

A Holistic Approach to Mental Health Care



Arjan W. Braam, psychiatrist

University of Humanistic Studies

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Utrecht, The Netherlands



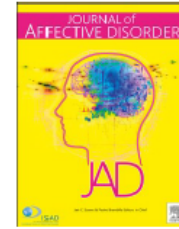
Edvard Munch
The Sun, 1911



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Review article

Religion, spirituality and depression in prospective studies: A systematic review



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REVIEW

Religiosity, Spirituality, Meaning-Making, and Suicidality in Psychiatric Patients and Suicide Attempters: A Systematic Review and Meta-Analysis

Bart van den Brink, PhD, Rianne Roodnat, BSc, Ralph C.A. Rippe, PhD, Aaron D. Cherniak, MSc, Kenny van Lieshout, MSc, Sanne G. Helder, MSc, Arjan W. Braam, PhD, and Hanneke Schaap-Jonker, PhD

Declaration of interest

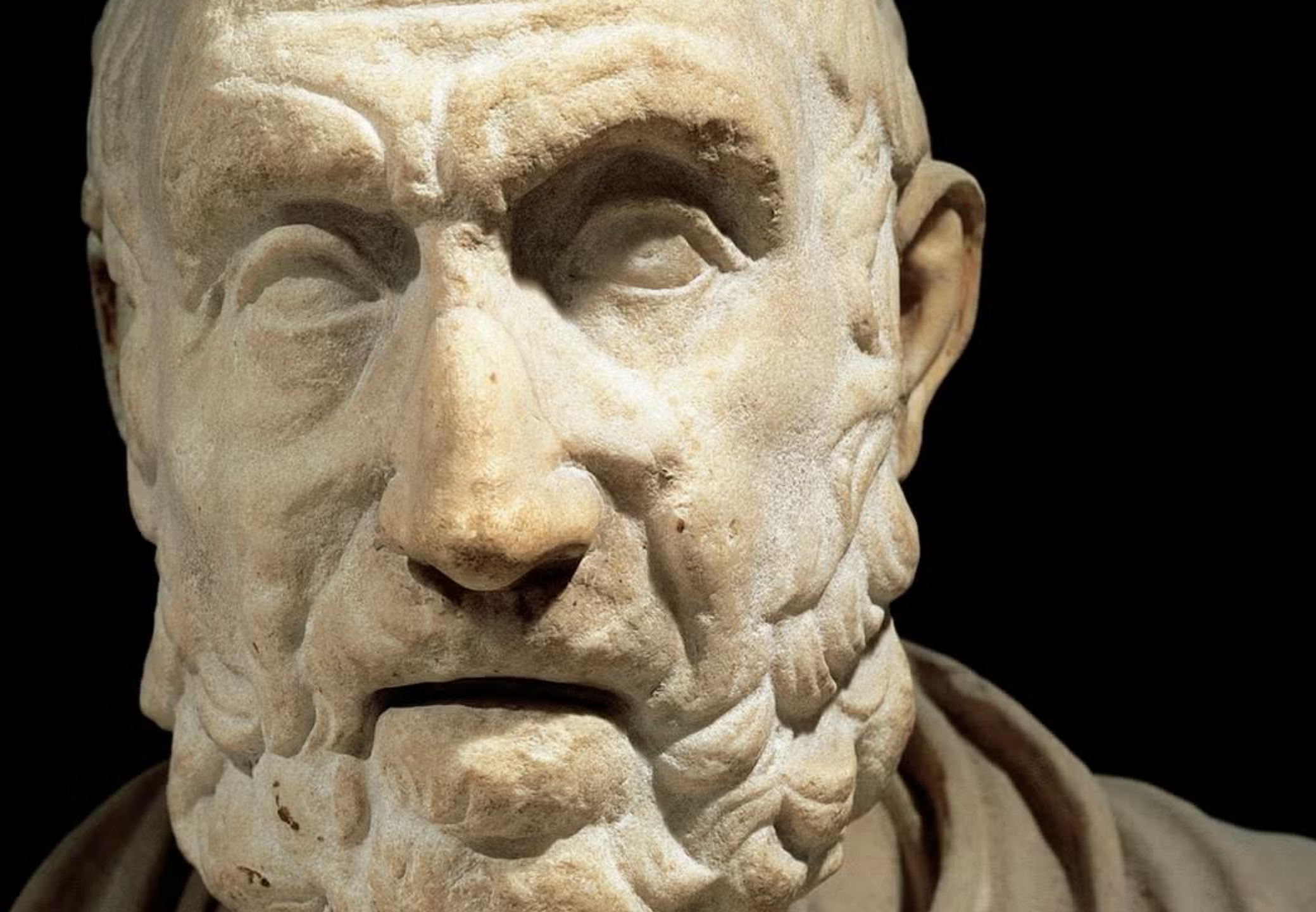
Declaration of interest



'Jezus with the strong arms'
Arjan, 1974







1: R/S considered, tactful

2: Training & professional
development

3: Need for research

4: Person-centered;
do not proselytize;
relatives

5: Collaborate with religious
leaders & chaplains

6: R/S as vocation to work

7: benefit/harm – share info
in critical / impartial way



Position Statement on Spirituality and Religion in Psychiatry

**Moreira Almeida, Sharma, Janse van Rensburg,
Verhagen & Cook (2016)**

**For the Netherlands: Verhagen, 2019 & 2020;
Braam & Verhagen, 2022**

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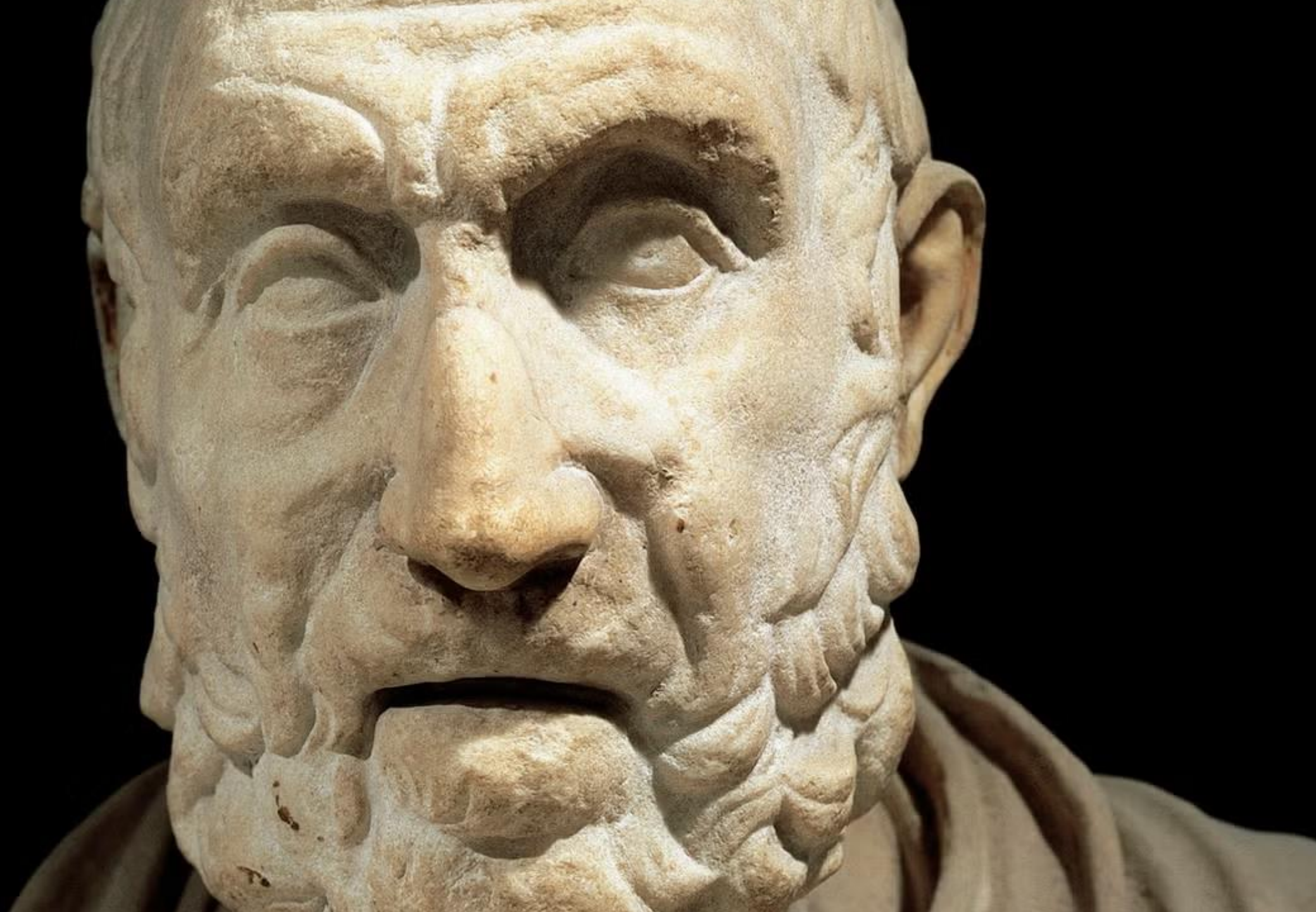
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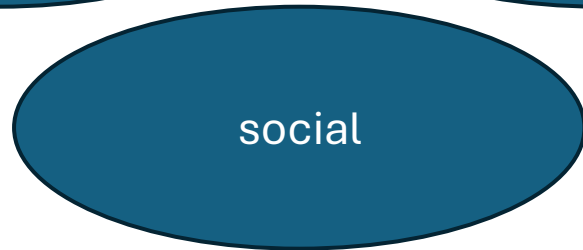
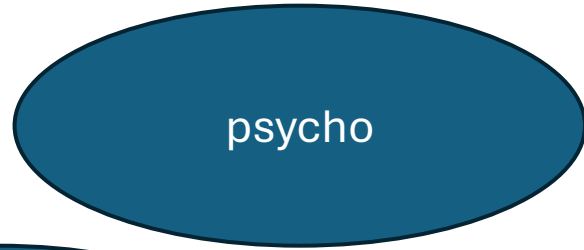
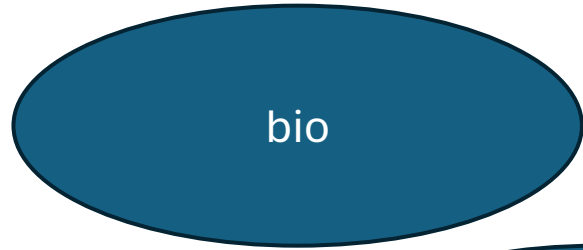


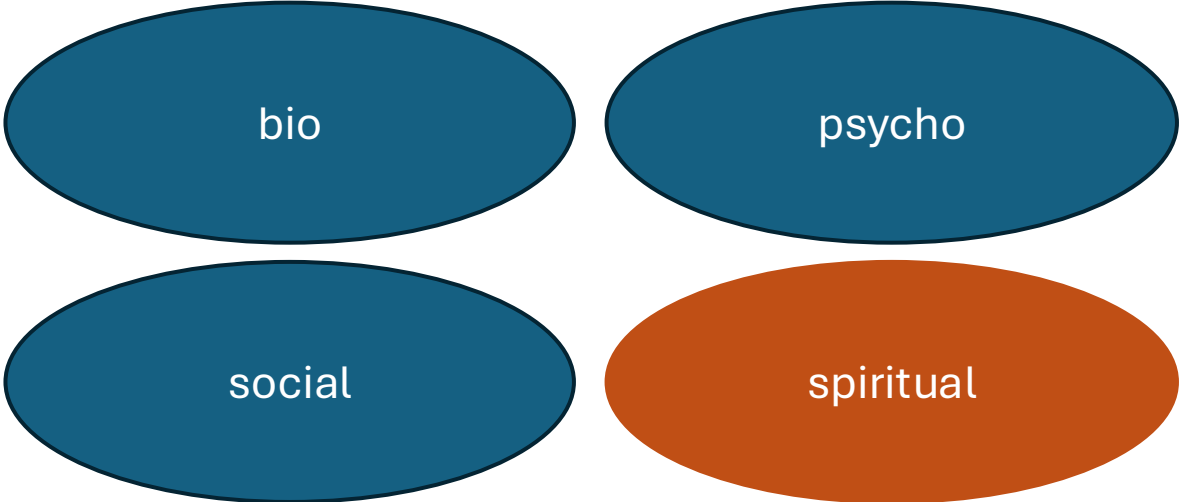
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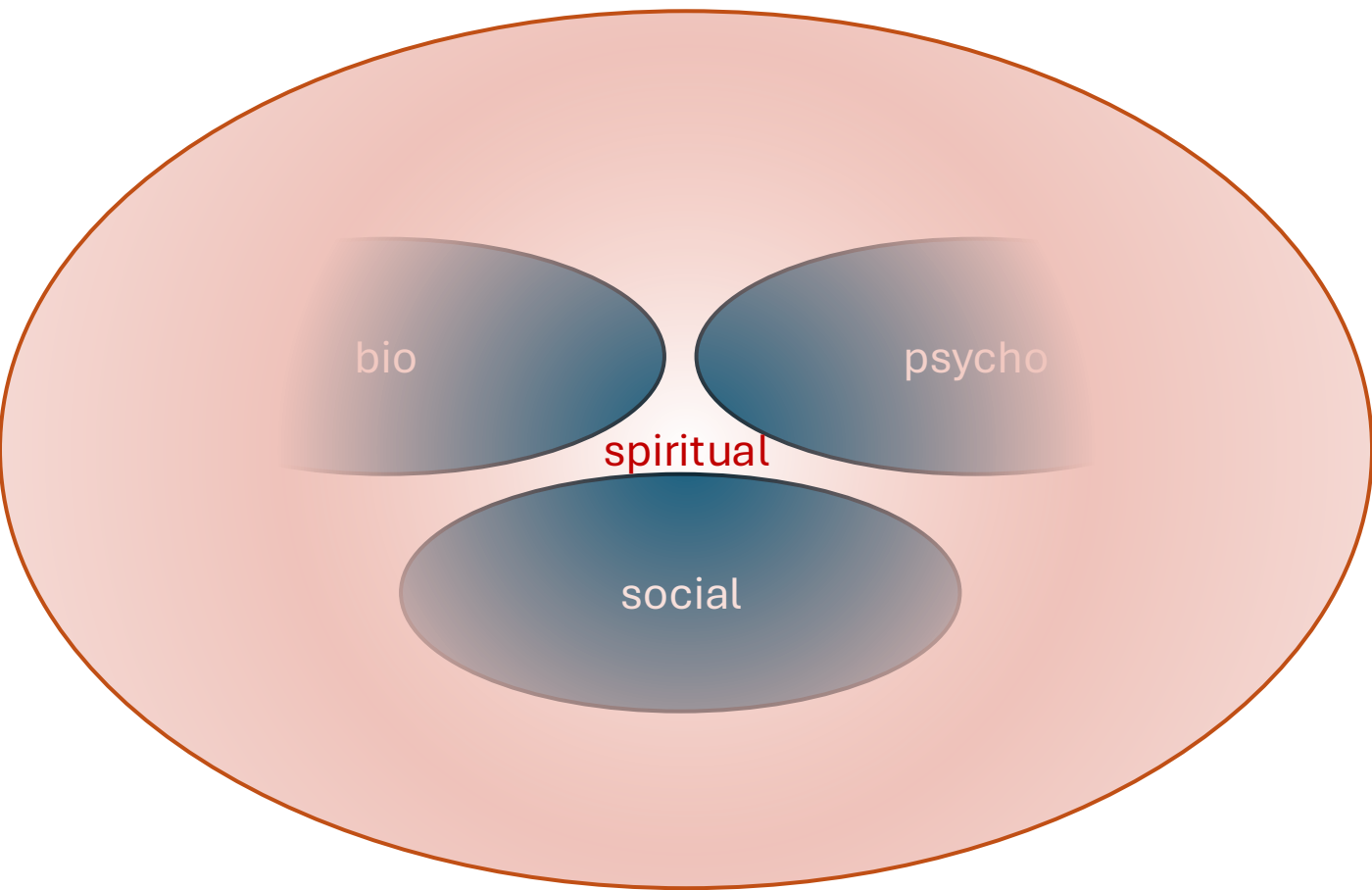


bio

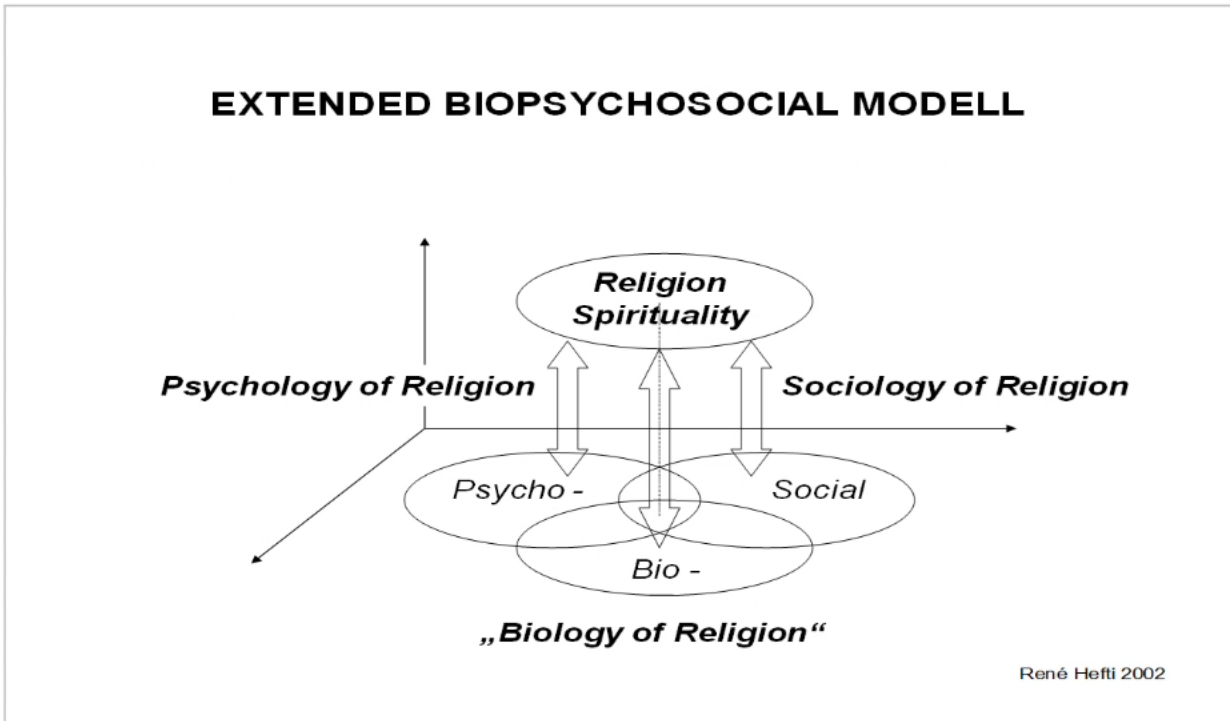
psycho

social

spiritual

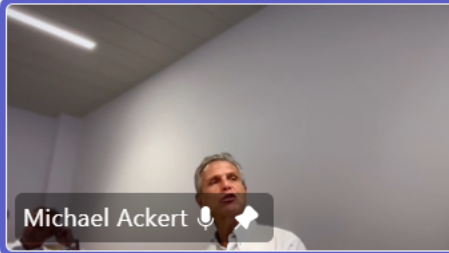


Extended biopsychosocial model

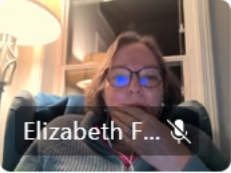


Michael Ackert





Michael Ackert



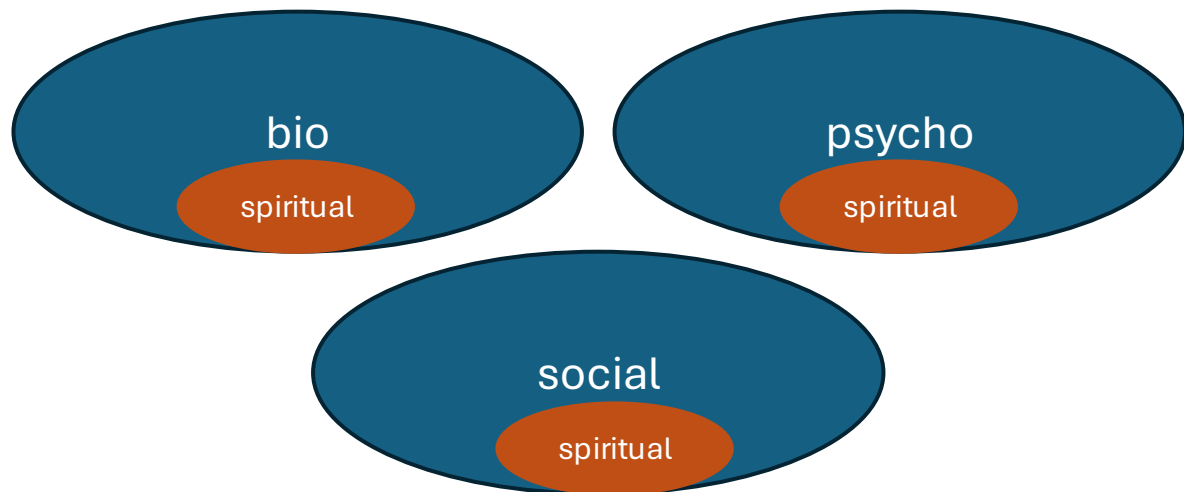
Elizabeth F...



Zsuzsanna...



Arjan Braam (Utrecht NL)





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Position Statement on Spirituality and Religion in Psychiatry

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Practice Guideline

Meaning & Spirituality in Dutch Mental Health Care

<https://www.ggzstandaarden.nl/api/v2/tools/9f4d7e60-aae6-4263-aae6-e8b46e42fc88/file>

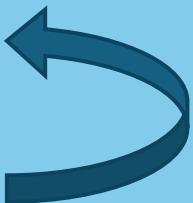
Core recommendations

1. Pay attention to the patient's, their loved ones', and your own sense of MiL and spirituality
2. Ask about / address MiL yourself
3. Safe, non-judgmental
4. Connect with beliefs and perceptions; identify needs
5. Rarely a ready-made answer
6. Know yourself
7. Respect worldview of the patient
8. Apply useful interventions to explore
9. Collaborate

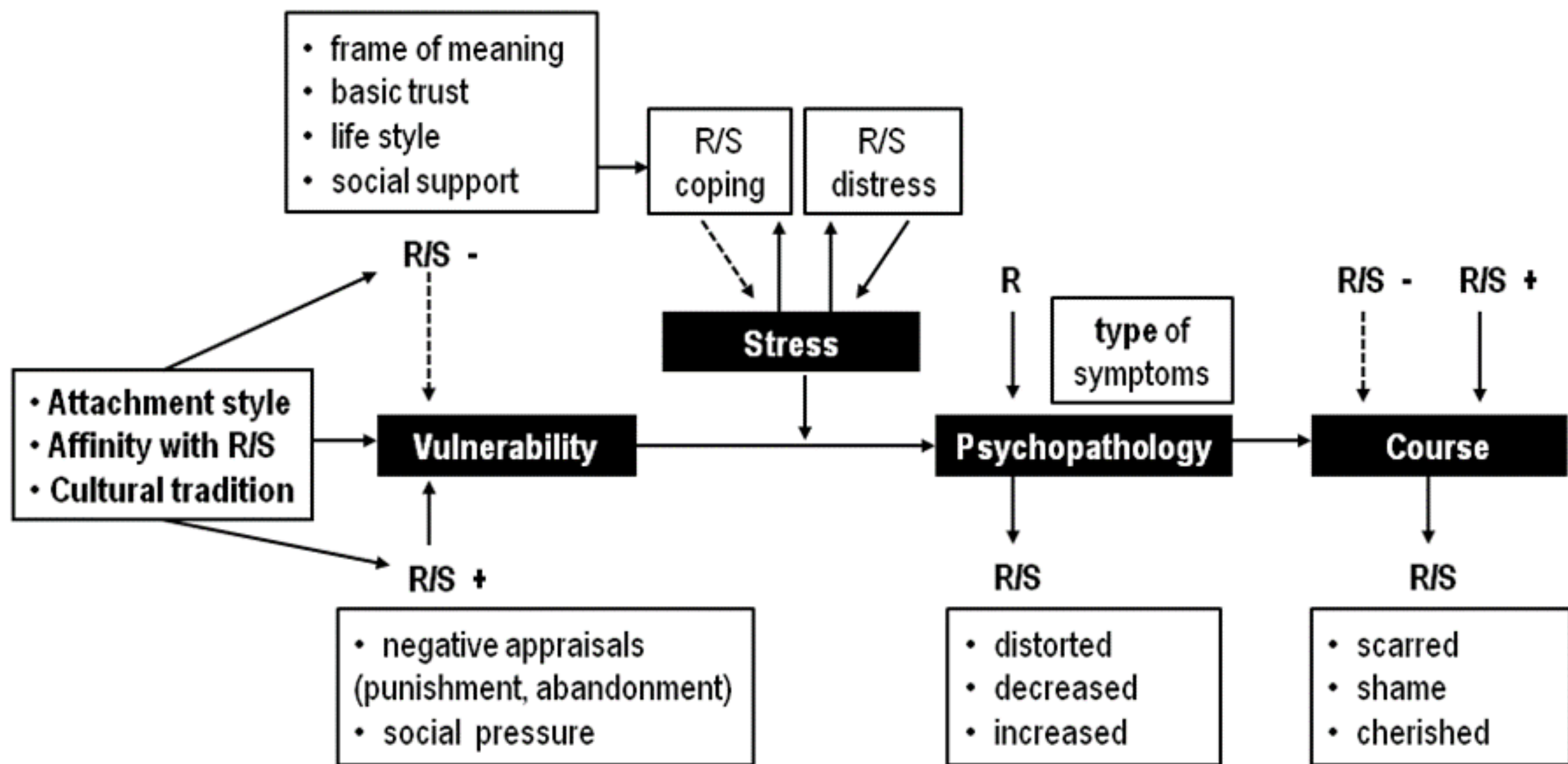


- 
- A close-up, slightly blurred photograph of Elmo's face. He has dark brown, shaggy fur, two large white eyes with black pupils, and a large, light-colored, oval-shaped nose. The background is out of focus, showing indistinct shapes and colors.
- Easy
 - Listen about
 - **Meaning is human**
 - Or ask **Others**

=ELMO

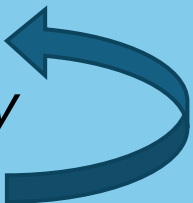
Prevention	Aim	
Primary	Mental hygiene	R/S/MiL ≈ ‘Lifestyle’ Health education 
Secondary		
Tertiary		

Braam, A.W. (2021). Religion and Spirituality in Prevention and Promotion in Mental Health. In: A. Moreira-Almeida, B. Paz Mosqueiro, & D. Bhugra (Eds.), *Spirituality and Mental Health Across Cultures*. Oxford, UK, Oxford University Press, 341-359





LET'S
PARTY

Prevention	Aim	
Primary	Mental hygiene	R/S/MiL $\approx$ 'Lifestyle' Professionals: <i>Existential empathy</i> Health education 
Secondary	Compliance	R/S $\leftrightarrow$ Ψ symptoms Ψ $\leftrightarrow$ R/S struggle R/S = coping Attentivness <i>Existential concerns</i> 
Tertiary		

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Varieties of Religious and Spiritual Struggles by Type of Mental Disorder: A Qualitative Approach

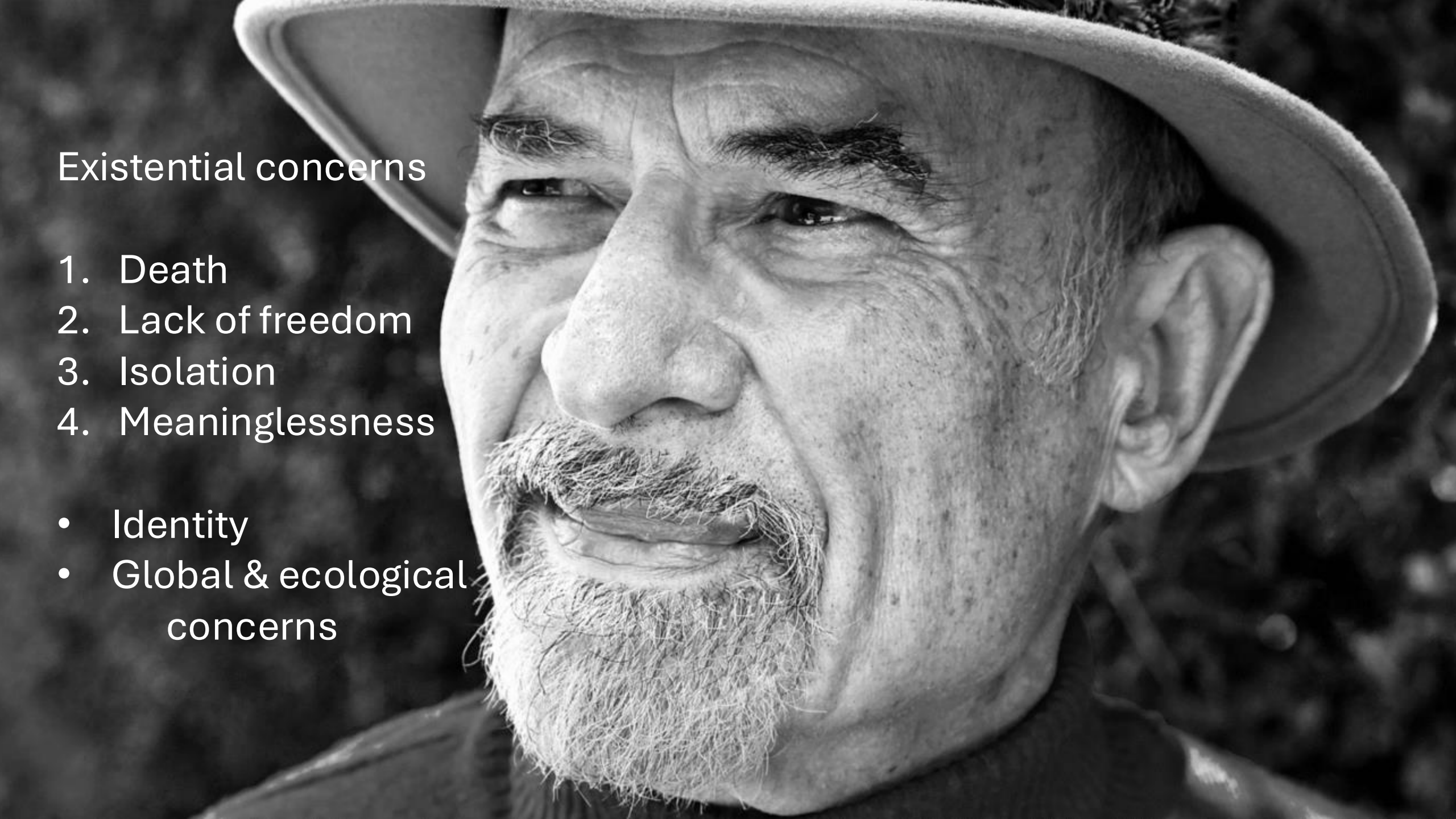
Joke C. van Nieuw Amerongen-Meeuse^{a, b} Arjan W. Braam^{c, d}
Gerlise Westerbroek^e Eva Ouwehand^d Christa Anbeek^a
Hanneke Schaap-Jonker^{a, b}

Altrecht n = 19; **Eleos** Chr. GGZ n = 15
Mean age 43 y, 53% female
57% protestant; 18% unaffiliated

	N	Related to religion / faith / faith community		
Depression	5	Positive religious feeling ↓	Abandonment	Guilt
Anxiety disorder & cluster C personality	6	Uncertainty	Avoidance, self reproach	Anger
Psychosis	5	Supernatural experiences	Hiding R/S, not sharing	Suspiciousness, loss
Bipolar disorder	6	Uncertainty about experiences, nostalgia	Attracted by R/S / careful	Loss; being deprived of
Cluster B personality	6	Existential exhaustion	Anger toward God	Ambivalence
Autism spectrum	6	Troubles imagining R/S by others	Uncertainty to others	Doubt doctrinal rigidity
ALL		Where is God?	Why does this happen to me?	Loss

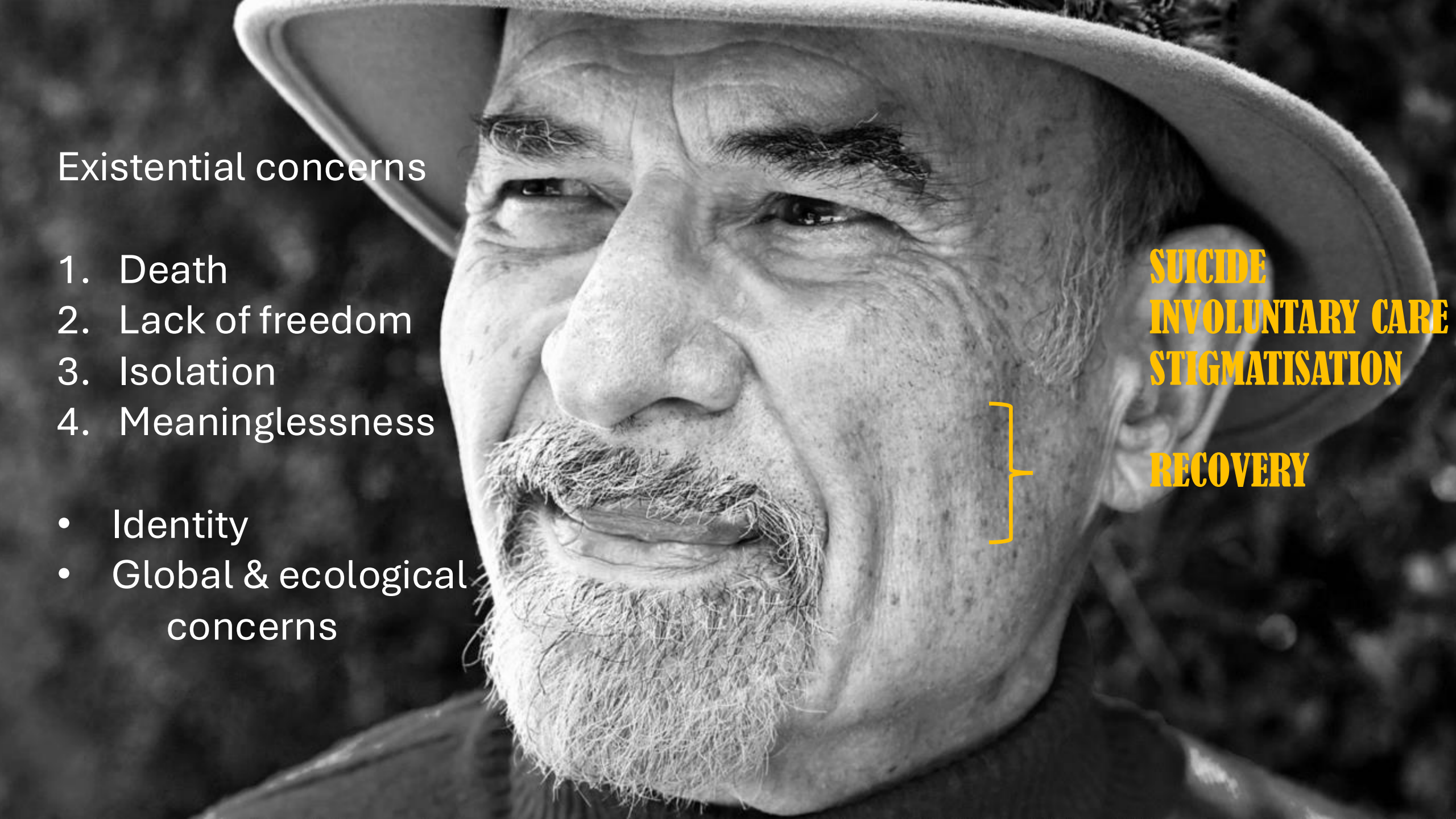




A black and white close-up portrait of an elderly man. He is wearing a light-colored fedora-style hat. His face is wrinkled, and he has a grey beard and mustache. He is looking slightly to the left of the camera with a thoughtful expression. The background is dark and out of focus.

Existential concerns

1. Death
 2. Lack of freedom
 3. Isolation
 4. Meaninglessness
- Identity
 - Global & ecological concerns



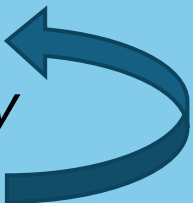
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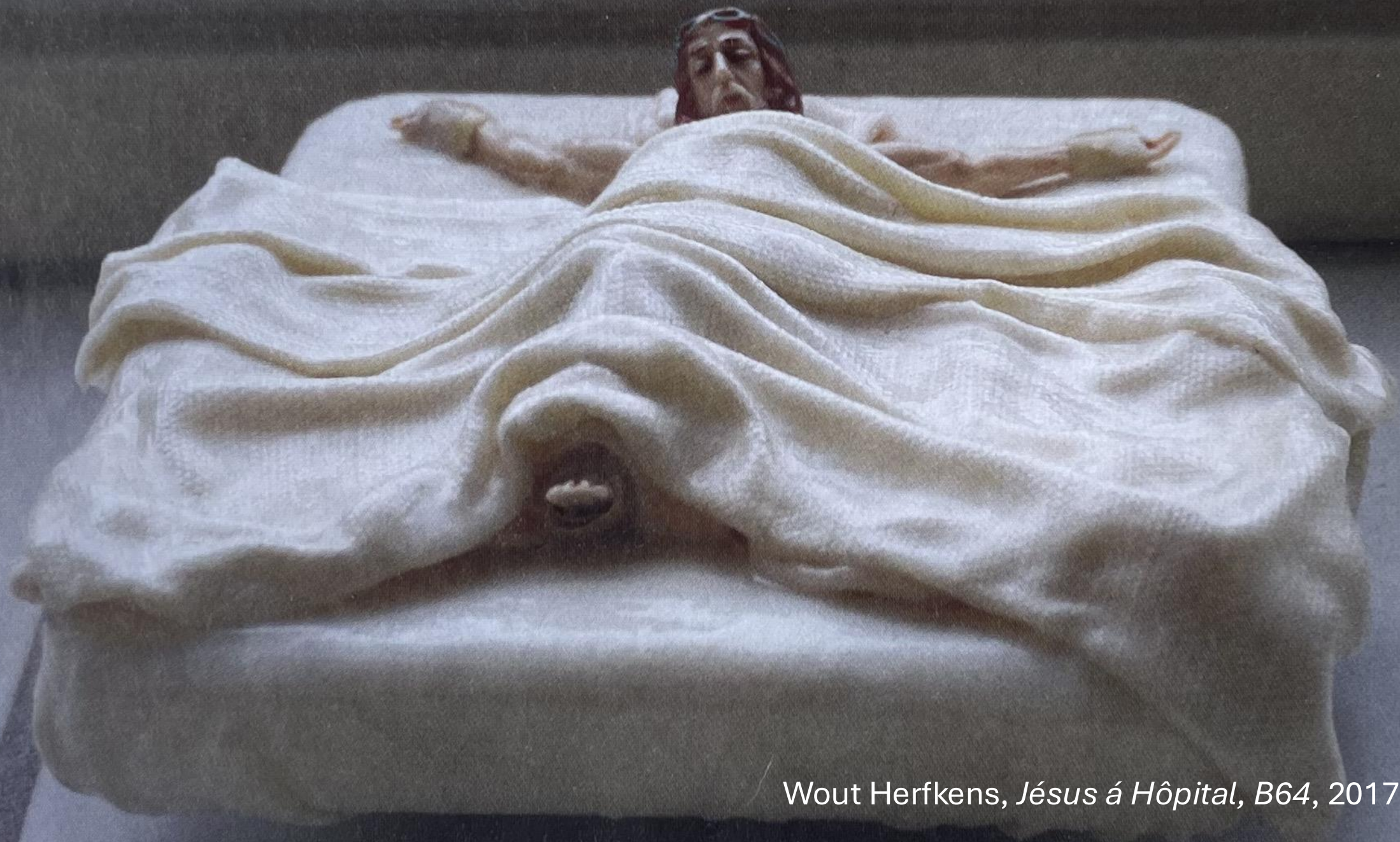
**SUICIDE
INVOLUNTARY CARE
STIGMATISATION**

RECOVERY

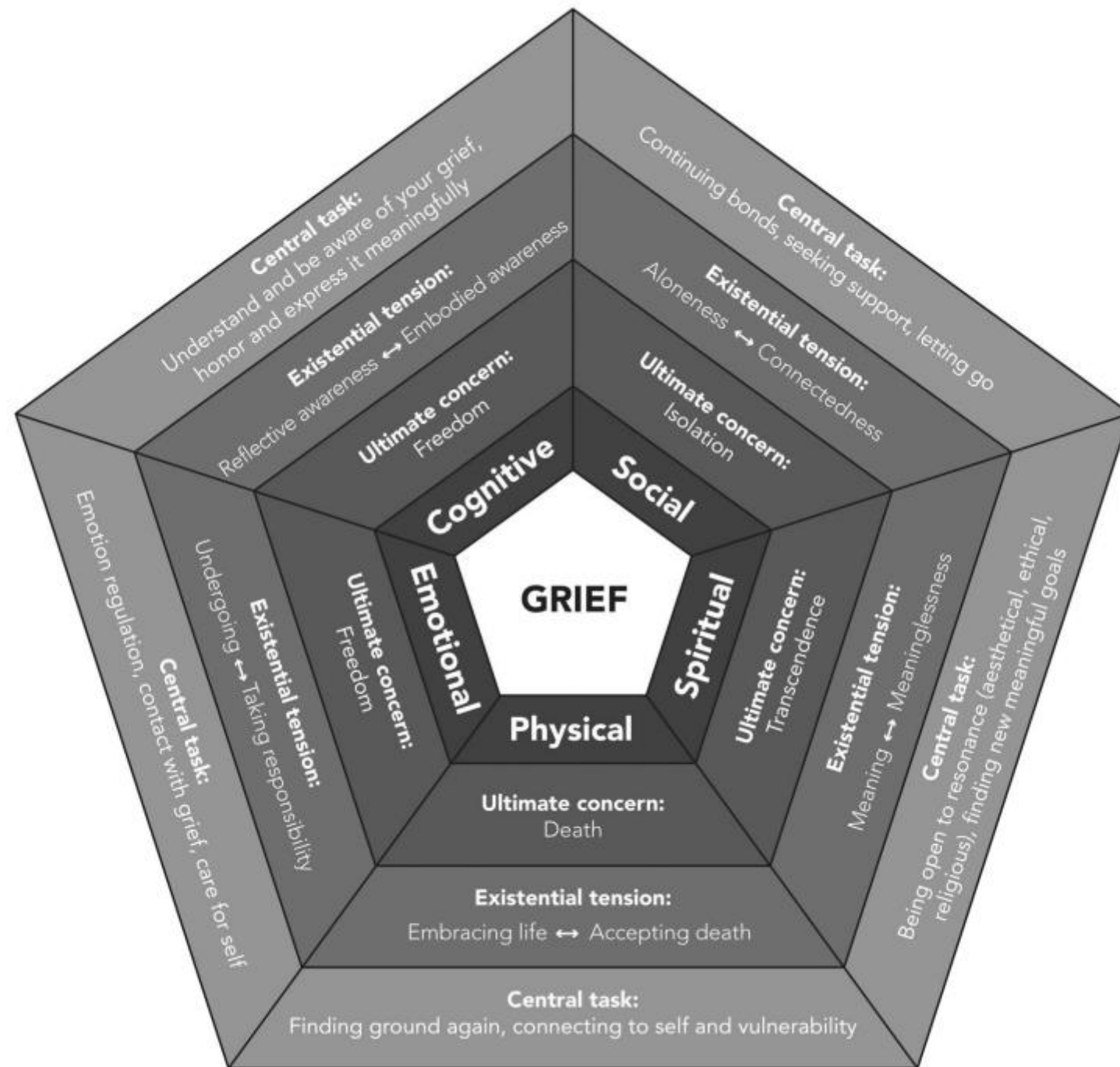


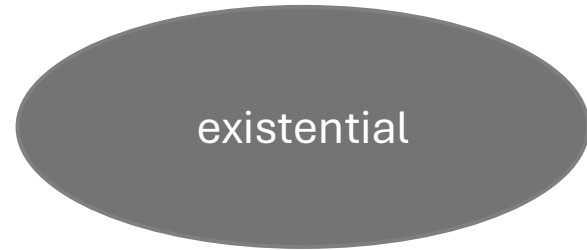
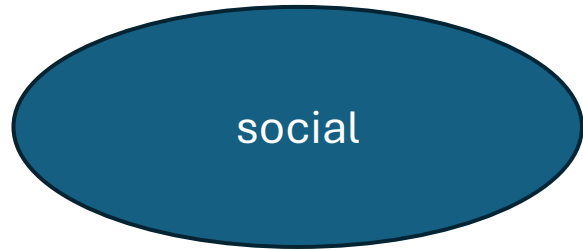
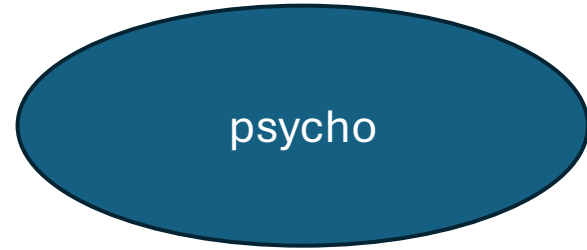
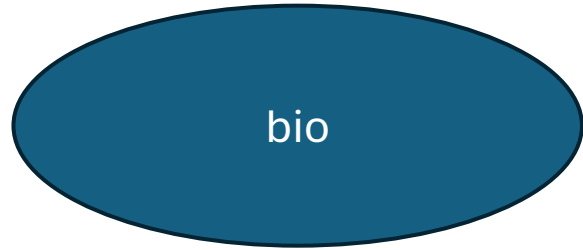
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Tertiary	Taking care of R/S	R/S care-needs R/S & recovery R/S = <i>last resort</i>

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Wout Herfkens, *Jésus á Hôpital*, B64, 2017



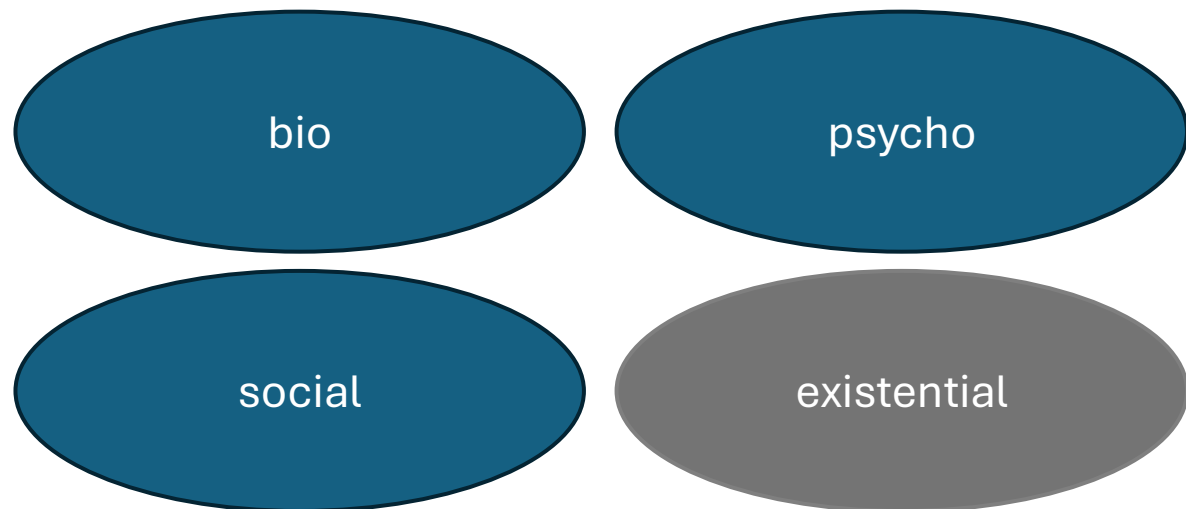


Epidemiology

Biomedical

Social sciences

Psychotherapy

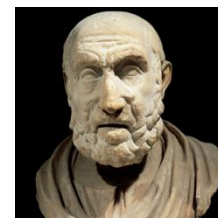


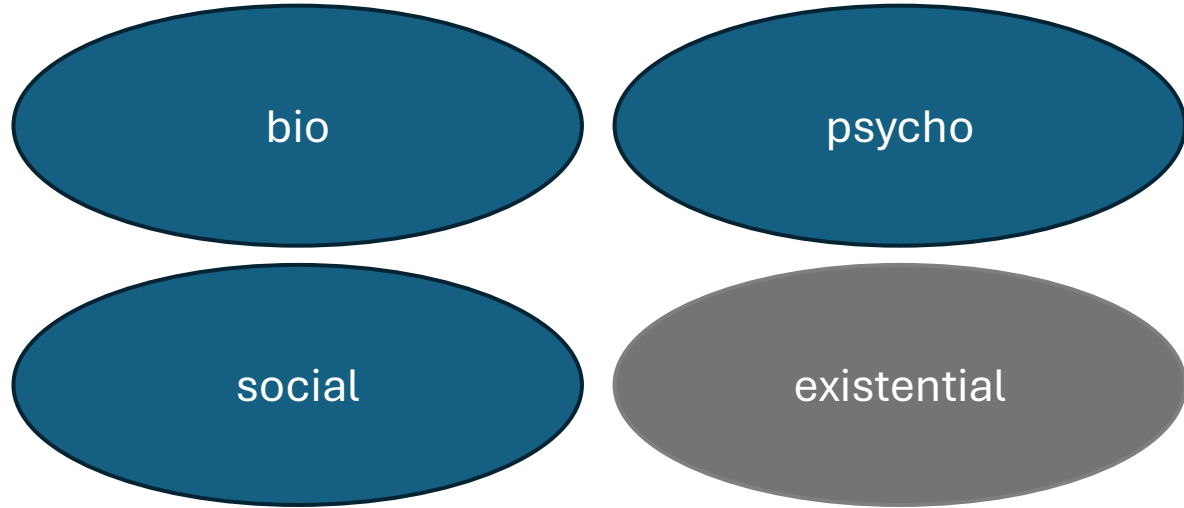
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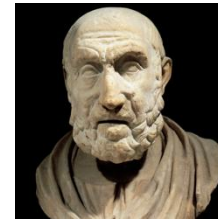


Epidemiology

Biomedical

Social sciences

Psychotherapy



Ethics

Philosophy

Phenomenology / Ethnographic research

Recovery studies

- ❑ bio
- ❑ psycho
- ❑ social

- ❑ bio
- ❑ psycho
- ❑ social
- ❑ spiritual

- ❑ bio
- ❑ psycho
- ❑ social



- ❑ existential

Death - Freedom – Isolation – Meaninglessness
Identity – Global/Ecological

Irvin Yalom, 1980

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Thank you for your
attention



a.braam@altrecht.nl