own experiences and consumers' experiences.

**Integrating Religion, Spirituality, and Behavioral Health Appropriately and Effectively**

- ✦ Identifying consumer interest, comfort, and desires regarding integration.
- ✦ Four degrees of integration.
- ✦ Targeted interventions for consumers with certain diagnoses and/or expressing specific symptoms.
- ✦ Suggestions about implementing the four degrees of integration.

**Next Steps for Your Organization:**

- ✦ Interest - Readiness - Capability Questionnaire.
- ✦ Suggestions for next steps back at your home agency.

**Workshop Agenda:**

<b>Day One: Education &amp; Awareness and Getting Comfortable</b>	
<b>Time</b>	<b>Activity</b>
8:30 – 9:00	Registration.
9:00 – 9:15	Welcome & introductions.
9:15 – 10:45	Presentation & discussion about research related to religion, spirituality, healing, and health.
10:45 – 11:00	Break.
11:00 – 12:00	Presentation, discussion, and exercises about the historical relationships between religion, spirituality, and behavioral health.
12:00 – 1:00	Lunch.
1:00 – 2:45	<p>Sharing personal beliefs and experiences with religion, spirituality, and health that relate to our professional lives; this will be part presentation, conversation, and exercises in ways that safeguard comfort and privacy of participants.</p> <p>Exploring professional beliefs and experiences with religion, spirituality, health, and recovery. This includes exploring our own experiences and consumers' experiences.</p> <p>This will include presentation, discussion, and exercises.</p>
2:45 – 3:00	Break.
3:00 – 4:30	Continuation from earlier in the afternoon.
4:30 – 4:45	Day's summary and tomorrow's preview.

<b>Day Two: Appropriate &amp; Effective Integration and Next Steps</b>
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Time	Activity
8:30 – 9:00	Registration
9:00 – 9:30	Review, feedback, reflection, discussion from day one
9:30 – 10:15	Identifying consumer interest, comfort, and desires regarding integration.
10:15 – 10:30	Break
10:30 – 12:00	Presentation and discussion about four degrees of integration.
12:00 – 1:00	Lunch
1:00 – 2:00	Presentation, discussion, exercises about implementing the four degrees of integration.
2:00 – 2:45	Additional targeted interventions for consumers with certain diagnoses and/or expressing specific symptoms.
2:45 – 3:00	Break
3:00 – 4:00	<p>Exploring and identifying next steps back at your home agencies.</p> <ul style="list-style-type: none"> <li>✦ Interest/Readiness/Capability Questionnaire</li> <li>✦ Further suggestions and identifying actions.</li> </ul>
4:00 – 4:30	Summary, closure, workshop evaluations.



## **Faculty:**

Jeanne Supin, MA, is Principal with Watauga Consulting and a Senior Consultant with the National Council of Community Behavioral Healthcare. Jeanne specializes in all aspects of organizational development & change, including changes in service array, financing strategies, and quality improvement. Educated about a number of alternative healing methods, her long-standing interest remains integrating conventional and complementary & alternative medicines. See [www.supin.com](http://www.supin.com) or Email [jeanne@supin.com](mailto:jeanne@supin.com) for more information.

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