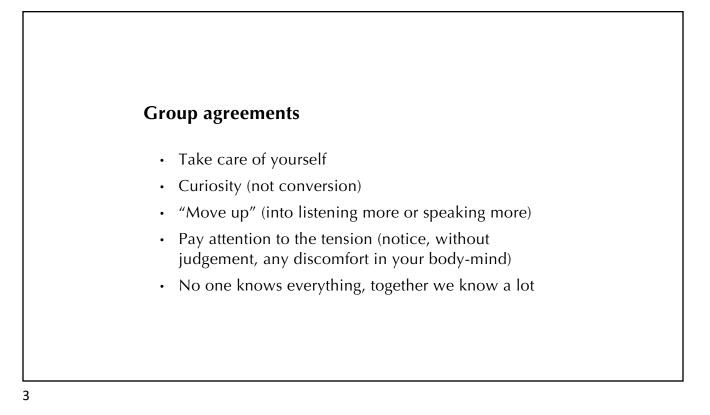
SPIRITUALITY, MEANING, AND PURPOSE: ADDRESSING A CRITICAL DIMENSION OF HEALING

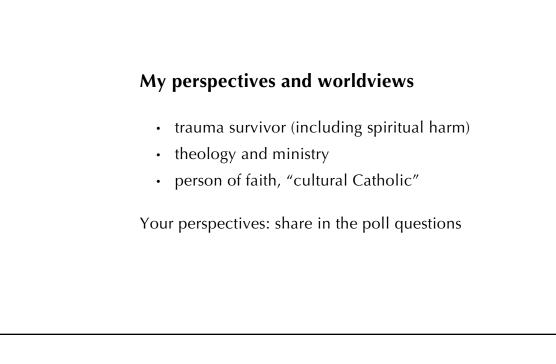
Victoria Welle 2020

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Land Acknowledgement

Acknowledgement of the traumatic impact of the suppression of indigenous cultural and religious practices in the United States





Defining spirituality

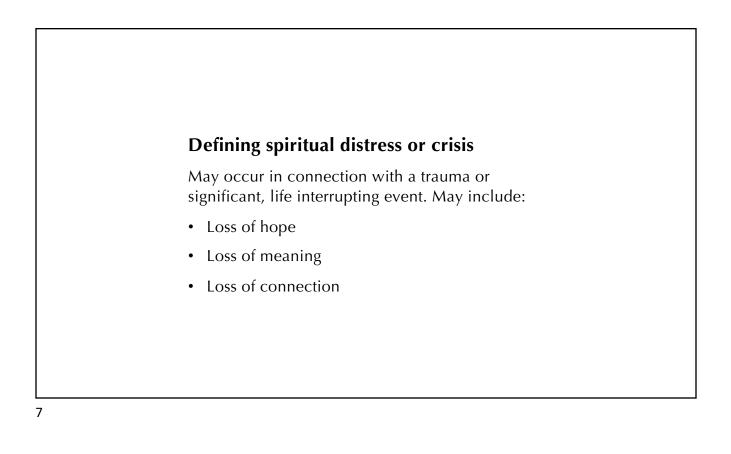
"Spirituality is the aspect of humanity that refers to the way individuals seek and express meaning and purpose, and the way they experience their connectedness to the moment, to self, to others, to nature and to the significant or sacred."

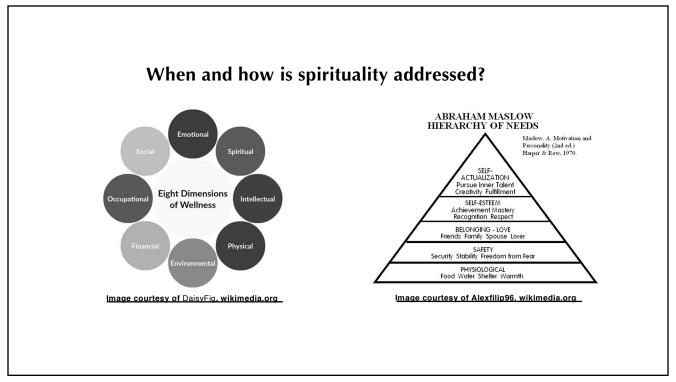
(Pulchalski et al, Journal of Palliative Medicine, 2009)

Meaning and purpose ("what will get you out of bed")

"Nothing is more practical than finding God, that is, than falling in love in a quite absolute, final way. What you are in love with, what seizes your imagination, will affect everything. It will decide what will get you out of bed in the morning, what you will do with your evenings, how you will spend your weekends, what you read, who you know, what breaks your heart, and what amazes you with joy and gratitude. Fall in love, stay in love and it will decide everything."

- Pedro Arrupe, SJ (1907-1991)





The role of spirituality may differ depending on worldview Examples: • Medical worldview • Trauma-informed (social) worldview • Spiritual worldview

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Self-knowledge

Knowing ourselves and the worldview we bring to our interactions is important.

- · Curiosity instead of converting
- · Options instead of advice

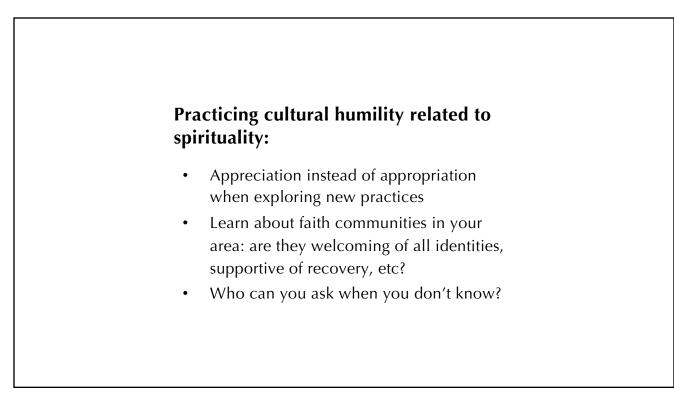
Activity: self-reflection tool

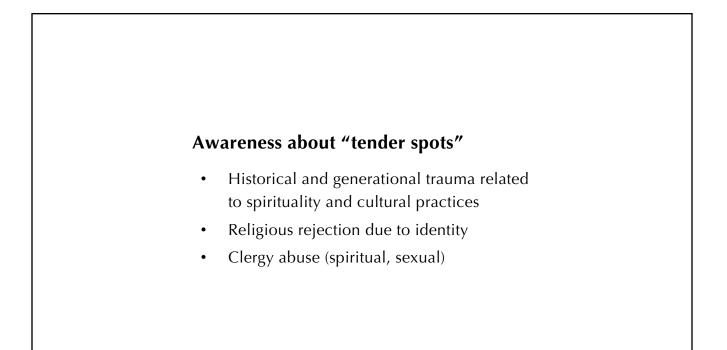
F.I.C.A. spiritual reflection tool

(from the GW Institute for Spirituality & Health)

- **F**aith and belief
- Importance
- **C**ommunity
- Address in care (action)

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Possible "religion-neutral" spiritual activities

defining values music* devotional/meaningful reading* service to others seasonal decorations (e.g. winter instead of Christmas) offering gratitude storytelling

*find choices that do not endorse a particular religion over others

Questions, comments, further discussion

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Thank you for your presence here today.

For further training, consultation, or support resources, please contact me:

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