

Spiritual Care Collaborative Workshop - Session M1.28

Monday, February 2, 2009 – 1:30 p.m. – 3:00 p.m.

Hope Versus Despair: Educational Spirituality Groups for Mental Health Patients The Rev. Roger J. Ring, Mayo Clinic, Rochester, Minnesota

- 1) You Can Never Know Enough – Don't try to
Techniques can be their own addiction.
Be the best self you can be – Be the self that you are!
Rabbi Edwin Friedman – Family System's Theory

- 2) Hope
 - “The fundamental knowledge and feeling that there is a way out of difficulty, that things can work out, that we as human persons can somehow handle and manage internal and external reality, that there are solutions...there are ways out of illness.”
 - Looks to the next step
 - Envisions what cannot yet be seen
 - Is not overcome by the absoluteness of the present moment
 - Hope is present in each moment as it looks into the future
Images of Hope William F. Lynch

 - “Hope is the emotional signature of a special type of expectation. It is a unique amalgam of expectation and desire that our brains function to allow us to escape the present and pursue goals that are designed to enhance our future well-being.”
 - Hope is: an anticipatory emotion.
 - “Hope gives us a vision that things can be better, rather than just continuing as they have been...an expectation that some desired goal can be obtained.”
 - “The ability to direct human behavior towards the future is an acquired skill and has to be learned.”
Hope and Despair: How Perceptions of the Future Shape Human Behavior
Anthony Reading, M.B., B.S., M.P.H., SC.D

 - “Hope assumes the future contains potentialities not visible in the present.”
 - “Hope sees the present as pregnant and is curious about what might be birthed.”
Hope in Pastoral Care and Counseling Andrew D. Lester

- 3) Prevalence of Hopelessness in the mentally Ill
Confront Hopelessness: Do not fall in love with it.
Use what the patient gives you: Milton Erickson, M.D., Rosen, Sidney My Voice Will Go With You.

- 4) Education – As Ministry
 - “Hope Is a Different Perspective,” Orientation

- Beyond Empathy, Evidence-Based
- Simplify, translate to understandable terms

5) Different themes at Mayo units

Adult Acute Psychiatry (30 minutes with handouts) 4 topics revolving cycle:

- a) Spirituality and Hope
- b) Grief and Loss
- c) Suffering and Hope
- d) Resentments and Forgiveness

Also Ran:

- Attitude of Gratitude
- Positive Life Philosophy
- Do It Anyway
- Grief and the Holidays
- Living one day at a time (Just For Today)

Inpatient Addiction Program (60 minutes total PowerPoint)

Steps of AA, Spirituality and Hope (19 slides + 3 photos)

- Resentment and Forgiveness (15 slides)
- Suffering and Hope (15 slides)

Pain Rehabilitation Clinic

Anger and Spirituality

Adolescence Psychiatry

- Friendships and relationships, hope, grief

Elder Ministry

- Hope, grief, holidays

6) Metaphors, Stories, Euphemisms, Illustrations

- What is it a patient remembers about your groups?
(By far the illustrations used to make a point)

 - a) If at first...
 - b) Flight Plan
 - c) Contain the Grief – 1/12
 - d) Garden – untended for one month

- tapes/CDs, sermons, psychology of success

7) Literature Search

Relevant themes in the current publications

8) Bibliographies – online

9) Best Practices Colloquium – Solutions that work.

- a) Themes successfully presented and received
- b) Unexpected gifts, serendipitous insights acquired in ministry
- c) Experiments, risks that succeeded
- d) Towards a Theology of Hope