

# **Educating Health Care Practitioners in Spiritual Care – A Tradecraft Workshop**

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# Stanford University School of Medicine



# Welcome and Overview

## **Educating Healthcare Practitioners in Spiritual Care – A Tradecraft Workshop**

- **Educating – we are educators, about education and learning**
- **Health Care Practitioners – who we teach/ educate, why**
- **In Spiritual Care – and spirituality**
- **A Tradecraft Workshop - “Skill or art in connection with a trade or calling” Oxford English Dictionary**

Introduction

**WHO ARE  
YOU?**

Let's Talk about

**EDUCATION**

# To Educate

## Latin roots

- "educare" to bring up, rear, train or to mold
- "educere" to lead out, draw forth

Let's Talk about

**LEARNING**

# Learning

- **What is Learning?**

*... the act of acquiring new, or modifying and reinforcing, existing knowledge, behaviors, skills, values or preference . Wikipedia*

- **Mood/emotions**

- *Cognitive Emotions*

- *Wonder – I don't know, and I like it*
- *Perplexity – I don't know*
- *Confusion – I don't know, and I don't like it*
- *Boredom – I don't care*



# Stages of Learning

- **Blind – Doesn't even know, Huh?**
- **Ignorant – Huh!, knows they don't know**
- **Beginner – Knows they don't know, committed to learn, finds teacher/guide, gives trust, follows instruction - step by step**
- **Advanced Beginner – Performs w supervision; breakdowns, pitfalls, errors, mistakes**
- **Competent – Can do on own, according to standards of community, manage breakdown, knows limits**

**Adapted from paper by Fernando Flores, et.al., Domains of Education, Ontological Design Course (1986)**

# 3 Domains of Trust

- **Sincerity** (mean what you say, compassion, respect)
- **Competence** (able to do what you say)
- **Reliability** (do what you say you'll do and when, i.e. promising)

Let's Talk about

# HEALTHCARE

# Healthcare is....

- **Bio-Psycho-Social-Spiritual (Sulmasy)**
- **Whole Person**
- **“To Life”**
  - relief of suffering,
  - health (live according to *your* values),
  - well being

# Goals of Medicine

**Guerir quelquefois,  
sometimes,**

**To cure**

**Soulager souvent,**

**To relieve often,**

**Consoler toujours.**

**To comfort always.**

**Motto made famous by**

**Edward Livingston Trudeau MD (1848-1915)**

From The Healer's Tale Sharon R. Kaufman, The University of Wisconsin Press,  
1993.

Let's Talk about

# Teaching Spirituality and Meaning in Medicine

# Spirituality and Meaning in Medicine (the class)

## **Goal**

**Identify and respond to your patient's spirituality and sources of meaning as well as your own.**

# Spirituality and Meaning in Medicine (the class)

## Why?

- **Patient's Want It**
- **Research Shows good for**
  - **Health**
  - **Satisfaction – patient *and* provider**
- **Joint Commission requires**
- **Legacy of Medicine**
- **Right Thing to Do**



# Spirituality and Meaning in Medicine (the class)

**In typical medical classes, you're presented with scientific research and clinical evidence.**

**This class is also based on scientific research and clinical evidence, and, another kind of evidence –the direct observations of our own experience.**

# Experience as Evidence

**The value of experience is not in seeing much, but in seeing wisely.**

**William Osler (1849-1919)**

***Father of Modern Medicine***

# Essential Skills

- **Recognize spiritual/meaningful experience**
- **Make a meaningful connection**
- **Identify and respond to the Chief Concern (not just the chief complaint)**
- **Take a Spiritual History**
- **Referral**

# Introductions

**Say your**

- **Name**
- **What year you are**
- **Where you're from**
- **One thing others wouldn't know by looking at you, or your resume (Rachel Remen)**

# What is Spirituality?

- **What comes to mind when you hear *spirituality*?**
- **Read statements from the medical literature.**
- **Reflect on a personal or professional experience you'd call meaningful or spiritual**
- **Share**
- **What do you discover?**
- **Landscape of Spiritual Experience**

# Chief Concern vs. Chief Complaint

- **Chief Complaint** – Answers the question “What?”  
“What brought you in?” What prompted you to come in today?
  - Reflects patho-physiological thinking
  - Essential for differential diagnosis
- **Chief Concern** – Answer the question “So What?”
  - What is it about this that prompted you to come in? What concerns you the most?
  - About meaning
  - Essential for compassionate care

# Key Value

**For the compassionate clinician:**

**What matters for you IS what matters for me**

# Take a Spiritual History

- **Concerns: time, appropriate, respect, comfort, know how**
- **Context: How many patients believe physicians should consider spiritual needs? How many physicians patients should share? How many ask?**
- **When? Which encounters? When in the history? Social history**
- **How? Segue + FICA / HOPE**



# Referral

- **When? Signs of Spiritual Distress**
- **To Whom? chaplain, social worker, psychology/psychiatry, family, friends, support groups, AA, community**

# Make a Meaningful Connection

- **Prepare your Attention and Intention**
- **Knock, enter, introduction (something personal)**
- **What Matters Most – the Chief Concern**
- **Take a Spiritual History (when appropriate)**
- **What I wish for you.. hope for you...admire about you**

Let's Talk about

# Some Further Thoughts

# Some Further Thoughts

- **On Love**
- **On Mystery and Awe**
- **On Meaning**
- **On Wisdom**

# About Love

- ***“Inspire me with love for my art and for Thy creatures.” Moses Mamonides 12<sup>th</sup> century physician, rabbi, philosophe***
- ***“A kind of medicine that doesn’t come in the IV or pill.” Chaplain Bruce Feldstein MD***
- ***What do you say?***

# On Mystery and Awe

- **Something experienced**
- **Perhaps called sacred, significant**
  - **e.g. synchronicity – Carl Jung**
- **Unexplained, unexplainable**
- **Can't put into words**
- **Non-rational (not irrational)**

# On Meaning

**Meaning is the antecedent of commitment.**

**Rachel Naomi Remen MD**

Let's Talk about

**What's next?**



# Closing

- **What's something you're taking away with you today?**

# Closing

- **What's something you're taking away with you today?**
- **What I wish for you, hope for you, admire about you?**

# Closing

- **What's something you're taking away with you today?**
- **What I wish for you, hope for you, admire about you?**
- **Thank You and Be Well!**













