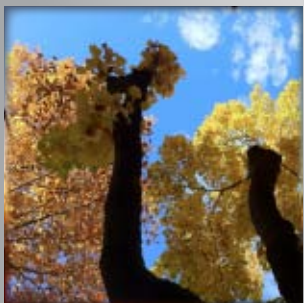




4th Biennial Conference on...

Spirituality: The Invisible Ingredient in Health and Healing

May 3 and 4, 2012
 Coast Plaza Hotel and Suites
 Vancouver, British Columbia



Providence Health Care of Vancouver, British Columbia invites you and your colleagues to participate in our fourth biennial conference that explores the integral relationship between spirituality, health and healing.

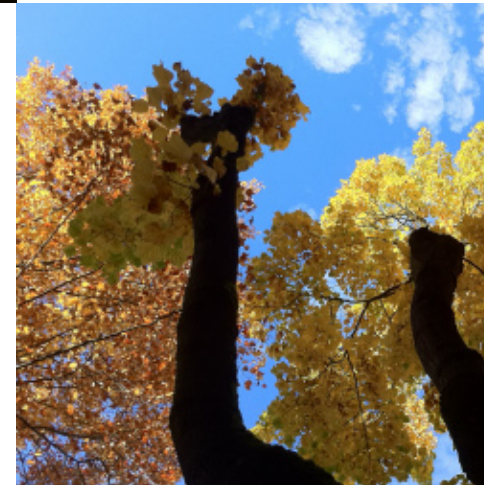
Providence welcomes

- Physicians, Nurses and other health care clinicians;
- Health care executives and managers; researchers;
- Government leaders;
- Instructors especially in medicine, nursing, social services and other health disciplines;
- Community and social services practitioners;
- Primary care and religious leaders;
- Educators, patients and families and all those interested in the topic;
- People focused on addictions, homelessness and marginated populations

Program **Spirituality: The Invisible Ingredient in Health and Healing**



Operative Definitions for the Conference



Spirituality

The search for the Sacred. A conscious striving to move beyond isolation and self-absorption to a deeper awareness of interconnectedness with the self, other human beings and the transcendent. (Health Ethics Guide)

Spirituality is the belief system focusing on intangible elements that impact vitality and meaning to life's events. (Maughans...The SPIRITual History, Archives of Family Medicine, 5:11-16)

Healing

Healing is more than curing a disease. Healing takes into account the wholeness of the person, recognizing the interrelationship of body, mind and spirit. It involves the restoration of balance and acknowledges the role spirituality and/or religious belief can play in the healing process.

Conference Venue

The conference will be held at the Coast Plaza Hotel and Suites in the heart of Vancouver's colourful and cosmopolitan West End. On your doorstep is the 400-hectare Stanley Park, with walking and bicycle paths and a pedestrian seawall that takes you to the beaches and the world-famous Vancouver Aquarium. Less than a kilometre away, the city's downtown financial, business, shopping and entertainment centre await you.

Featured Keynote Speakers



Kenneth Pargament is professor of clinical psychology at Bowling Green State University, and Visiting Distinguished Scholar at the Institute for Spirituality and Health of the Texas Medical Center. Dr. Pargament has been a leading figure in the effort to bring a more balanced view of religious life to the attention of social scientists and health professionals. He has published over 175 articles on religion and mental health. He is author of *The Psychology of Religion and Coping: Theory, Research, Practice* and the more recently published book, *Spiritually Integrated Psychotherapy: Understanding and Addressing the Sacred*. He is editor-in-chief of the forthcoming two-volume APA Handbook of Psychology, Religion, and Spirituality. Dr. Pargament has consulted with several foundations, the National Institutes of Health, the United States Army, and the World Health Organization. His awards include the William James Award for excellence in research in the psychology of religion from Division 36 of APA, the Virginia Staudt Sexton Mentoring Award from APA for guiding and encouraging others in the field, and two exemplary paper awards from the John Templeton Foundation. Most recently, he was awarded the 2009 Oskar Pfitzer Award from the American Psychiatric Association and 2010 Lifetime Achievement Award from the Ohio Psychological Association in recognition of his research and practical efforts to understand and enhance the links between religion and mental health.

Nuala Kenny, SC, OC, BA, MD, FRCP(C) After an extensive career in pediatrics and medical education, Dr Nuala Kenny, a Sister of Charity of Halifax, founded the Department of Bioethics at Dalhousie in 1988. Author of over one hundred papers and two books, Dr. Kenny is nationally recognized as an educator and physician ethicist. She has received five Honorary Doctorates (Mount Saint Vincent (1992), the Atlantic School of Theology (2000), Regis College, Toronto (2000), St. Francis Xavier University (2000), and The College of New Rochelle (2008). In 1999 was appointed an Officer of the Order of Canada for her contributions to child health and medical education. She has received a Queen's Jubilee Medal and in 2006 was elected a Fellow of the Canadian Academy of Health Sciences. She has received both the Distinguished Service Award and the Lifetime Achievement Award of the Canadian Bioethics Society, the Distinguished Service Award from the Canadian Health Association, the Catholic Health Association of Canada's Performance Citation Award, the Canadian Medical Association's Marsden Ethics Award and the 2009 Dalhousie University Alumni Achievement Award.

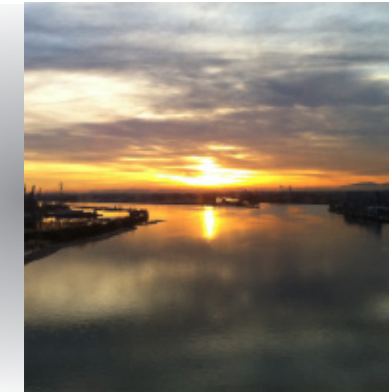
In 2009 she turned formally to faith-based ethics and is now Professor Emeritus, Dalhousie University Department of Bioethics, Ethics and Health Policy Advisor to the Catholic Health Alliance of Canada and on the Board of Covenant Health, Alberta.

A member of the Archdiocesan Commission on Clergy Sexual Abuse in St John's Newfoundland (1988-1990) and the Canadian Conference of Catholic Bishops Ad Hoc Committee on Child Sexual Abuse (1990-1992), she has returned recently to the "unfinished business" of that early Canadian work namely, understanding the systemic and cultural reasons for the way in which this crisis has been dealt with in the Church.

Philip Weaver loves stories. One summer, while working in Northern Ontario, he managed to read 100 novels in 100 days. None of them was named "War and Peace" although themes of conflict and reconciliation often feature in the stories he has heard during more than two decades of providing spiritual care in mental health, hospice and hospital settings in Canada and the US. In addition, Philip is certified as a Specialist in Pastoral Care and a Teaching Supervisor (Associate) by the Canadian Association for Spiritual Care. He is the Director of the Clinical Pastoral Education program at Providence Health Care and teaches post graduate students interested in learning the art and science of spiritual care. Philip has been an external consultant to others looking to assess and re-structure their pastoral care services, and has recently been part of a working group assisting the Ministry of Health to establish provincial guidelines for spiritual and religious care.



Program **Spirituality: The Invisible Ingredient in Health and Healing**



Thursday, May 3, 2012

10:00 am

Welcome *Thomas D. Maddix, CSC, D. Min & Dianne Doyle, President and CEO, Providence Health Care*

Reflection *Rev. Nicu Liuta, Pastoral Care Providence Health Care*

10:15 am

Opening Address

The Spiritual Dimension of Health Care: Bridging Research and Practice.

Kenneth I. Pargament, PhD, Department of Psychology, Bowling Green State University; Author of Spiritually Integrated Psychotherapy: Understanding and Addressing the Sacred, New York: Guilford Press.

11:15 am

Round Table Discussion with Dr. Pargament

12:00 noon

Lunch

1:15 pm

Plenary Address "Understanding the Notion of Spirituality in Health Care"

Nuala Kenny, SC, OC, MD, FRCP(C)

2:15 pm

Break

2:35 pm - 3:50 pm

Concurrent Sessions – Block 1

Making Room for Faith and Values in Evidence-Based Medicine

Dr. Cheryl Mack; Clinical Assistant Professor of Anesthesiology, University of Alberta

The epistemological claims of evidence-based medicine suggest that the medical expert is a physician that utilizes the best medical evidence to guide decision-making at the bedside. Of course best evidence should guide our decision-making, but evidence alone cannot have sufficient normative strength when we care for particular patients. In practice there appears to be a substantial gap between the evidence base and the bedside. The gap exists for a variety of epistemological and ethical reasons and this gap, which I will argue is bridged by the faith and values of the patient and the practitioner, is where the challenges of medical practice truly emerge. What are the essential ingredients of medical judgment? What constitutes wisdom at the bedside? In this workshop I hope to interactively explore this gap in a way that encourages the audience to critically reflect upon the limitations of the evidence base and how the true art in medicine is expressed when we acknowledge the essential role of faith and values as sources of knowledge in medical judgment at the bedside.

Spirituality for Everyone But...

Nancy Kehoe RSCJ, PhD

Instructor in Psychology, Harvard Medical School

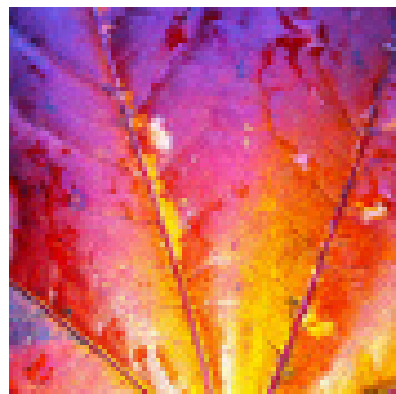
This workshop will focus on making the invisible visible, that in the lives of those who suffer with chronic mental illness, spirituality is frequently ignored or considered a part of their symptoms. By using case studies and involving the participants this will be an interactive workshop.

Pastoral Care: Forming Relationships that Facilitate Healing

Rev. Melanie Gonder-Benoit & Brother John Gale, Providence Health Care

This workshop will explore the issue of spiritual distress by discussing the experience of two residents in an extended care setting. The workshop will explore the origins of the spiritual distress and how it was manifested in the daily lives of the residents. Attention will be given to the role of pastoral care in responding to the distress and the importance of forming a trusting relationship with the residents as a basis for the healing that occurred.

Program Spirituality: The Invisible Ingredient in Health and Healing



Strategic Focus on Spirituality in the Workplace Enables Delivery of Holistic Care

David Franz, Manager, Patient Experience and Sara McGinnis Lee, Project Specialist, Workplace Spirituality, Ascension Health, St. Louis, MO

Patients want and need spiritual and emotional care as part of their medical care. Healthcare employees who provide holistic care do so more effectively and with less personal stress if they are encouraged to develop their own spirituality. Ascension Health, the nation's largest Catholic not-for-profit health system, offers its associates opportunities to develop their spirituality in the workplace in unique, local ways across its Health Ministries, and through a system-wide series of training known as "Providing Holistic, Reverent Care." Come learn about and experience a sampling of the spiritual practices and techniques offered to our associates to help them become more calm, centered and spiritually whole as they attend fully to our patients providing them compassionate, reverent care, even in the midst of stressful, difficult situations.

The Power Within the Spirit: Nurses, Patients and Families

Rev. Herb Orrell, St. Paul's United Methodist Church, Houston, TX

Spirituality and Patient Care provides nurses with advanced knowledge and tools to assess, understand, and deliver appropriate interventions in support of patients' beliefs, practices and values.

4:00 pm - 5:15 pm Concurrent Sessions – Block 2

Spirituality and Medicine: Can they be combined?

Dr. Nadia Primiani, Physician, St. Paul's Hospital and Dr. Douglas Cave, Psychologist, Centre for Practitioner Renewal, Providence Health Care

This workshop is based on a recent existential, phenomenological, qualitative research study. This study aimed to understand how family physicians integrate spirituality into their clinical practice in order to develop a framework to aid other physicians who want to incorporate spirituality into their practices. The findings illustrate that spirituality has an essential role in the delivery of holistic care. Primary findings suggest that in order to incorporate spirituality into family medicine, physicians must be self-aware and forgiving. Self-awareness and forgiveness are shown to strengthen physician resilience, lead to improved patient and physician health and improved healthcare delivery. Though this study focused on physicians, its results and themes are as important to all of health care. Therefore, the themes from this research will be used as the foundation for the workshop portion. Two main ideas will be explored: in concrete terms, defining spirituality for each individual; and discussing how to bring spirituality consciously and actively into clinical practice.

This Film is About Compassion

Jo Storozinski, Community Health Nurse and Spirituality Team Lead, Youville Centre, Winnipeg, MB & Micheline St-Hilaire, Organizational Change & Development Leader Catholic Health Corporation of Manitoba, Winnipeg, MB

Compassion is said to be one of the most fundamental human values. It binds us together and can inspire us, but it can also be fragile and elusive both at a personal and institutional level. In the first part of the workshop, we will screen a segment of a documentary. This Film is About Compassion documents compassionate relationships experienced in four communities of service under the umbrella of the Catholic Health Corporation of Manitoba. The film paints a portrait of the journey towards compassion between individuals, families and communities. The film seeks to encourage courageous conversations that build on the existing capacities of individuals and organizations to nurture and strengthen compassion. Following the screening of the chapter that focuses on the lived experiences of a bereavement group facilitated by two Youville Centre nurses, we will invite conference delegates to discuss how the film connects to their experiences and provide feedback on how the film could be used in health and human service settings.

Program Spirituality: The Invisible Ingredient in Health and Healing

Therapeutic Poetry: Supporting the Healing Journey through the Language of the Soul

Isabelle St-Jean, Proprietor, Inspired Momentum Development, Vancouver, BC

For the past two decades, poetry has been increasingly recognized through research as a powerful catalyst to help release vital energy and mobilize the healing life force within. As the language of the soul, poetry expresses profound meaning that assists a person to understand and integrate significant events of their lives including a health crisis. Being used in palliative care, hospice settings, or in a mental health support group, for example, poetry's evocative powers counteracts alienation from self and others as it calls for mindfulness and invites deep reflections. Whether used to build rapport, community, to appropriately open to our innermost tender places or to inspire by adorning the walls of a medical institution, the wonderful uses of poetry in health care are as expansive as the human imagination.

The Ethics of Navigating Spiritual Care in a Multicultural Context

Nancy Clark, Community Mental Health Nurse, Vancouver Coastal Health, Vancouver, BC & Tracy Carr, Professor, Department of Nursing and Health Sciences, University of New Brunswick Saint John

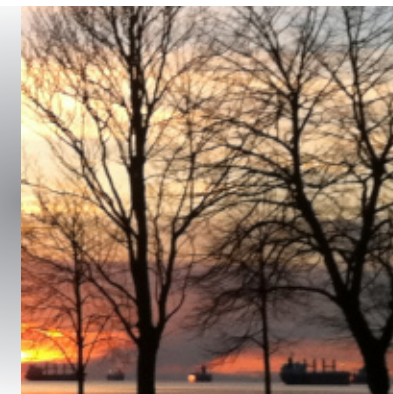
Recently spiritual care has been the topic of much debate within health care discourses including nursing. Although many practitioners and scholars agree that spirituality is an important aspect of health and healing, confusion exists as to how practitioners are to enact *spiritual care*. In particular the question arises as to how nurses are to provide spiritual care given the cultural diversity of meanings and practices that exist related to spirituality. We argue that a conceptual framework of feminist ethics and cultural safety may provide some guidance to approach spiritual care giving for healthcare providers who practice in various contexts and with diverse populations. The authors of this article are involved in research studies that integrate spirituality as part of holistic care approaches that address health care needs of culturally and ethnically diverse individuals in various health care contexts. Guided by a framework of feminist ethics and cultural safety, we provide examples of spiritual care from our experiences in mental health and addictions, dementia care and cancer care, as well as a review of research that suggests spiritual care is embedded in morality. Through our examples, we will illuminate factors that both challenge and facilitate the provision of ethically sound and culturally safe spiritual care among culturally and socially diverse settings and patient populations.

Spirituality & Health: Offerings from the Wisdom Traditions Regarding Definitions, a Framework and Spiritual Practices

Suzette Bremault-Phillips, Assistant Professor, University of Alberta, Dept. of Occupational Therapy, Edmonton, AB & Andriy Chirovsky, Professor, Saint Paul University, Tucson, Arizona

It seems everybody talks about *spirituality* these days. What does it actually mean? This presentation will offer an overview of spirituality from the perspective of the wisdom traditions, a useful spiritual framework applicable to health service delivery, and practical ways to integrate spirituality into current practice.

Evening Free



Friday, May 4, 2012

7:30 am Walking Meditation (Optional)

Meet Chris Bernard at the Registration Desk
The Zen Buddhists call it Kinhan which is a very accessible spiritual exercise combining calming bodily movement with mindful centering, in a garden setting.

8:00 am Breakfast

9:00 am Welcome

Thomas D. Maddix, CSC, D. Min.

Reflection

Loretta Teeuswen, Pastoral Care, Youville Residence
Providence Health Care

9:15 am Opening Address: Compassion in the 21st Century: Challenges and Opportunities

Nuala Kenny, SC, OC, MD, FRCP(C)

10:20 am Break

Program Spirituality: The Invisible Ingredient in Health and Healing

10:45 am – Concurrent Sessions – Block 3
12:00 noon

What Difference Does the Difference Between the Logic of Science and the Logic of Practice Make?

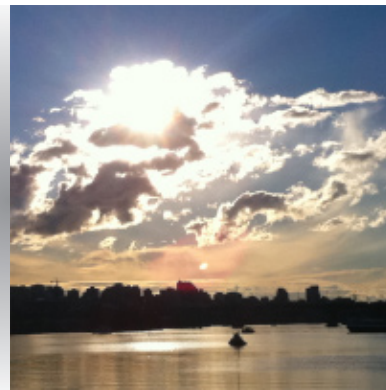
Marion C.E. Briggs, Practice Consultant, Interprofessional Practice, Education and Research, Providence Health Care

The logic of science and the logic of practice are different, and in many ways, incompatible. What difference does this difference actually make? When we *translate* scientific theory into practice, it does not account for the holistic *meaning context* of practice, the many situations that don't quite fit the theory, the circumstances that make *fit* impossible, or the fact that practice is a living, embodied experience, not an abstract concept. We will not abandon science, but we will explore together the life-giving and theory producing *knowing* of the logic of practice and how temporary breakdowns actually help us to understand the logic of practice and reconnect with the intentions, hopes and dreams that brought us all into healthcare in the first place. (limit 20 participants)

Henri Nouwen and Clinical Spirituality: The Hidden Source

Christopher De Bono PhD (Cand), University of St. Michael's College, University of Toronto, Toronto, ON

A little known fact is that Anton T. Boisen, the seriously mentally ill and often forgotten pioneer of clinical spirituality, helped Henri Nouwen formulate his core ideas about spirituality in clinical care. This workshop will do three things: (1) it will introduce for the first time a detailed outline of the content of Nouwen's unpublished and incomplete doctoral efforts about Boisen; (2) it will show how strong - yet under explained and essentially invisible - the link is between these two innovators; and (3) it will propose that Nouwen's assimilation of Boisen is very contemporary, especially given current trends in clinical spirituality. This workshop is primarily geared for clinicians and clinical leaders because it explains how ideas about clinical spirituality become assimilated into practice and offers a contemporary way for people on the frontlines to better integrate spirituality in their health care practice.



Healing for Homeless Persons with Mental Illnesses

Rev. Steve Newton, Pastor, St. André Bessette Catholic Church, Portland, OR

How one healing ministry works in mutuality for the healing of the homeless mentally ill. Expectations make a world of difference in the healing process, we have found. If we expect the illness to disappear, the person to become *normal* with employment and independent indoor living, we fail. There are other agencies that do that work. The desired outcomes of our approach include increased self-awareness, acceptance and confidence, a sense of belonging and being known and feelings of safety. These are crucial elements of any healing process, and are approached relationally rather than programmatically. During the workshop, participants will be invited to share their definitions and stories of healing. Then the group will work at designing a model program for dealing with those who come to the door.

Keeper of Sacred Stories: Nurturing and Affirming the Potential for Wholeness in the People We Serve

Francis Maza, Exec. Lead for Mission, Ethics, & Spirituality, Catholic Health Ministry of Saskatchewan, Saskatoon, SK

This workshop will look at the power of 'storytelling' as a means to nurture people's spirituality. Participants will explore spirituality in the context of storytelling and learn practical steps to nurture and affirm the potential for wholeness in the people they serve.

People have been telling stories for centuries: folk stories, sacred stories, personal stories, etc. Stories are how we orient ourselves in our world and make sense of what is going on in it. Telling our story is a way of discovering ourselves and what is deepest in our hearts, and so the very act of sharing our story with others counteracts the isolation we often feel. It also carries within it the seeds of community and connection which is often lacking in the business of our lives.

Program Spirituality: The Invisible Ingredient in Health and Healing



The Spirituality of Navigating Change in Residential Care – Living the Mission During a Time of Disruption

Arif Padamshi, Site/Operations Leader; Chris Bernard, Pastoral Care; Ouida Lanuza, Social Work; Karima Kurji, CNL, St. Vincent's Langara, Providence Health Care

During times of stress, uncertainty and change, what grounds us? Where do we draw our hope and inspiration from? It is our values that we draw upon to guide us during difficult times, to sustain and energize us. The team found inspiration and resonance with Providence Health Care's values of spirituality, integrity, stewardship, trust, excellence and respect. These values served as a foundation and framework that helped guide and negotiate the difficulties encountered.

Being a Healthcare Provider in 'Insane' Places: Attending to Spiritual Crisis and Moral Distress

Philip Crowell, Director of Spiritual Care BC Children's and Women's Hospitals and Adjunct Professor UBC School of Nursing, Vancouver, BC

The workshop facilitates a process of identifying the challenges of the healthcare environment as it becomes more demanding of healthcare providers who seek to approach difficulties with a greater sense of spirituality. We identify those troublesome and *insane* places for patients and providers and then examine what is called *spiritual crisis, moral distress* and *vicarious trauma*. We will strategize how we may address such issues. Part of our response to some of these serious challenges is to conceptualize a vision of spirituality and care through various forms of existential, Aboriginal, religious and medical art in order to re-image our understanding of health-care.

12:00 noon Lunch

1:15 pm Plenary Address:
Life Lessons from the Deathbed: What Happens When We Allow Our Patients to be Our Teachers
Rev. Philip Weaver, CPE Supervisor, Providence Health Care

2:15 pm Break

2:30 pm - 3:30 pm Closing Address:
Assessing Spirituality in Health Care
Kenneth I. Pargament, PhD, Department of Psychology, Bowling Green State University Author of *Spiritually Integrated Psychotherapy: Understanding and Addressing the Sacred*, New York: Guilford Press.

3:30 pm Closing Reflection
Chris Bernard, Pastoral Care, St. Vincent's Langara, Providence Health Care

3:40 pm Closing Remarks
Thomas Salley, Vice President (Acting) Mission, Ethics & Spirituality, Providence Health Care, Vancouver, BC

Program **Spirituality: The Invisible Ingredient in Health and Healing**

Accommodation

Coast Plaza Hotel & Suites

1763 Comox Street, Vancouver,
British Columbia, Canada V6G1P6

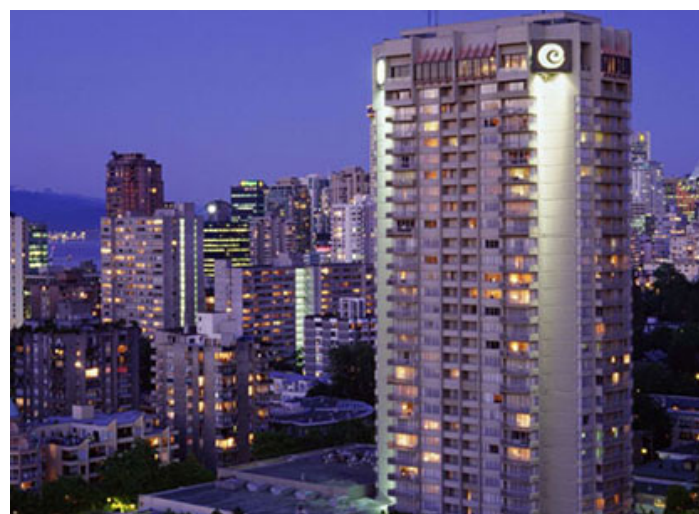
Toll Free: 1-800-663-1144 or
Direct Telephone: 604-688-7711

www.coasthotels.com

Guest Room Rates

Comfort - \$129.00
One Bedroom - \$169.00

Guest room rates are based on single or double occupancy, an additional charge applies to extra adults in the room. Guest room rates do not include breakfast. Guest room rates are subject to applicable taxes. Parking has a fee of \$25.00 inclusive of taxes.



Reservations

You may book your accommodation(s) online by using the Group Booking Link:
<http://www.coastpromos.com/gm5>

Or by calling our toll free number 1-800-663-1144 and quoting the Group Booking Code CPS-GFC3790954 and/or Group Name: Spirituality - The Invisible Ingredient in Health & Healing.

When making your reservations, you will be asked to provide a credit card to guarantee your accommodations. Cancellation policy is 48 hours prior to arrival. The hotel will also honour these rates three days prior and three days following the conference. Reservations must be made before April 2, 2012 in order to guarantee this rate and can be made in either of the following two ways.

To book online

Booking Code GFC3790954 for the Providence Health - Spirituality Conference 2012:

1. Open your computer browser to: <https://www.coastpromos.com/gm5>
2. Go to Reservations
3. Select the province & city or the hotel name, enter the check-in and check-out dates, and finally the number of rooms and number of guests
4. Enter the group booking code as indicated above in the 'Group Code' box and then click 'Check Rates & Availability'.
5. The special rates for the meeting will appear (you may have to scroll down).
6. Follow the prompts as indicated, and upon completion, a confirmation number will be given.

Should a guest wish to make reservations after the group booking cut-off date, the guest will have to call the hotel reservation's department directly at 1-604-688-7711 to reserve a room. This will be done on a room availability basis.

Registration **Spirituality: The Invisible Ingredient in Health and Healing**

Conference Registration Form

Coast Plaza Hotel, Vancouver, BC | May 3rd and 4th, 2012

Name			
	first	middle initial	last
Title			
Organization			
Address			
	city	province/state	posta/zip code
Telephone			
Email			

Concurrent Session Choices (Please select one session for each block):

Thursday, May 3 2:35 pm - 3:50 pm Block 1	Thursday, May 3 4:00 pm - 5:15 pm Block 2	Friday, May 4 10:45 am - 12:00 pm Block 3
Making Room for Faith and Values in Evidence-Based Medicine	Spirituality and Medicine: Can they be combined?	What Difference Does the Difference Between the Logic of Science and the Logic of Practice Make? (20 people)
Spirituality for Everyone But ...	This Film is About Compassion	Henri Nouwen and Clinical Spirituality: The Hidden Source
Pastoral Care: Forming Relationships that Facilitate Healing	Therapeutic Poetry: Supporting the Healing Journey through the Language of the Soul	Healing for Homeless Persons with Mental Illnesses
Strategic Focus on Spirituality in the Workplace Enables Delivery of Holistic Care	The Ethics of Navigating Spiritual Care in a Multicultural Context	Keeper of Sacred Stories: Nurturing and Affirming the Potential for Wholeness in the People We Serve
The Power Within the Spirit: Nurses, Patients and Families	Spirituality & Health: Offerings from the "Wisdom Traditions" Regarding Definitions, a Framework and Spiritual Practices.	The Spirituality of Navigating Change in Residential Care – Living the Mission during a time of disruption.
		Being a Healthcare Provider in 'Insane' Places: Attending to Spiritual Crisis and Moral Distress

Registration Fee

	Early Bird Registration (Deadline: April 5, 2012)	Regular Registration (April 6 – May 3, 2012)
General Two-Day Full Registration Fee*	\$300.00	\$375.00
Student/PHC Staff Two-Day Full Registration Fee*	\$250.00	\$325.00
May 3 Registration Only	\$175.00	\$250.00
May 4 Registration Only	\$175.00	\$250.00

* All fees are in Canadian Dollars.

* The full registration conference fee includes access to all conference sessions, refreshment breaks, lunch and conference materials.

Registration Payment Method

- Cheque (payable to Providence Health Care)
- Visa
- MasterCard

card number	expiration date: month/year
signature	date

Refund Policy

A full refund less an administration fee of \$50.00 will be made for registrations cancelled in **writing by March 25, 2012**. No refunds will be made after March 25, 2012.

Mail form and payment to:

Elizabeth Turtle
 Providence Health Care
 Mission, Ethics & Spirituality
 1081 Burrard Street,
 Vancouver, BC Canada
 V6Z 1Y6

Or Fax this registration form with your credit card payment to (604) 806-9458