THRIVING FROM WITHIN®

A Logotherapeutic Model for Integrating Spiritual Care in Health Care

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Overview of Today’s Session

Discuss THRIVING FROM WITHIN® 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.
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
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.
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®

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

and FAMILY CAREGIVERS

Mary Ann Van Buskirk, MA, MDiv, LPC, LMFT
Family Caregivers – The Hidden Patients
“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