

The Significance of the Researcher's Own Spirituality



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Personal Experience

- **Conversion or “coming back” experience with birth of son – spiritual re-awakening**
- **Recognition that patients, families, students and staff members had spiritual needs that needed to be addressed...but not possible unless I am spiritually well!**

Focus on One Study

“Prayer-An Effective Therapeutic and Teaching Tool”



- “Fools rush in where angels fear to tread.”
- From research perspective – unremarkable
- *Impact on primary researcher went well beyond findings of study*

Long-Lasting Impact

- **Recognition that:**
 - **Behavior of researcher/clinician/teacher a powerful role model to those with whom researcher interacts;**
 - **Researcher/clinician/teacher needs to be spiritually healthy**
 - **Dealing with others in a loving way is more than the impact of one person but becomes $1 + 1 = 3$**
 - **Teaching about spirituality not only helps others become at ease with the topic but gives permission to address topic.**



What is Needed from Caregiver/Teacher/Researcher?



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- Awareness that what we do belongs to God
- Need for authenticity
- Need to attend to personal spiritual well-being
- Need to recognize that our interactions must reflect compassion, respect and dignity

Maintaining Spiritual Well-Being Requires Effort

- Easy to lose sight of meaning of what we do
- Easy to feel overwhelmed by life
- Easy to feel out of balance
- Easy to allow demands of caregiving role to push spirituality aside
- Easy to forget we are God's beloved.



Connectedness Among.....



Emotional

Needs



Signs of Spiritual Distress:

Broken Relationships

Somatic Expressions of Stress

Negative attitudes

Irritability towards others

Lack of Joy and Sense of Purpose

Loneliness

Depression

Avoidance Behaviors

**Holding a Grudge – Needing to
Give or Receive Forgiveness**



How Do You Experience Spiritual Distress?



How does Spirit need to be nourished?



**Natural life versus spiritual
life**

Both need to be nurtured



Natural Life



Spiritual Life

Ice Cream Cones of Life





No God!

Spiritual Antidotes

■ Self-Awareness

- Feelings, fantasies, dreams
- How balanced are love, work, and play? Interests?
- How is family life?

**You believe that you live in
the world,
when in fact you allow the
the world to live within
you.**





Spiritual Antidotes (continued)

Social support

Restore or reinforce your social support system by giving out praise, affirmations- saying, "I'm sorry" (when appropriate); remember the colleague, patient who is least lovable, needs more (not less) love

Spiritual Antidotes (continued)

- Reframe whatever the situation from self/other blame to “What can I do to make things better?”
- What choices can I make?



Spiritual Antidotes

- **Prayer**
- **Meditation**
- **Journaling**
- **Support Group**





Recognition That We Are All Wounded Healers

We are not saviors but one person can
make a difference.

Value of Serenity Prayer



God grant me
the *Serenity*
to accept the
things I cannot
change, the
Courage
to change the
things I can
and the *Wisdom*
to know
the difference.

More Spiritual Antidotes



- **Allow for meaningful work experiences:**
 - Be curious – learn about what baffles
 - Introduce variety into work
 - Be open to the unexpected gifts a day brings and be thankful
 - Be grateful for what you can do – don't ruminate about what you can't do
 - Build in decompression time

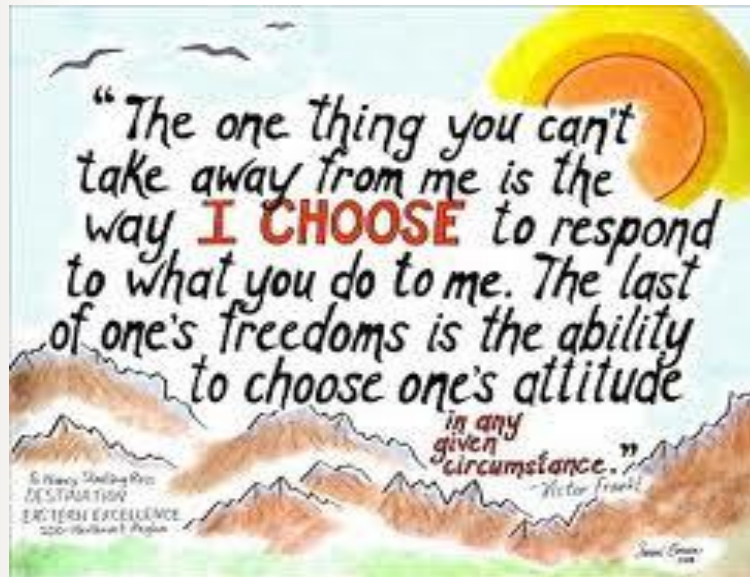


Spiritual Antidotes (continued)

Religions teach:

- *Identify supreme values (love, honoring human relationships – remember a good job doesn't love you back!)**
- *Care for your body**
- *Respite and balance (Sabbath)**
- *Techniques for reflection**
- *Worship an Ultimate Other**
 - * Allows view of bigger picture**
 - * Provides source of comfort, love, self-esteem**
 - * Allows us to know Whose we are (more important than who we are)**

“I can put up with any ‘how’ as long as I have a ‘why’.”



Nietzsche...
Quoted by Victor
Frankl in *Man's Search*
for Meaning.