

Contents

Index of Strategies.....	xi
Acknowledgments.....	xiii
Foreword.....	xvii
Introduction.....	1

The Context

1. Perspectives on Spirituality.....	17
• Defining spirituality	
• So what, then, <i>is</i> spirituality?	
• Dimensions of spirituality	
• Suffering	
2. Why Spirituality Matters.....	53
• Spirituality is intimately related to health, wholeness, and well-being	
• Spirituality mediates choices in health behaviors	
• Spirituality often frames the ways that people cope with adversity and pursue the journey toward wellness/wholeness	
• Spirituality is important because people want to be known in this way by their caregivers	

3. Who Provides Spiritual Care?..... 85
 - Patient and clinician perspectives on spiritual care
 - Contributions to spiritual care by providers of health and wellness care
4. Three Arenas of Spiritual Care..... 97
 - The personal arena
 - The clinical arena
 - The organizational arena
 - Three interlocking pieces

Nine Practical Approaches to Bringing Positive Spirituality into Health and Wellness Care

Personal: Connections with What Matters to You

5. Stay connected with your purpose..... 123
 - Spiritual aliveness
 - Aliveness and purpose
 - Staying connected with purpose
6. The moments of your life: Cultivate qualities of character.....145
 - Positive Psychology
 - Discovering qualities of character
 - Working with qualities of character
7. Ground yourself in healing intention and presence..... 163
 - Intention and presence
 - Cultivating intention and presence

Clinical: Connections with What Matters to Your Patients

8. Pick one or two areas to inquire about people's spirituality..... 189
 - Two types of spiritual inquiry
 - Practical clinical approaches to spiritual inquiry
 - When in the course of human events

9. Partner with patients in pursuing what they care about..... 217
 - A template for collaborative spiritual care conversations
 - Goals: What matters to you and where do you want to go?
 - Approaches: How are you going to get there?
 - Next steps

10. Be attuned to recurring themes of transcendence and valued directions.....263
 - Transcendence and valued directions
 - Spiritual care toward transcendence and valued directions
 - Approaches to transcendence
 - Encouraging patients in valued directions

Organizational: Connecting with the Shared Energy of People Working Together

11. Honor organizational mission and values..... 313
 - Mission and values
 - Developing an understanding of mission and values
 - Mission and values as part of organizational life
 - Organizational specialists

12. Cultivate community.....	331
• Community in health care organizations	
• Positive qualities of community in health care organizations	
• Cultivating community	
13. Exercise empowering leadership.....	347
• Leadership and spiritual care	
• Windows on health care leadership: Voices of clinicians	
• Qualities of spirited health care leadership	
• Becoming a leader	
Afterword.....	370
Appendix I: A Dozen of Fred’s Favorite Spirituality and Health Websites.....	372
Appendix II: A Fiddler’s Dozen of Fred’s Favorite Books on Spirituality and Health Care.....	376
About the Author.....	381
Index.....	383

Index of Strategies

1: Find your personal statements	136
2: Write your own origin story	137
3: Create a statement of personal mission	141
4: Describe your own approach to <i>present awareness</i>	143
5: Identify your own signature strengths of character	156
6: Nurture your own character	161
7: Be well	177
8: Pursue a practice of re-focusing and renewal during the day	179
9: Create a personal affirmation	181
10: Use conversational templates for spiritual inquiry	198
11: Identify conversation-openers	206
12: Adapt spiritual inquiry to the circumstances where you see people	214
13: Get patients talking about what they care about	237
14: Elicit patients' wisdom and competence	250
15: Express your own wisdom in some new ways	255
16: Collaborate with patients in defining next steps	259
17: Experiment with one or two approaches to transcendence	301
18: Invite patients to define key role values	305
19: Talk about the mission	323
20: Keep talking and develop a wider view of mission and values	327
21: Define positive qualities of workplace community	340
22: Choose some next steps in building goodness in your workplace community, and bring a colleague into the conversation	345

- 23: Be guided by your own evolving definition of
leadership for spiritual care 363
- 24: Pick one or two points of growth for yourself
as a leader with soul 367