

Psychosocial Spiritual Alberta Community of Practice: Suffering and Spirituality in End-of-Life Care

Presenters:

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Host:

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Date:

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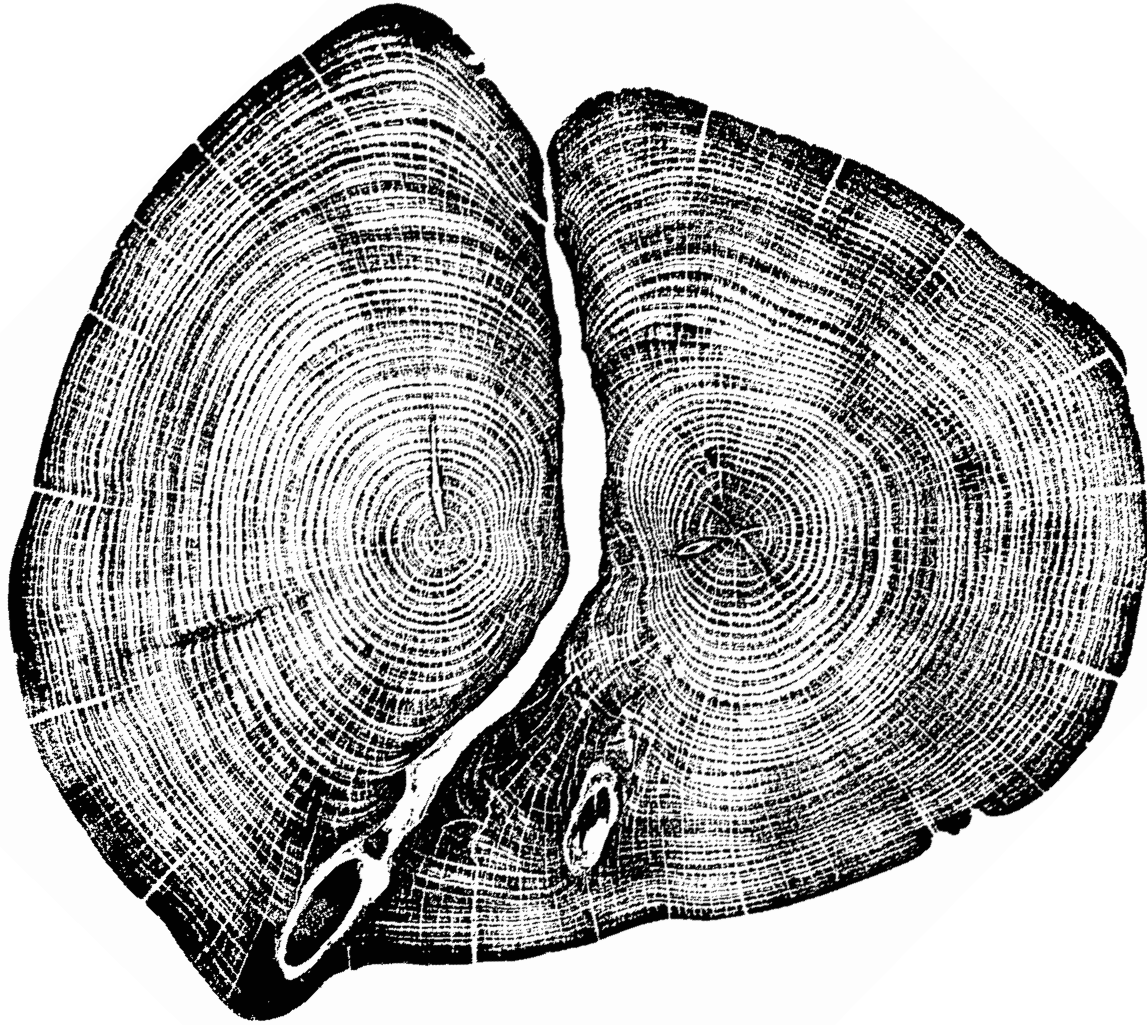


Disclosures

The Palliative Care Public Awareness project is funded by the Government of Alberta. The views expressed herein do not necessarily represent the views of the Government of Alberta.

Reminders

- This session is being recorded.
- Please do not disclose any personal health information during the session.
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SUFFERING
AND SPIRITUALITY
IN END-OF-LIFE CARE

Wenda Salomons and Craig Traynor

The background of the slide is a high-contrast, black and white image of wood grain, showing concentric growth rings and a prominent knot. The image is oriented diagonally, with the wood grain running from the top right towards the bottom left.

LAND ACKNOWLEDGEMENT

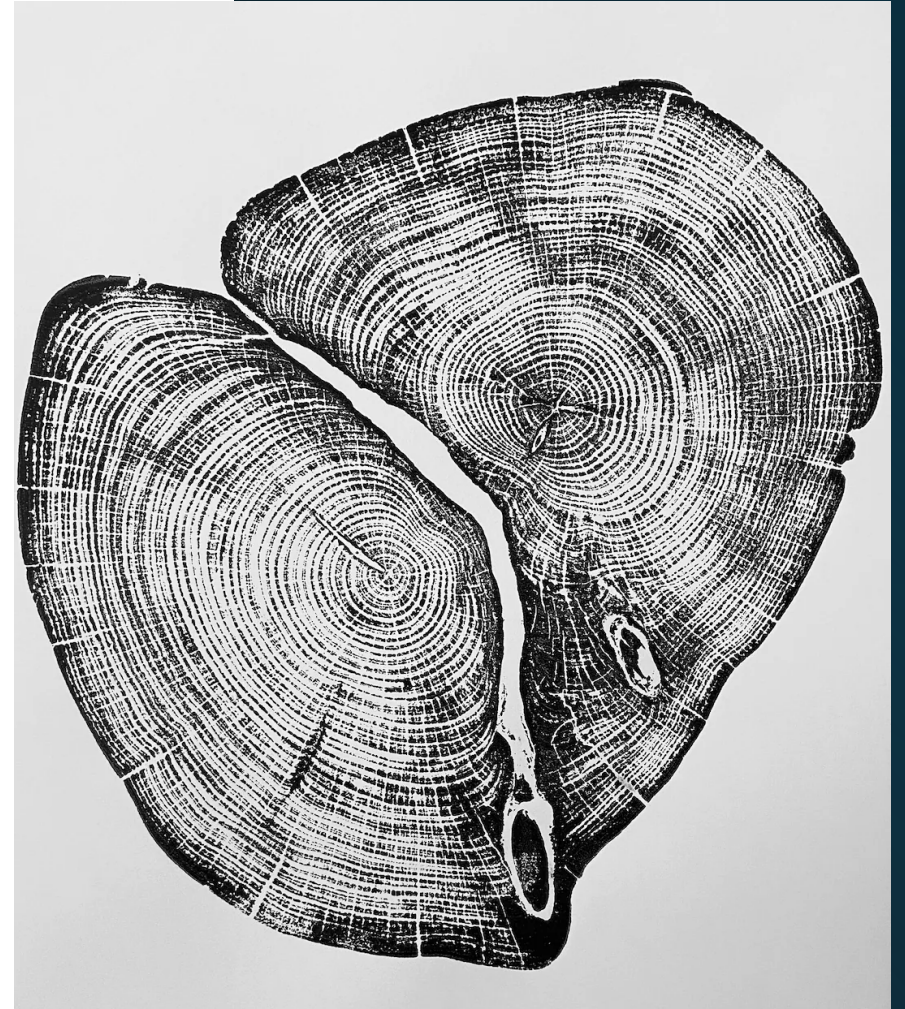
PRESENTER DISCLOSURE

- Presenters: Wenda Salomons/Craig Traynor

Both chaplains/spiritual health practitioners with Covenant Health.

- Relationships with financial interests: not applicable

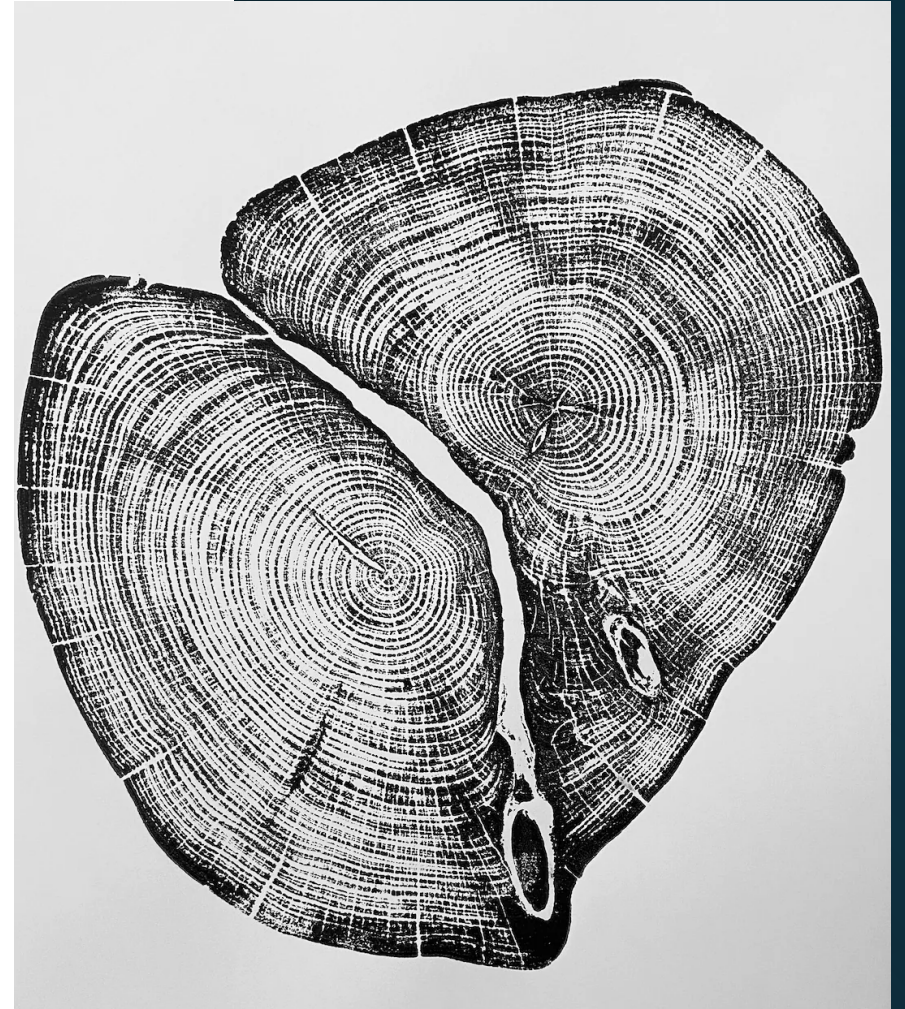
No financial or in-kind support has been received for this presentation outside of our regular workday.



MITIGATING POTENTIAL BIAS

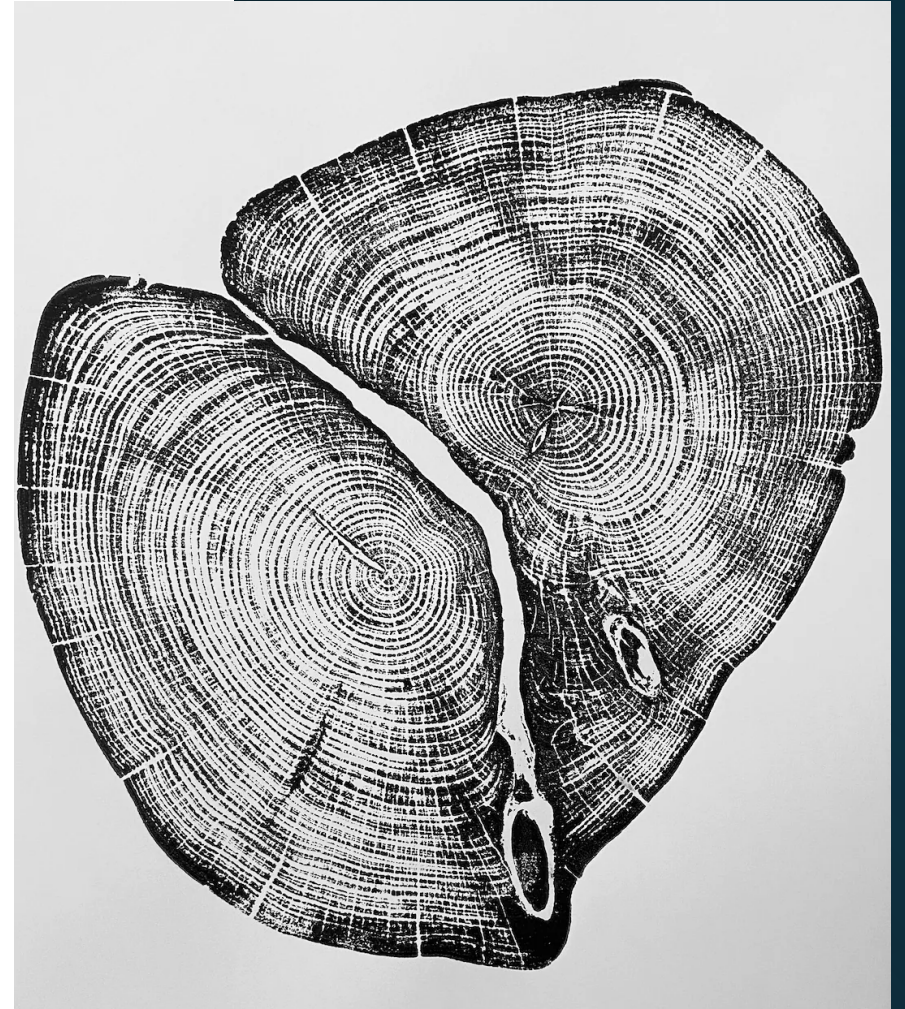
- not applicable

No potential biases and no commercial support for this program



LEARNING OBJECTIVES

1. Identify spirituality and suffering.
2. Propose solutions to suffering from spiritual perspectives.
3. Specify and address particular End of Life challenges related to spirituality.



What is the difference between religion and spirituality?



religion is...





religion is...

“a personal set or institutionalized system of religious attitudes, beliefs, and practices”

- *Merriam Webster online dictionary.*

“refers to the person's self-identification as having a connection or affiliation with any religious denomination, group, body, or other religiously defined community or system of belief.”

– *Statistics Canada*

“Formal articulated expression of belief that is shared in a community. Religion finds its expression in rites and rituals which are based on the beliefs and doctrines of its followers.” - *Manitoba's Spiritual Health Care Strategic Plan (2012).*

spirituality is...

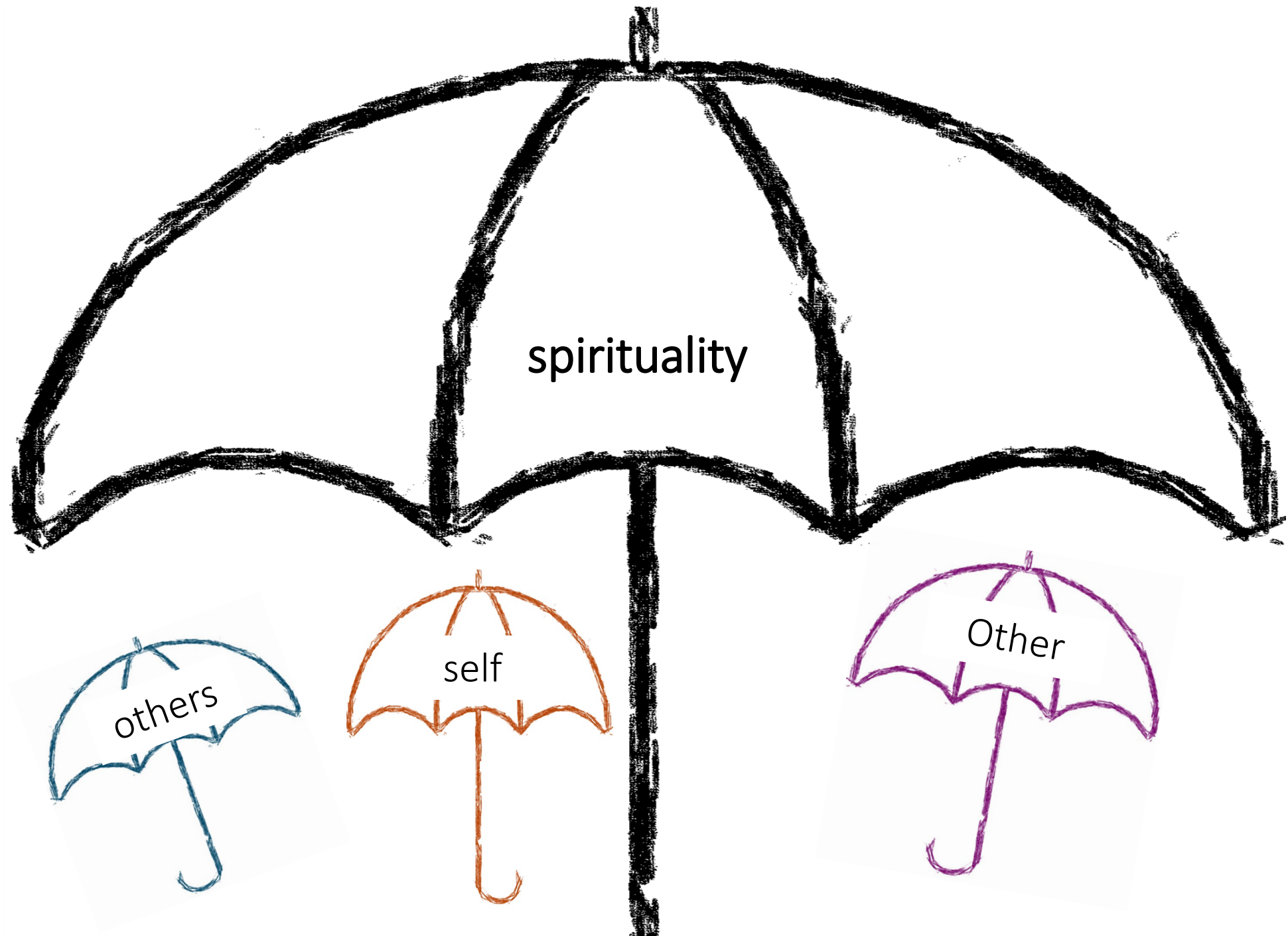


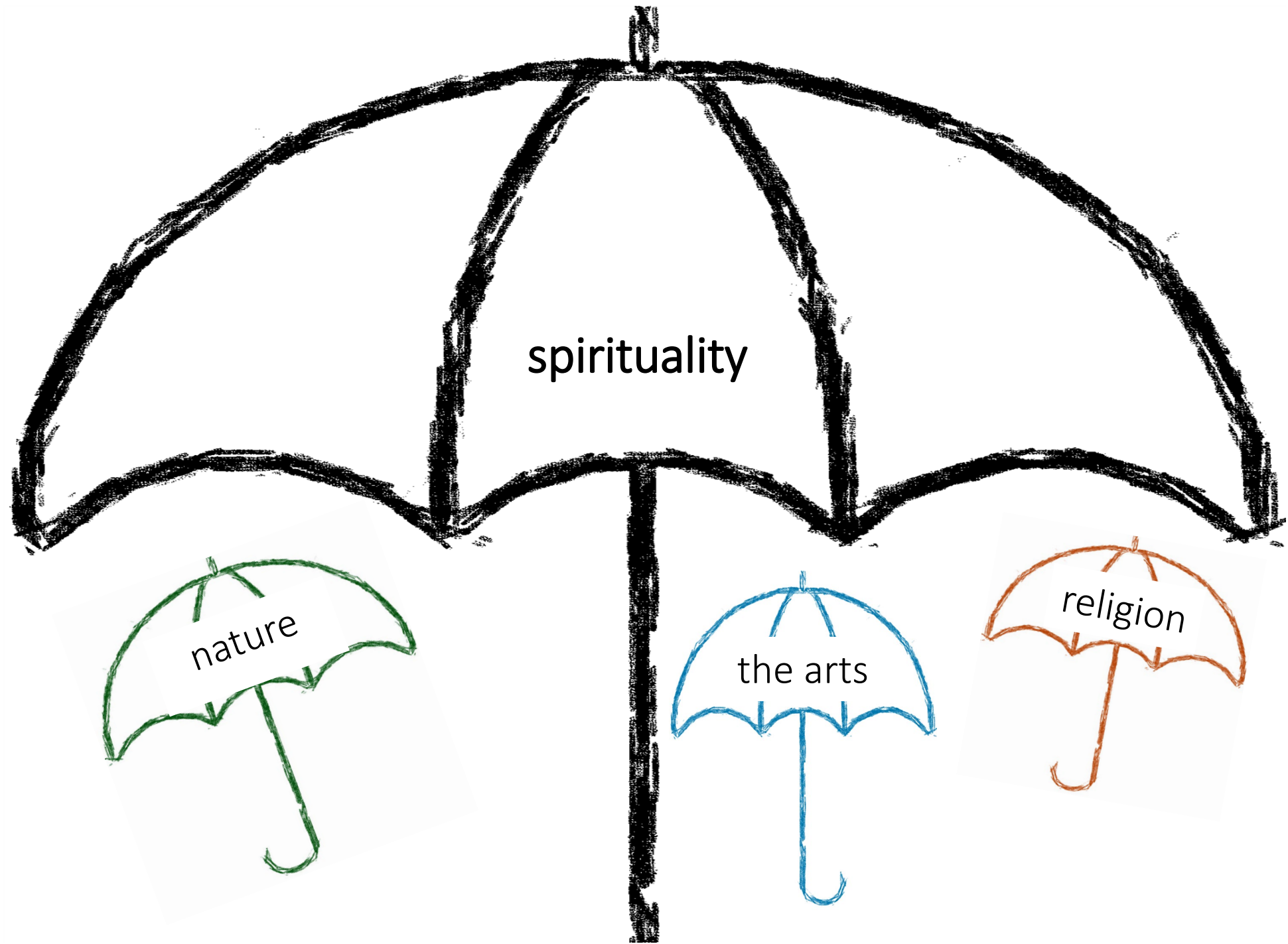
spirituality is...

“sensitivity or attachment to religious values; the quality or state of being spiritual.” - *Merriam Webster online dictionary*

“...the aspect of humanity that refers to the way individuals seek and express meaning, purpose, and harmony, and the way they experience their connectedness to the moment, to self, to others, to nature, to mystery, and to the Significant or to God.”
- *U.S. National Consensus Conference for Quality in Palliative Care (2009)*









suffering is...

“...the state of severe distress associated with events that threaten the intactness of the person.”

- Dr. Eric Cassell

“... the duration and intensity of a pain and then the multi-dimensionality that roots the suffering in the physical and social sphere.” – Dr. Dorothee Sölle

“Pain in isolation” – Dr. Michael Kearney

“Life” – Buddha



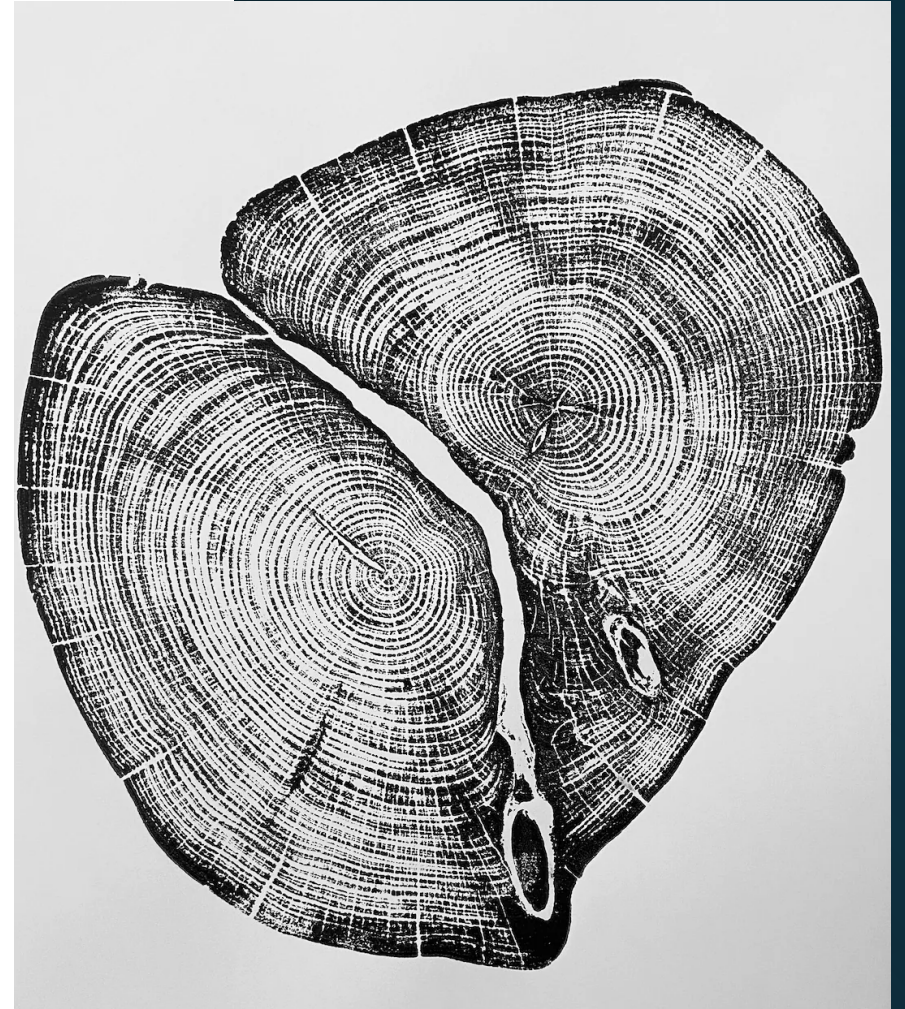
spiritual suffering is...

the disconnect in our
relationships with:

- ourselves
- other
- Other

APPROACHING SUFFERING FROM A SPIRITUAL STANCE

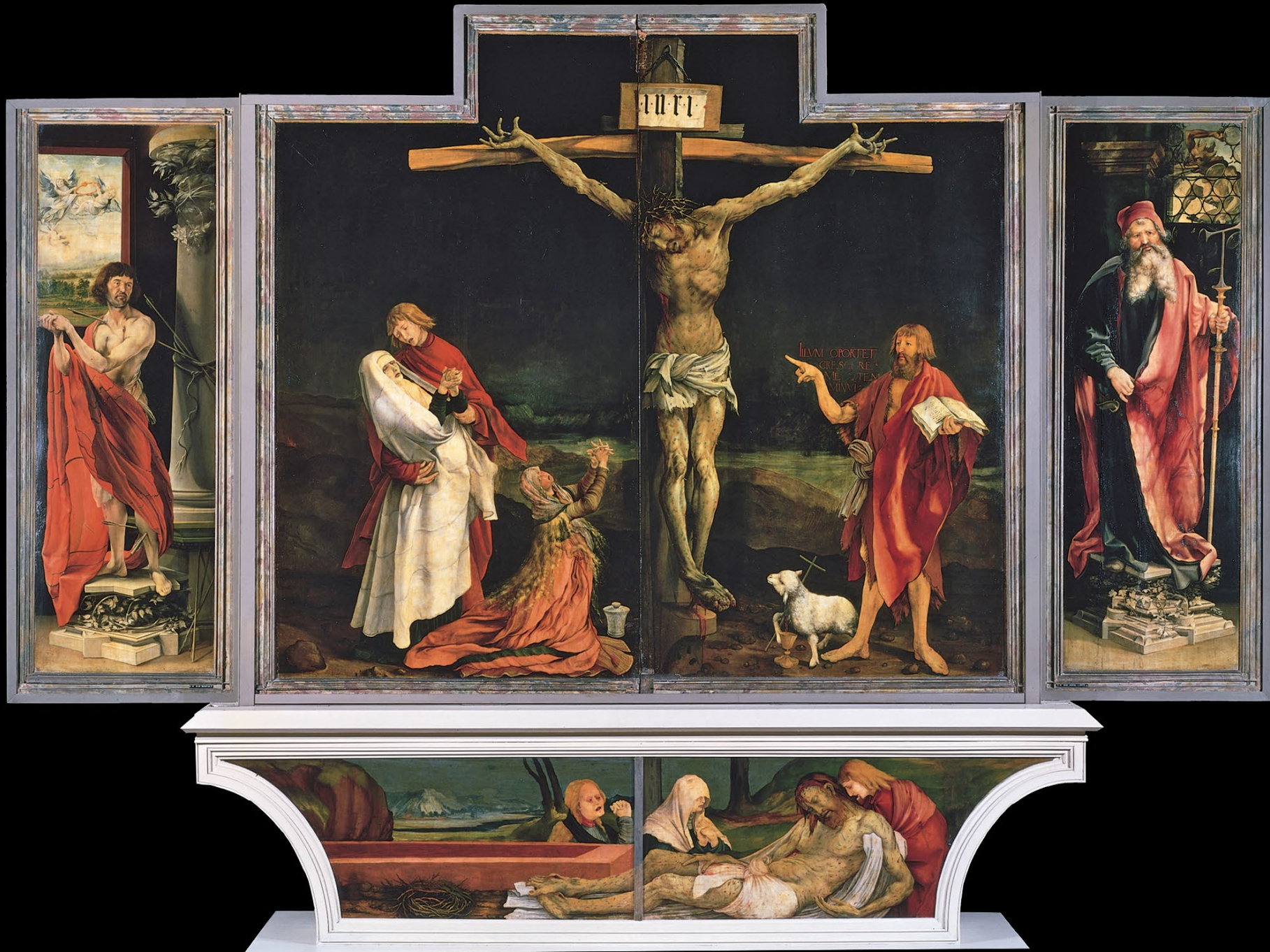
- a short history



Ars moriendi ꝑ

Varijs sententijs collecta cum figuris ad resistendū
in mortis agone diabolice suggestioni valens cui
libet Christiano diuinitus ac multum necessaria.







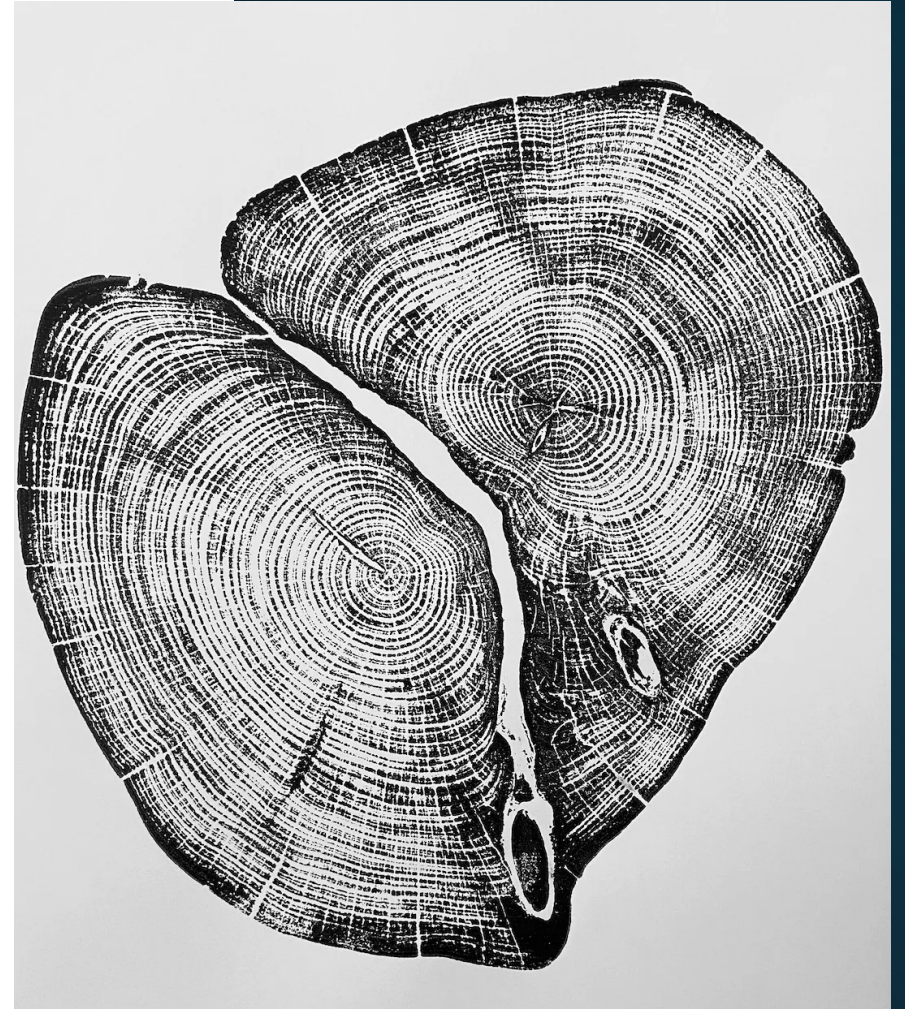
suffering and culture



suffering and the medical model

APPROACHING SUFFERING FROM A SPIRITUAL STANCE

- a contemporary model

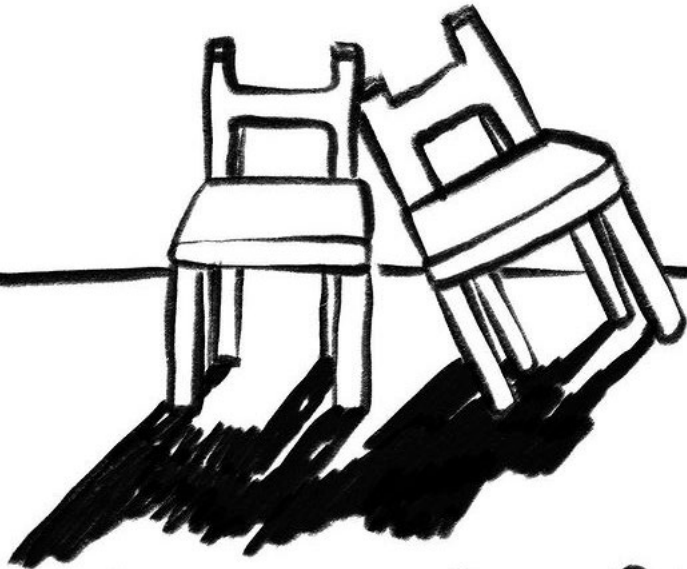




peopleiveloved



I CAN'T TAKE
THE PAIN AWAY...



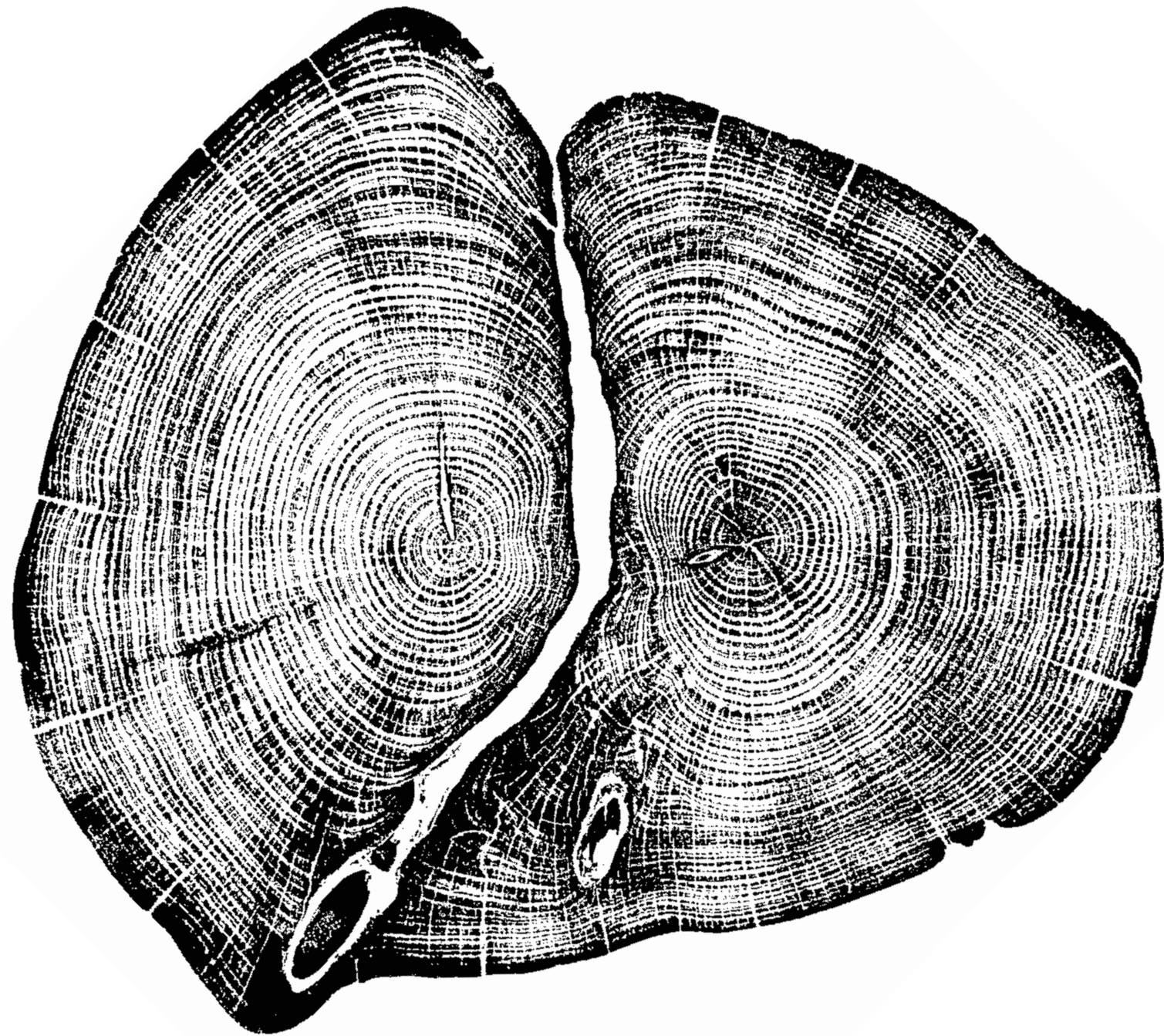
BUT I CAN SIT
WITH YOU IN IT.

compassion =
being with in suffering

“com” = with, together

“pati” = to suffer







bearing witness and the value of silence

“Spiritual pain needs to be received, listened to, and heard. There is no pill or quick fix. It requires a witness.” – Richard Groves, *The American Book of Living and Dying*.

“Respect for those who suffer *in extremis* imposes silence.” – Dr. Dorothee Sölle, *Suffering*.



the cost of compassion and of witness

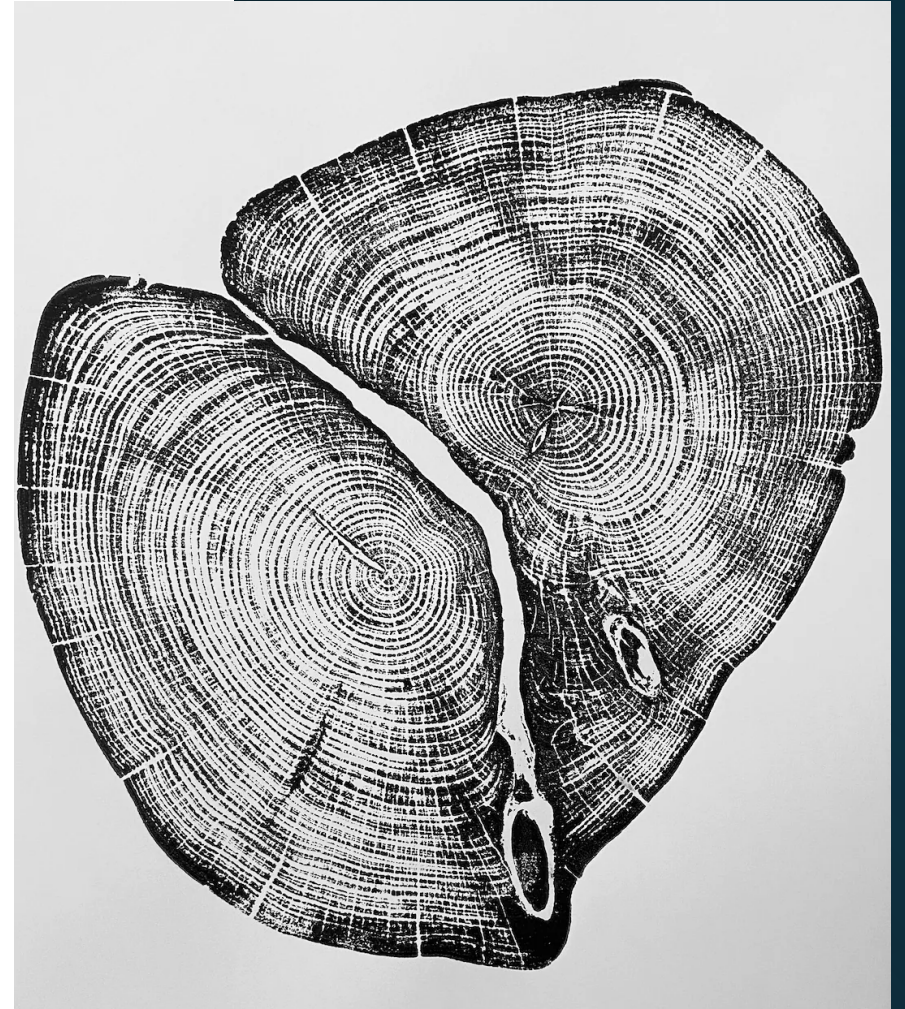
“For most of us, the mere touching of another’s wound probably feels like an act of outward kindness; we don’t realize that its full intended effect is to change us as much as it might change them.” — Fr. Richard Rohr

practicing self-compassion



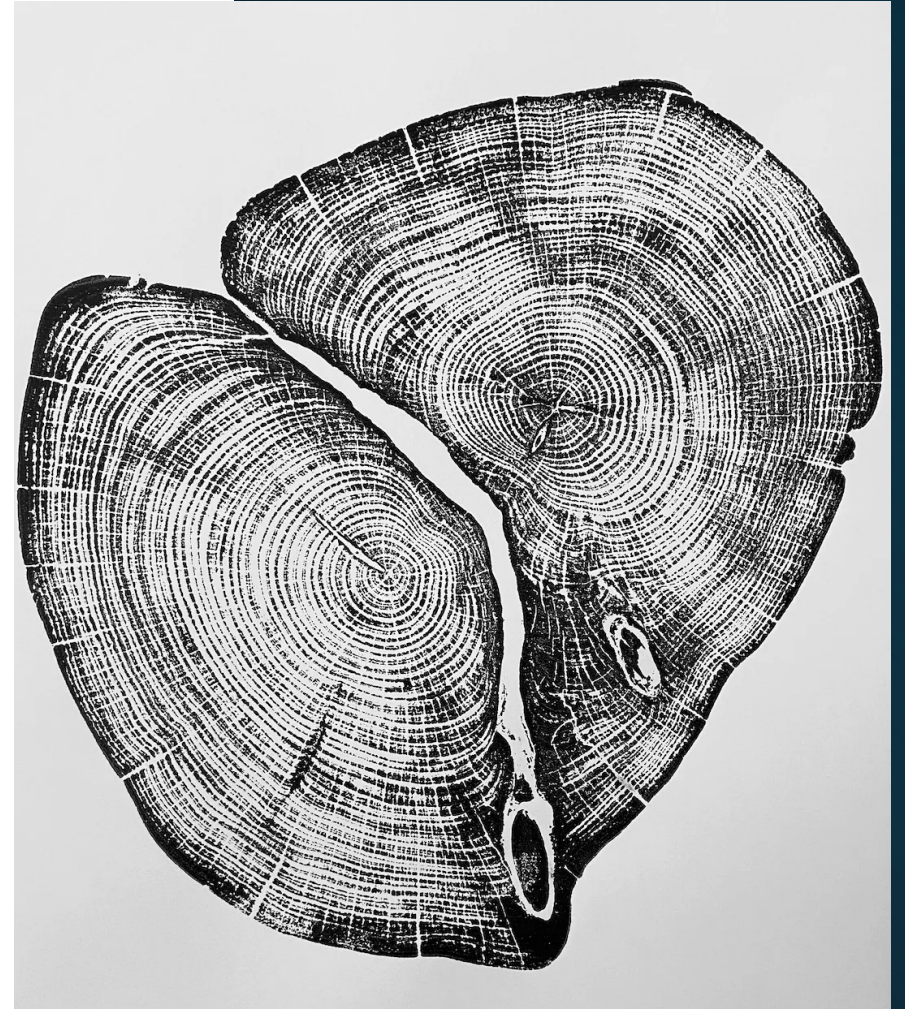
PARTICULAR CHALLENGES

- When suffering is a chosen path – a case study



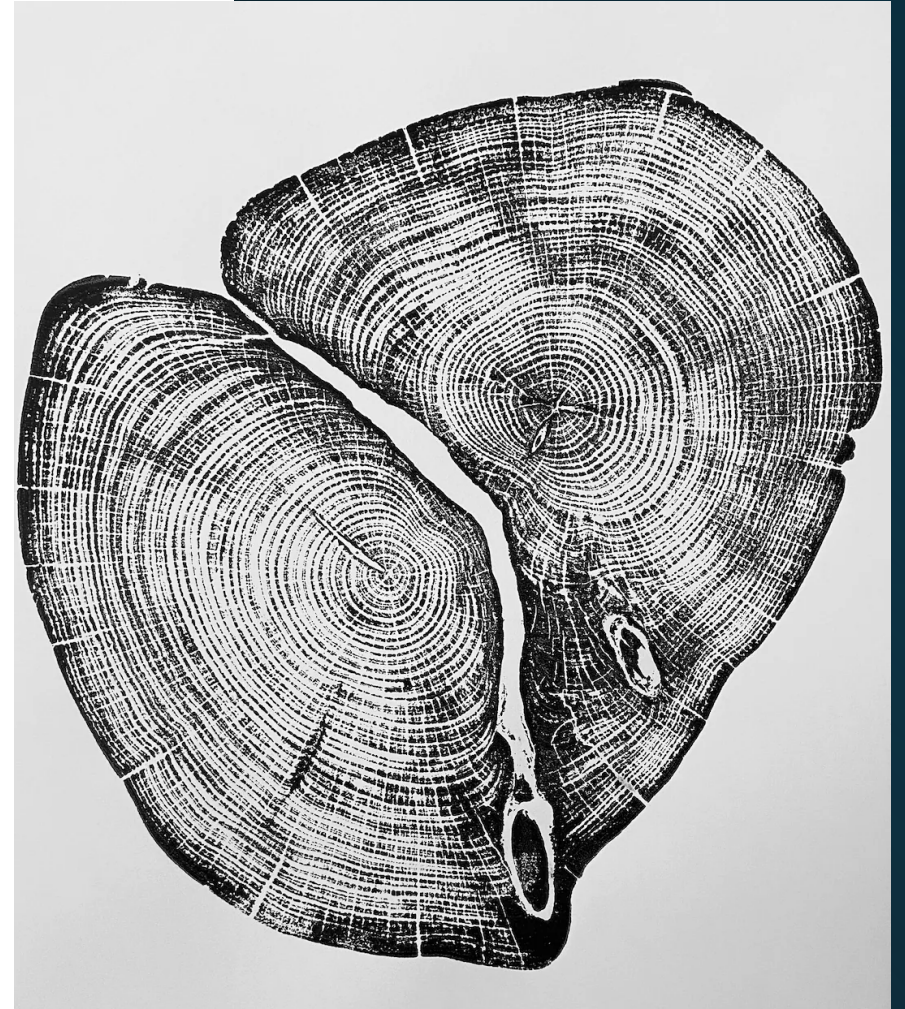
RECAP LEARNING OBJECTIVES

1. Identify spirituality and suffering.
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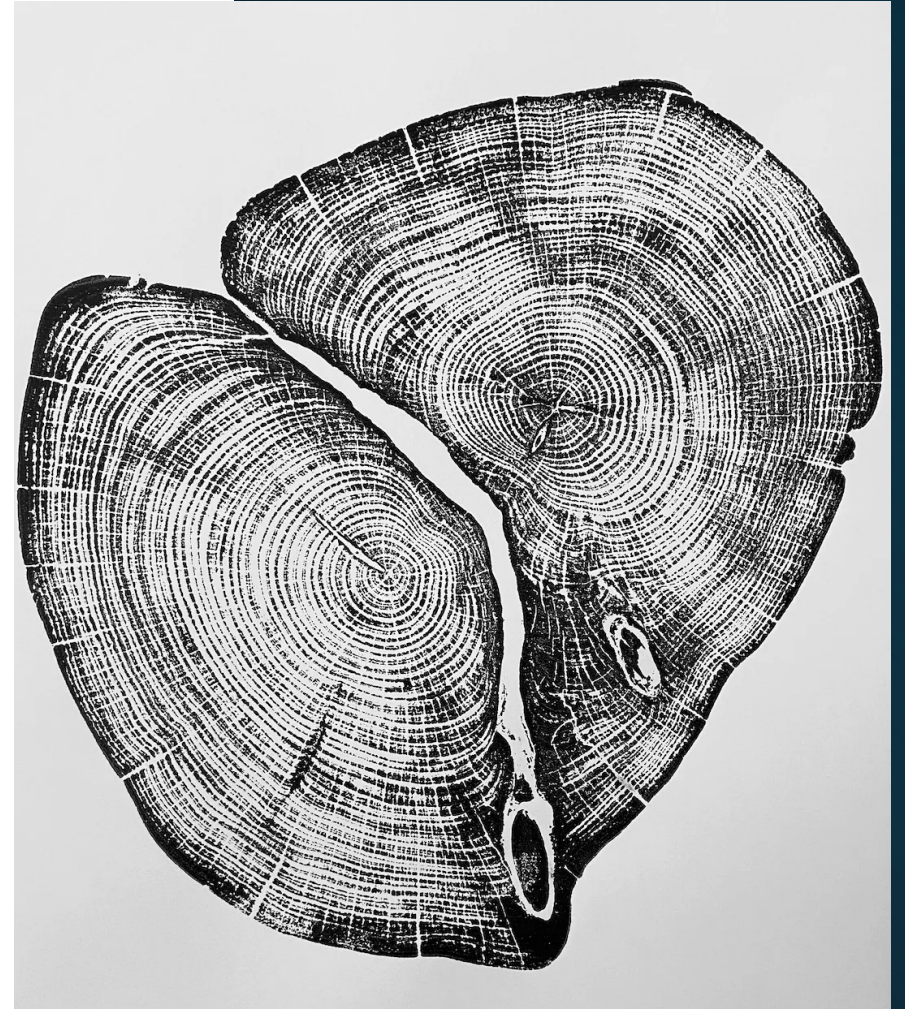
OPENING UP THE FLOOR

- what comments/stories do you have to contribute to the conversation?
- what questions do you have about these themes? what are you wondering about?



BREAKOUT ROOM QUESTIONS

- What story comes to mind for you as you consider the presentation?
- What questions are lingering for you? What are you wondering about?



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Evaluation- Session 8



<https://redcap.link/PsychosocialSpiritualCoPSession8>

Psychosocial-Spiritual Alberta Community of Practice End of Series Evaluation



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Thank You!

The Palliative Care ECHO Project is supported by a financial contribution from Health Canada. The views expressed herein do not necessarily represent the views of Health Canada.



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