

Facilitating Spiritual Care Groups

Presenters

Cathy Slarks Austin Repatriation Hospital

Julie Young Epworth Rehabilitation Camberwell

Exploring Meaning and Values



Presenters: Cathy Slarks (Austin), Julie Young (Epworth): Spiritual Health Victoria Professional Development Program 5.09.2018
Presenters form part of the Spiritual Health Vic Mental Health Network

Overview of Session

- ▶ Establishing Groups
- ▶ Group Development
- ▶ Session Planning- A group session walk through
- ▶ Group Dynamics
- ▶ Group Topics
- ▶ Group Program at sites
- ▶ Patient Feedback
- ▶ Questions

Establishing group work in hospital setting

1. Importance of identifying and establishing own professional role in the hospital setting
2. Identification by others of role and education of staff regard spiritual care
3. Providing care to 'our' patients
4. Collaborative approach with distinction
5. Invitation or offering
6. Importance of clarity regard goals and outcomes.

Group Development

- Identified the need.
- Approached NUM & Nurse on ward.
- Two months to develop in consultation with patients.
- “Making Sense of My Journey”
- Patient Resources
- Survey at end of group.

Working Towards Outcomes/ Session Planning

- Write outcomes for group first.
- The group is focused, intentional and purposeful.
- Write Session plan, including:
 - Time allocated
 - Topic covered- detailed
 - Activity
 - Resources required

Working Towards Outcomes/ Session Planning

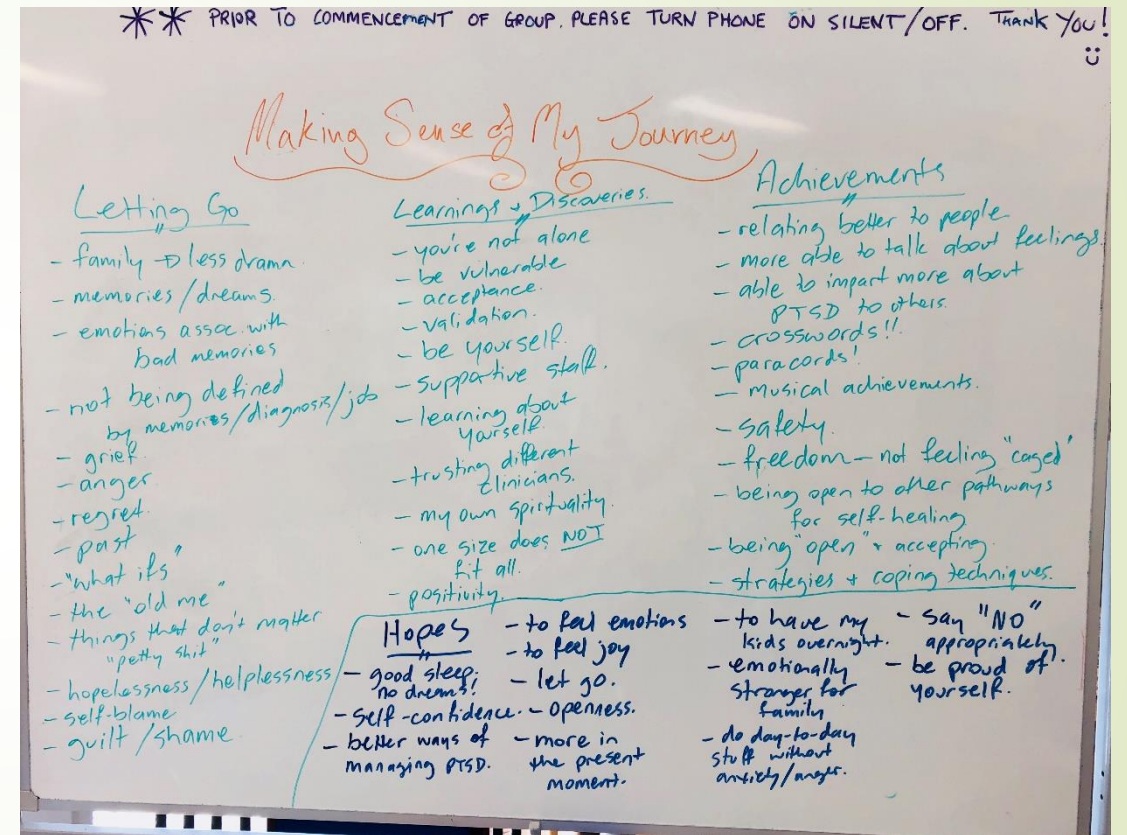
Session: Making Sense of My Journey (ward 17)
Intervention: Sp/Co-Ed Spiritual Counselling & Education
Facilitator(s): Cath Slarks & Lisa Parkinson
Outcomes
At the end of this session the patient will:
A- Supported: Supported through group conversation.
C- Enhanced Communication: Pastoral relationship shall be established with group members and the patients will be encouraged to share their stories and experiences with one another.
D- Spirituality Supported: Matters of meaning and purpose discussed and explored.
F- Increasing Awareness: The patient will become aware of what they have learnt, discovered and achieved from their time in ward 17 and across life experience. The patient will become aware of hopes they have for the future.
G- Issues Identified: The patient will identify what they are letting go of and why this will make a difference to their life.
K- Outlook Improved: The patient's outlook on their life situation will improve within the group.
O- Improving Self Image: As a result of exploring potential hopes, recognising achievements and what they have learnt the patient feels better about themselves.

Working Towards Outcomes/ Session Planning

Session: Making Sense of My Journey (ward 17)				
<i>30min</i>	REFLECTION	<p>Please share as much or as little as you feel able.</p> <p><u>Part 1</u> Letting Go: Patients will be invited to reflect on what they are letting go of in relationship to their journey. Questions:</p> <ul style="list-style-type: none"> - What are you letting go of? - What served you in the past but no longer serves you? - What difference will this make? <p><u>Part 2:</u> Discoveries: Patient will be invited to reflect on what they discovered and what they learnt during their time on the ward. Questions:</p> <ul style="list-style-type: none"> - What have you discovered about yourself? - What's something you've learned? - What achievements can you celebrate? 	<p>Key points to be written by facilitator on the white board.</p>	<p>White Board White Board Markers</p>

Making Sense of my Journey Group: Part 1

- Discussion- Sharing as much or as little as comfortable.
- Letting Go
- Learning and Discoveries
- Achievements
- Hopes

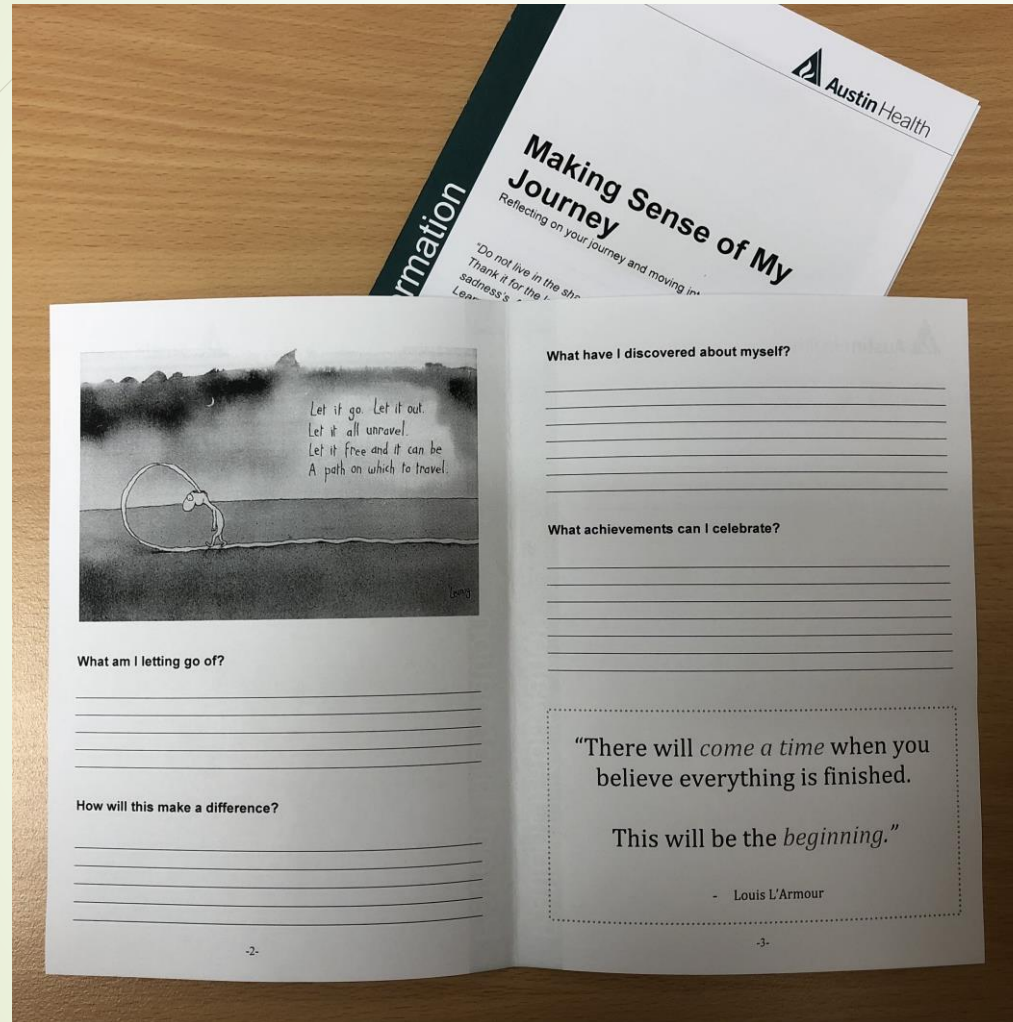


Making Sense of my Journey Group: Part 2



- Ritual at end of group.
- Setup prior to group in the sensory room.
- Meaningful way to symbolise and reflect on discussion.
- Designed as a ritual for the end of a patient's journey on the ward.

Patient Resources



- Resource for patients to take with them.
- Contains quote used in Part 2 ritual
- Space for further reflection.
- Other meaningful quotes to inspire hope.

Managing group Dynamics : Lets begin

1. Our readiness to facilitate
2. Size of group : 'goldilocks formulae' for intimacy in groups.
3. Regularity of group
4. Group guidelines
5. New attendees of group
6. 'Well enough' to participate in group work
7. Patient self-care during group process
8. Are we all in the right place, group and topic?
9. Explanation regard inclusiveness of spiritual care

Managing group Dynamics

Responding to attendees challenging responses

1. Position: safety, sitting or standing, table or circle
2. Observation: face and eye contact, physical movement, self soothing activities, use of phone.
3. Response to 'loss of filter' or 'other awareness': acknowledgement, reiterate guidelines, reestablish safety, reset focus.

Tools for group work

1. Settling into group work : Visual display and items for focus , importance of introduction, 'Bookend ritual', affirmation of attendance
2. Memory in group: 'Celebration gong', use of images, provision of paper and pens, silence, voice projection and pace.
3. Tracking of 'group story' : whiteboard journey, 'group posters'
4. Music
5. Patient resources- Handouts, brochures
6. Book Quotes

Synergy of Group Topics

- ▶ Attendance of Spiritual practitioners at Spiritual Health Victoria Mental Health Network
- ▶ Collaboration between practitioners from Austin, Epworth and St John of God (Andrew Somerville) provided opportunity to present at Spiritual Care conference
- ▶ Identification and affirmation of universal spiritual themes
- ▶ Identification of site specific topics

Synergy of group topics

Site Specific

1. Truth: self criticism
2. Mindfulness
3. Creating a Spiritual Space
4. Nourish your Spirit
5. Moral Injury & Survivor Guilt

Universal Themes

1. Compassion.
2. Hope.
3. Change.
4. Loss and Grief.
5. Values and Beliefs.
6. Meaning /Purpose.
7. Forgiveness .

Austin Mental Health: Psychological Trauma Unit Program Overview

1. Background
2. Programme Setting
3. Fortnightly Rotating Programme
4. Patient attendance
5. Duration of group
6. Documentation of patient attendance
7. Evaluation of group

Epworth Rehabilitation Mental Health Unit 'Spiritual Space' Program Overview

1. Background
2. Programme Setting
3. 6 week Rotating Programme
4. Patient attendance
5. Duration of group
6. Documentation of patient attendance
7. Evaluation of group

Austin Mental Health: Psychological Trauma Unit Fortnightly rotating program

1. Understanding Mindfulness
2. Exploring Meaning and Values
3. Making Sense of my Journey
4. Moral Injury & Survivor Guilt (new group)

Epworth Mental Health Group: Spiritual Space 6 weekly rotating program

1. Compassion who cares?
2. Creating a Spiritual Space: within and without.
3. Forgiveness not a matter of forgetting?
4. Being a genuine Chameleon: resilience and change
5. Exploring Hope in the context of recovery.
6. Beyond Belief: the value of believing.

Patient Feedback

Q4 What did you find was the most meaningful aspects of the group?

Answered: 17 Skipped: 0

#	Responses	Date
1	I really enjoy the ceremony and sharing vulnerabilities.	8/9/2017 4:20 PM
2	Listening to other people	8/9/2017 4:19 PM
3	The openness and sharing	8/9/2017 4:18 PM
4	Honesty- Listening to others	8/9/2017 4:18 PM
5	Group Discussion	8/9/2017 4:17 PM
6	Group Discussion	8/9/2017 4:16 PM
7	The ceremony reinforced all the thoughts experienced earlier.	7/25/2017 3:29 PM
8	loving people	7/25/2017 3:27 PM
9	all	7/25/2017 3:26 PM
10	Sharing and validating each others thoughts and feelings.	7/25/2017 3:25 PM
11	The group discussion was really beneficial- sharing similar thoughts and emotions. The ceremony was so meaningful and emotional.	7/24/2017 4:27 PM
12	working together as a group works from me.	7/10/2017 11:39 AM
13	Integrity of the group itself.	7/10/2017 11:36 AM
14	The spiritual journey is just as important as psych and medication. This group today proved that.	7/10/2017 11:34 AM
15	The: Openness Non Judgemental Honesty Compassion	6/28/2017 3:31 PM

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