



International Spiritual Care Week 2023 - References & Supporting Material

The Mental Health and Spirituality posters have been designed to complement International Spiritual Care Week 2023. The supporting material from the organisers of Spiritual Care Week suggest; 'Spirituality and Mental Health are close siblings, the condition of one's spiritual worldview has a direct impact on one's mental wellbeing.' At Spiritual Health Association we advocate for spiritually inclusive health care for all, and integral to our mental health and wellbeing is our spiritual health.

Poster #1 Spirituality & Mental Health of the 2023 poster series seeks to bring together the concepts of spiritual health and mental health and examine what they share, and to distinguish between spiritual struggle and mental illness. Both presentations share a range of symptoms that can sometimes be mistaken for the other. This poster aims to draw attention to the shared qualities and symptoms.

Poster #2 Spiritual & Mental Health Care locates the place of spirituality in the Biopsychosocial-Spiritual model of holistic care and suggests ways all healthcare staff can play a role in supporting a person's spiritual needs. In developing a spiritual literacy, we are all better positioned to respond the holistic needs of those in our health care services.

The new posters build upon the content of previous Spiritual Care Week posters that celebrated the following themes:

- What is spirituality?
- What is wellbeing?
- What is spiritual care and why is it important?
- Who are spiritual care practitioners?
- Why is spiritual care important during times of crisis?

Poster 1: Spirituality & Mental Health

Best, M.C., Jones, K., Bradford, K. & Kearney, M. (2023) Chaplaincy perspectives on the role of spirituality in Australian Health and Aged Care, *Journal of Religion and Health*, <https://doi.org/10.1007/s10943-023-01752-4>

Vieten, C. & Scammell, S. (2015) *Spiritual and religious competencies in clinical practice: Guidelines for psychotherapists and mental health professionals*. New Harbinger Publications, California, USA.

Holm, C. C., Karlsson, B. E. & Holmberg, A. (2023) Experiences of spirituality of in- and out- patients in mental health facilities: a thematic synthesis of qualitative studies, *Journal of Spirituality and Mental Health*, DOI: 10. 1080/19349637.2023.2213455

Koenig, H. G., (2012) *Religion, Spirituality, and Health: The Research and Clinical Implications*. International Scholarly Research Network ISRN Psychiatry, Vol 2012, Article ID 278730. Doi: 10.5402/2012/278730

Definitions:



Spiritual health will vary from person to person and is reflected in the quality of personal relationships, sense of connectedness with self, personal beliefs, interactions with others, the wider community; and the ability to manage challenges in times of adversity through seeking meaning and purpose in life. (Spiritual Health Association, *The Little Book of Spiritual Health*, 2021)

Mental health is a state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to his or her community. (World Health Organisation, 2023) <https://www.who.int/news-room/fact-sheets/detail/mental-health-strengthening-our-response>

Spiritual struggle refers to experiences of tension, strain, and conflict about sacred matters with the supernatural, within oneself, and with others. It is a natural part of life and occurs across the lifespan. It is not a symptom of pathology or spiritual immaturity, rather can be interpreted as a fork in the road that either leads to positive or negative outcomes.

Pargament, K. I., & Exline, J. J. (2022). *Working with spiritual struggles in psychotherapy: From research to practice*. The Guilford Press. and...

Pargament, K. *Shaken to the Core: Addressing Spiritual Struggles in the Context of Healthcare*, 19.05.2022, lecture.

Mental illness is a general term for a group of illnesses that affect the mind or brain. These illnesses, which include bipolar disorder, depression, schizophrenia, anxiety, and personality disorders, affect the way a person thinks, feels, and acts. (Mental Health Australia, 2023)

<https://mhaustralia.org/resources/frequently-asked-questions/what-mental-illness>

Poster 2: Spiritual & Mental Health Care

Raffy, J., Wood, E. & Todd, A. (2016) Service user views on spiritual and pastoral care (chaplains) in NHS mental health services: a co-produced constructivist and grounded theory investigation. *BMC Psychiatry*, 16:200 DOI: 10.1186/s12888-016-0903-9.

WHO, (2021). Geneva Charter for Wellbeing. https://cdn.who.int/media/docs/default-source/health-promotion/geneva-charter-4-march-2022.pdf?sfvrsn=f55dec7_21&download=true

Sulmasy, D.P., (2002). Biopsychosocial-Spiritual model for care of patients at end of life. *The Gerontologist*, Vol 42: 24-33.

Balboni, M.J., Puchalski, C.M. & Peteet, J.R. (2014) The Relationship between Medicine, Spirituality and Religion: Three Models for Integration. *Journal of Religion and Health* 53, 1586–1598 (2014). <https://doi.org/10.1007/s10943-014-9901-8>.

Milner, K., (2021) MISTIC Toolkit, University of Nottingham.

Research article that informed the MISTIC Toolkit – see below



Milner, K., Crawford, P., Edgley, A., Hare-Duke, L. & Slade, M. (2020) The experiences of spirituality among adults with mental health difficulties: A qualitative systematic review. *Epidemiology and Psychiatric Sciences*, 29, e34, 1-10. <https://doi.org/10.1017/S2045796019000234>

Pearce, M. & Pargament, K. (2018) Spiritual competency training in mental health. Online training <https://www.edx.org/course/spiritual-competency-training-in-mental-health>

Spiritual Health Association. (2020). Guidelines for quality spiritual care in health. Melbourne. Australia.

ICD – 10 codes of Spiritual Care interventions that informed the spiritual care definition–Independent Hospital Pricing Authority (IHPA) Electronic Code List 12th Edition, published 28 March 2022.