



*Institute for Life & Care*<sup>SM</sup>  
EDUCATION • INSPIRATION • GUIDANCE

## **THRIVING FROM WITHIN<sup>®</sup>**

### A Logotherapeutic Model for Integrating Spiritual Care in Health Care

Nancy Markham Bugbee, PsyD-c, MA, MBA, BCC  
Kate Hoffmann, MRE, MSW, LCSW  
Mary Ann Van Buskirk, MA, MDiv, LPC, LMFT

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## **Overview of Today's Session**

Nancy Markham Bugbee, PsyD-c, MA, MBA, BCC

- Discuss THRIVING FROM WITHIN<sup>®</sup> as a meaning-centered model that provides a framework for integrating spirituality in both patient care as well as care for health care professionals.
- Examine our own response to crisis, change and suffering when viewed through the Logotherapeutic lens of meaning and purpose.
- Articulate the importance of parallel process in integrating spiritual care in health care.

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## Who We Are

- Institute for Life & Care is a nonprofit education organization located in Denver, Colorado, founded in 2007. We have an interdisciplinary faculty of eight professionals.

## What We Do

- Education, training, and guidance for professional caregivers (accredited by NASW, NBCC, AAPC)
- Inspiration and guidance for family caregivers



## Why We Do What We Do

- **Teach and guide:** HOW to lead a meaningful life and HOW to help others do the same.
- **Restore and sustain:** the CARE in caregiving because all people deserve compassionate, competent care in any life circumstance.



## How We Do What We Do

- Leading-edge, meaning-centered model of care and counseling
- Integrates spirituality in both patient care and care for health care professionals
- Applied Logotherapy/sacred psychology/integrative health
- Integrative of four dimensions of people
  - Body
  - Mind
  - Heart
  - Soul
- Small group process; one-on-one guidance; online programs in fall 2017



## Outcomes/Therapeutic Goals

- Growth toward:  
  
Wholeness, quality of life—in any circumstance



## Pathways to Wellness and Quality of Life



“Everything can be taken from a man but one thing: the last of human freedoms - to choose one’s attitude in any given set of circumstances, to choose one’s own way.” – **Viktor Frankl**



“You cannot give yourself to others if you do not own yourself, and you can only truly own yourself when you have been fully received in unconditional love.” -- **Henri Nouwen**

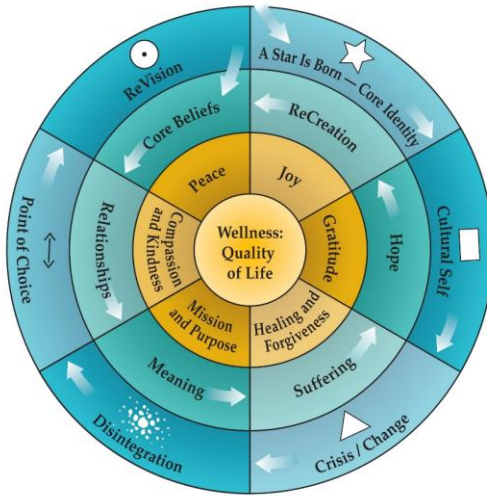


## Three Pillars of Logotherapy

- Meaning of life
- Will to meaning
- Freedom of attitude toward suffering



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## Parallel Process

How to Lead a Meaningful Life ⇒ How to Help Others Do the Same

Training and Sustaining in THRIVING FROM WITHIN®



Interdisciplinary Caregivers

Care / Counseling



Care Receivers

From lived experience comes the wisdom to care for and counsel others.

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## Four Therapeutic Goals That Lead to Wholeness, Wellness, and Quality of Life

1. Reclaim inherent dignity and worth of your true authentic self through life narrative.
2. Choose perspectives on crucial life themes such as core beliefs, relationships, meaning, suffering, hope, and recreation.
3. Respond in life-giving attitudes such as peace, compassion, kindness, purpose, healing, forgiveness, gratitude, and joy.
4. Rest in relationship with your ultimate meaning/Source.



## Patient/Client Questions

- Core beliefs
- Relationships
- Meaning
- Suffering
- Hope
- Reconnecting with sources of renewable energy

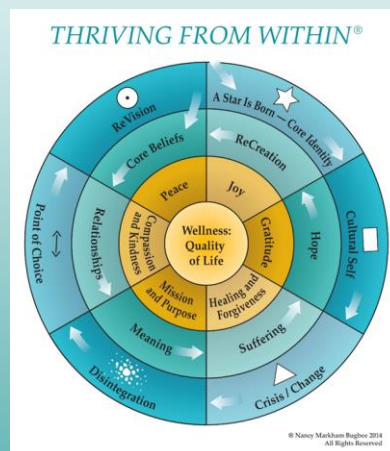


## Six Key Ways to Unlock the Power of the Noetic Dimension of Yourself and Your Patients/Clients

1. Connect creatively with your true, authentic self.
2. Midwife a hopeful attitude in faith and gratitude.
3. Help shift the perspective of any circumstance, such as illness or crisis, to an opportunity for growth.
4. Stimulate the power of meaning and life purpose. Meaning is what the soul needs in order to thrive.
5. Connect with loving and nurturing relationships with self, Source, and others.
6. Offer a pathway forward consistent with core beliefs that represents a new way of living.



All of these pathways lead to wellness, quality of life, and ultimate purpose grounded in the noetic dimension/soul.





## The 10 Major Meta-Movements from the THRIVING FROM WITHIN® Model

Transformations ➡ Personal Growth ➡ Benefits ➡ Results

**From:**

Fear  
Judgment (of Source, self, others)  
Powerlessness  
Existential Vacuum  
Cultural Self → Awareness → Growth  
Chronic Stress  
Unilateral  
Fragmentation  
Lack of Purpose  
Order → Disorder

**To:**

Love  
Compassion  
Choices  
Ultimate Meaning  
Resting in Love  
Wellness / Eustress  
Parallel Process  
Wholeness  
Beloved  
Reorder



# THRIVING FROM WITHIN® and TRAUMA

Kate Hoffmann, MRE, MSW, LCSW





## TRAUMA

- Impacts many aspects of “Self”
  - Physical, emotional, and psychological well-being
  - Spirituality, sense of safety
  - Trust in ourselves, others, and our relationship to our Source



- Insidious, one event building on another
  - Informs and intensifies our current experience
  - Creates barriers that we may or may not be aware of
- Parallel process
  - Previous traumas
  - Personal sensitivities, values, and biases

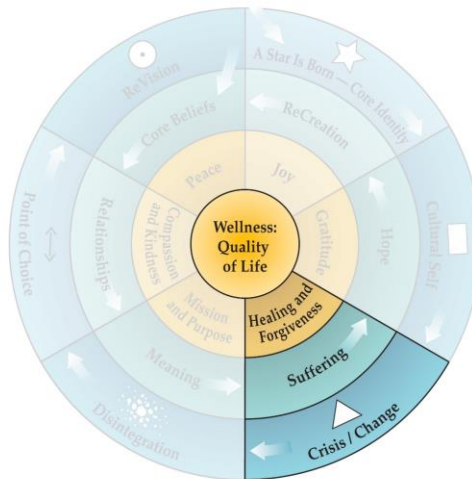


## THRIVING FROM WITHIN®

- Provides insight
- Demystifies spirituality
- Informs clinician, therapist-client relationship
- Provides a tool for client to take with them
- Amanda



## THRIVING FROM WITHIN®



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## THRIVING FROM WITHIN®

- Identify the problem from an holistic perspective
- Recover from vicarious trauma and compassion fatigue
- Clarify one's life process

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# THRIVING FROM WITHIN® and FAMILY CAREGIVERS

Mary Ann Van Buskirk, MA, MDiv, LPC, LMFT

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## Family Caregivers – The Hidden Patients



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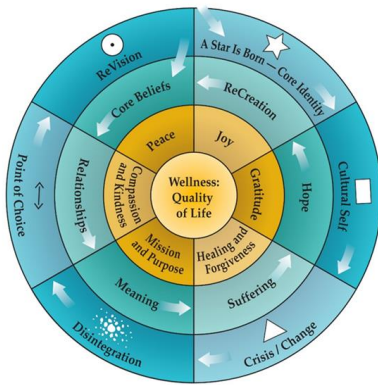


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“Logotherapy sees the human patient in all his humanness. I step up to the core of the patient's being. And that is a being in search of meaning, a being that is transcending himself, a being capable of acting in love for others.”  
-- Viktor Frankl