

INVITATION TO

The Pre-Conference Research Workshop on “Religion, Spirituality and Health”

May 8-11, 2016, in Gdansk (Poland)

GENERAL INFORMATION

Preceding the 5th European Conference on Religion, Spirituality and Health in Gdansk (www.ecrsh.eu) we invite you to participate in the Pre-Conference Research Workshop. The workshop is open to all interested in research on religion, spirituality and health (accepting participants of any educational level or degree, including theologians, chaplains, physicians, nurses, psychologists, pastoral counsellors, public health specialists, epidemiologists, or other potential researchers).

The main contributor is Prof Harold G. Koenig. He holds a professorship at Duke University Medical Center (Internal Medicine, Psychiatry, and Behavioral Sciences). Furthermore he is director of the Center for Spirituality, Theology and Health. This center offers a 2-year post-doc program in religion and health, which Dr Koenig has compressed into a short-time-workshops like the one offered here.

The following topics will be discussed:

- Previous research on religion, spirituality and health
- Importance of definitions
- Understanding mechanisms and pathways
- Highest priority studies for future research
- Strengths and weaknesses of religion/spirituality measures
- Designing different types of research projects
- Statistics and statistical modeling
- Funding your research, Writing a grant
- Managing a research project
- Writing a research paper for publication; getting it published
- Developing an academic career in this area

European experts will complement the program with the following topics:

- Theological reflection on religion and health research
- Overview on European research and research institutions/groups
- Qualitative methods in RSH research
- Using physiological and biological parameters in RSH research

Individual mentorship meetings with the presenters will allow the participants to discuss their specific questions and their own research projects.

PROGRAM

Pre-Conference RESEARCH WORKSHOP with Professor Harold G. Koenig (*)				
	Sunday May 8th	Monday May 9th	Tuesday May 10th	Wednesday May 11st
8:00		Individual mentorship*	Individual mentorship*	Individual mentorship*
9:00		Sources of information* Definitions* Relevance to public health*	Strengths and weaknesses of religious / spiritual measures*	Developing a research career*
10:00			Designing a research project (observational studies & clinical trials)*	Highest priority studies for future research*
11:00			Writing a research paper*	Funding for research*
12:00		Lunch	Lunch	Lunch
13:00		Individual mentorship*	Individual mentorship*	Individual mentorship*
14:00		Reviews of mental & physical health* Pathways & mechanisms: how religion affects health*	Quantitative methods*	Recent developments in research in the USA*
15:00			Physiological measures in RSH-Research René Hefti, MD	Selection of R/S instruments – European Perspective Prof Arndt Büsing
16:00	Welcome & Introduction of participants & individual research projects/interests		Qualitative methods Dr Constantin Klein	Theological reflections Dr. Oliver Merz
17:00		Individual mentorship*	Registration ECRSH 2016 (1 st part)	
18:00		Individual mentorship*		

ORGANISATION, ACCOMMODATION, FEES

The workshop is organized by the Research Institute for Spirituality and Health (www.rish.ch) in collaboration with the University of Gdansk. René Hefti, M.D., head of the Research Institute RISH, Dr Oliver Merz, research fellow at the Research Institute RISH, as well as Dr Katarzyna Skrzypińska and Dr Piotr Krakowiak from the University of Gdansk are responsible for the organization.



The workshop will be located at the University of Gdansk (<http://en.ug.edu.pl>). After registration you will get more information about the workshop venue. Hence, participants are advised to book their own accommodation. For hotel suggestions see <http://www.ecrsh.eu/ecrsh-2016/accomodation>.

The workshop fees are as follows:

	Early Fee (until Jan. 31, 2016)	Normal Fee (from Feb. 01, 2016)	Early Student (until Jan. 31, 2016)	Normal Student (from Feb. 01, 2016)
Category I	850	950	650	750
Category II	750	850	550	650
Category III	650	750	450	550

The fee depends on the date of payment and on the country of living (Category I to III). For explanations to the categories see <http://www.ecrsh.eu/ecrsh-2016/registration/conference-fees>.

The fee includes lectures, mentorship meetings and coffee breaks.

If you also participate in the European Conference on Religion, Spirituality and Health ECRSH in Gdansk, May 12-14, 2016, the fees are reduced as follows: **Conference fee plus Pre-Conference Research Workshop fee minus EUR 100.**

For further information contact: René Hefti, M.D., Research Institute RISH, Phone +41 62 919 22 11, e-mail: rene.hefti@klinik-sgm.ch, or Dr Oliver Merz, e-mail: oliver.merz@rish.ch.

The number of participants at the workshop is limited! So early registration is encouraged!

PROF DR HAROLD KOENIG

Professional Profile



Dr Koenig completed his undergraduate education at Stanford University, his medical school training at the University of California at San Francisco, and his geriatric medicine, psychiatry, and biostatistics training at Duke University Medical Center. He is board certified in general psychiatry, geriatric psychiatry and geriatric medicine, and is a Professor of Psychiatry and Behavioral Sciences, and Associate Professor of Medicine at the Duke University.

Dr Koenig is the director of the *Center for Spirituality, Theology and Health* at the Duke University Medical Center, and has published extensively in the fields of mental health, geriatrics, and religion, with over 300 scientific peer-reviewed articles and book chapters and 40 books in print or in preparation. He is past editor of the Medline research journal, the *International Journal of Psychiatry in Medicine*. His research on religion, health and ethical issues in medicine has been featured on over 50 national and international TV news programs (including NBC's *The Today Show* and ABC's *Good Morning America*), 100 national or international radio programs (including multiple NPR and BBC Radio 5 interviews), and hundreds of national or international newspapers or magazines (including cover stories for *Reader's Digest*, *Parade Magazine*, *Newsweek*, and *Time*).

In September 1998, Dr Koenig was invited to give testimony before the U.S. Senate concerning the benefits of religion and spirituality on health; in September 2008, Dr Koenig gave testimony before the U.S. House of Representatives Committee on Science & Technology. He has been interviewed by James Dobson on *Focus on the Family* and by Robert Schuller in the *Crystal Cathedral on the Hour of Power*. Dr Koenig has been nominated twice for the Templeton Prize for Progress in Religion. His latest books include: *The Healing Power of Faith* (Simon & Schuster, 2001 paperback), *The Handbook of Religion and Health* (Oxford University Press, 200, 2012), *Spirituality in Patient Care*, 2nd Ed. (Templeton Foundation Press, 2007), *Medicine, Religion and Health* (Templeton Foundation Press, 2008), *Religion and Spirituality in Psychiatry* (Cambridge University Press, 2009), and *Spirituality and Health Research: Methods, Measurement, Statistics, and Resources* (Templeton Press, 2011). He is the recipient of the 2012 Oskar Pfister Award from the American Psychiatric Association and the 2013 Gary Collins Award from the American Association of Christian Counselors. His latest book is *Health and Well-being in Islamic Societies* (2014, Springer International).

Dr Koenig travels widely to give workshops and seminar presentations (see www.spiritualityandhealth.duke.edu/index.php/speaking-engagements-harold-g-koenig-m-d). For more information to Dr Koenig see for example www.spiritualityandhealth.duke.edu/index.php/harold-g-koenig-m-d.