Friday, February 22, 2013
Afternoon Workshop B4
4:00 pm – 5:30 pm

Why Me, God?’ – Exploring Spiritual Assessments during Faith & Doubt
Dr. Naomi Paget
Dr. Kevin Ellers

12th World Congress on Stress, Trauma & Coping
Navigating the Next Era of Crisis & Disaster Response
What is Spirituality?

Spirituality is a broader concept than Religion or Faith Tradition. Many people choose to adhere to a religion or faith tradition which provides a source of belonging, meaning, and identity. Spirituality is broader because every person has a sense of spirituality, whether or not she is ‘religious’.

There may well be as many definitions of Spirituality as people on the globe. Many definitions, however, share common elements involving the struggle for meaning and the relationship of the Human Spirit to transcendence and hope.

Consider these descriptions of spirituality.

“Spirituality is a personal quest for the transcendent, how one discerns life’s meaning in relation to God and other human beings. Healthy spirituality fosters healthy relationships and affirms all of life’s experiences as part of the journey.”  
Rabbi Eric Lankin

“There is no essential demarcation between sacred and mundane, or the secular and spiritual. All of life’s activities are infused with a spiritual dimension—echoing as it were, Divine remembrance—so as not to consider the material (including our earthly life) as an end unto itself.”  
Dr. Faiz Khan

“Spirituality is the essence of life—the beliefs and values that give meaning to existence and that which is held sacred. It is one’s understanding of self, God, others, the universe, and the resulting relationships.”  
Rev. Naomi Paget

Marks of positive spirituality

Spirituality is a complex and intricately personal experience. Each person’s spiritual life is a unique and marvelous journey. Each spiritual journey follows its own course; nevertheless, lives that are spiritually whole exhibit similar trends. Such lives express:

- **A sense of awe and wonder:** Feelings of awe and wonder are the personal response to one’s awareness and relationship to the Transcendent, the Mystery, to that-which-is-greater-than-myself.
- **A sense of community:** Feelings of belonging and connectedness nurture one’s soul as well as one’s physical and mental health. The “soul food” of communal identity promotes connectedness, compassion and the desire to serve others.
- **A sense of personal mission:** People who have a strong sense of purpose and direction for their lives seem better able to remain focused and grounded in spite of disruptions and changes.
- **Enthusiasm for continuous discovery and creativity:** A mark of the presence of spiritual reflection is an adventurous spirit that is willing to risk new experiences.
• **A sense of well-being and joy:** Feelings of satisfaction and happiness reflect a balanced life: care for oneself and care for others; accountability to self and others; and, the ability to celebrate life and the Source of life even in the worst of times.2

**How Disaster Affects Spirituality**

Faced with any loss, but especially sudden and profound loss such as in disaster, one’s sense of meaning and purpose—indeed everything one may have thought about how the world works—is turned upside down. This sense of disruption can pervade an entire community.

“A disaster affects the entire fabric of community that existed prior to the event and can cause traumatic stress among the whole community. Disaster recovery is in large part the rebuilding of community, the re-tying of the thousands of strands of relationship in the fabric of our being together that have been severed by the disaster.” The Rev. John A. Robinson, Jr.

**Symptoms of spiritual dis-ease that may be exhibited during disaster include:**

- Reconsidering core tenets of religious beliefs
- Asking questions like “why did God do this?”
- Questioning justice and meaning
- Feeling far from previously held beliefs
- Feeling a need to be cleansed
- Closing oneself off from loved ones
- Feeling despair and hopelessness
- Feeling guilty
- Wondering about life and death
- Feeling shame

**What Is Spiritual Care?**

Spiritual Care includes anything that assists an individual, family or community in drawing upon their own spiritual perspective as a source of strength, hope and healing. In disaster, anything that nurtures the human spirit in coping with the crisis is Spiritual Care.

In Disaster Spiritual Care, Spiritual Care Providers may not share a religious or faith tradition with the individuals, families and communities for which they care. Indeed, the recipients of the care may not belong to any religious community at all. Thus, Disaster Spiritual Care endeavors to provide sensitive, appropriate care for all persons and to celebrate and respect every spiritual perspective.

The Minister as Diagnostician
Paul W. Pruyser

Spiritual caregivers have the clinical authority and expertise to use diagnostic variables for spiritual assessment, yielding a picture of the person from which spiritual strategies can be developed.

Diagnostic variables:
- Awareness of the Holy
  - What is sacred or revered?
  - What is regarded as untouchable or inscrutable?
  - Does the person accept the inevitable, demonstrating awareness of his or her own limits?
- Providence
  - What is the Divine intention toward oneself?
    - Without providence, people are troubled over the ration of goodwill and ill will that come their way - Why? Why me? What did I do to deserve this?
  - With providence comes hope – for global benefits (life, freedom, deliverance)
  - Without providence comes wishes – for specific benefits (money, rain, gifts)
- Faith, understood subjectively
  - Person’s affirming or negating stance in life – not necessarily religious or formal
  - Person’s enthusiasm or lukewarmness – embracing life or shying away
  - Does his or her enthusiasm – engaging in life – open up the world or draw narrow boundaries
- Grace or gratefulness
  - Kindness, generousness, giving and receiving, getting “something for nothing”
  - With guilt, forgiveness is desired; sometimes there is a feeling of unworthiness
  - Grace provides the forgiveness that some people need and want
- Repentance
  - Refers to the process of change
  - Often from an uncomfortable situation to one of greater well-being
  - In interpersonal conflicts, repentance comes from remorse, regret, sorrow
  - There is a feeling of brokenness in spirit
- Communion
  - Feelings of kinship and reverence for life
  - Has to do with embeddedness – reaching out, caring and feeling cared for
  - Feeling united, not separated -- Feeling in touch, not isolated
- Vocation
  - A person’s willing participation on the journey of life
  - Signs of zest, vigor, liveliness, dedication
  - Aligned with divine benevolence or malevolence
  - Has a sense of purpose that validates existence to create inventive solutions to tasks and problems

The 7 X 7 Model for Spiritual Assessment
Assessing Spiritual Needs
George Fitchett

A functional, multidimensional model for spiritual assessment.
- Whole person assessment
- Multidimensional approach
- Relational method of gathering information
- A framework to organize information, not an instrument to gather information

Content of the 7 X 7 Model

Holistic Dimensions
1. Medical Dimension
   a. Current and anticipated health and medical concerns
   b. Reversible biological change or severe, permanent or progressive loss of physical health
2. Psychological Dimension
   a. Current and past psychological treatment
   b. Personality and general approach to life
3. Psychosocial Dimension
   a. Past and present life and living
   b. Work, leisure, finances, education
4. Family Systems dimension
   a. Current family relationships
   b. Family patterns traceable over several generations
5. Ethnic and Cultural Dimension
   a. Race and ethnicity influences behaviors
   b. Culture beyond race and ethnicity influencing values and beliefs
6. Societal Issues Dimension
   a. Societal systems causing distress
   b. Cultural systems causing distress
7. Spiritual Dimension

Spiritual Dimension
1. Belief and Meaning
   a. How a person finds meaning and purpose in life
   b. What a person does to give life meaning or what a person avoids doing
   c. What changes have been experienced in belief and meaning
2. Vocation and Consequences
   a. Duties and obligations a person feels called to fulfill
   b. Sense of right living – shoulds and oughts that shape behavior and judgments
   c. Religious traditions and their prescriptions and prohibitions on behavior
3. Experience and Emotion
   a. Reports of direct encounters with the divine or demonic
   b. Near death experiences
   c. Emotional tone of how a person lives out life
4. Courage and Growth
   a. Ability to enter into spiritual doubt (not being brave in threatening situations)
   b. Courage to enter the dark night of the soul
   c. Courage to face challenges to existing beliefs
   d. Courage to experience a breakthrough, turnaround, conversion
5. Ritual and Practice
   a. Any rituals or practices that give meaning to a person’s sense of meaning and purpose in life
   b. Any significant changes that interfere with person’s ability to perform the rituals and practices
6. Community
   a. Part of a formal or informal community of shared belief and meaning in life, shared ritual, and practice
   b. To what extent is the community a resource for support in time of need
   c. Is the person a mover, opposed, follower, or bystander in the community
7. Authority and Guidance
   a. Will the person give the helper enough authority to enable the helper to help
   b. Does the person see himself/herself as having enough authority to help meet the questions and challenges of life
   c. What other significant sources of authority are there in this person’s life

**Operational Stress First Aid**  
**Southern Baptist Disaster Relief**  

**Operational Stress Assessment** for Spirituality - Creativity, order, connection – to help leaders consider the spiritual well-being of the team

<table>
<thead>
<tr>
<th>Okay</th>
<th>Needs Work</th>
<th>Needs Help</th>
</tr>
</thead>
<tbody>
<tr>
<td>Enjoy worship</td>
<td>Less tolerant of different beliefs</td>
<td>No reverence for anything outside self</td>
</tr>
<tr>
<td>Happy with fellowship</td>
<td>Feeling distant from God;</td>
<td>Alone and wandering aimlessly</td>
</tr>
<tr>
<td>Happy with spiritual expression</td>
<td>want to get closer</td>
<td>Spiritually empty</td>
</tr>
<tr>
<td>Able to give and receive love</td>
<td>Don’t know how to love or</td>
<td>Don’t care about others</td>
</tr>
<tr>
<td>Appreciating beauty</td>
<td>feel loved</td>
<td>Nothing seems important</td>
</tr>
<tr>
<td>Creative</td>
<td>Feeling distant from others</td>
<td>Feel powerless to change life</td>
</tr>
<tr>
<td>Comfortable with your place in world</td>
<td>Struggling to understand others</td>
<td>Out of touch</td>
</tr>
<tr>
<td>Connected, peaceful</td>
<td>Not sure where you fit in</td>
<td>Loss of purpose</td>
</tr>
<tr>
<td></td>
<td>Something’s missing</td>
<td>Lacking a “moral compass”</td>
</tr>
</tbody>
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**Spiritual Fitness Self-Assessment tool to help persons consider their spiritual condition**

<table>
<thead>
<tr>
<th>Spiritually FIT</th>
<th>Spiritually STRESSED</th>
</tr>
</thead>
<tbody>
<tr>
<td>🌟 Engaged in life’s meaning/purpose</td>
<td>🌟 Negating life’s meaning/purpose</td>
</tr>
<tr>
<td>🌟 Hopeful about life/future</td>
<td>🌟 Less hopeful about life/future</td>
</tr>
<tr>
<td>🌟 Makes good moral decisions</td>
<td>🌟 Makes some poor moral decisions</td>
</tr>
<tr>
<td>🌟 Able to forgive self/others</td>
<td>🌟 Difficulty forgiving self/others</td>
</tr>
<tr>
<td>🌟 Routinely practices faith disciplines</td>
<td>🌟 Infrequently practices faith disciplines</td>
</tr>
<tr>
<td>🌟 Respectful to people of other faiths</td>
<td>🌟 Less respectful to people of other faiths</td>
</tr>
<tr>
<td>🌟 Engaged in core values/beliefs</td>
<td>🌟 Neglects core values/beliefs</td>
</tr>
<tr>
<td>🌟 Appropriately makes worldview adjustments</td>
<td>🌟 Adequately makes worldview adjustments</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Spiritually DRAINED</th>
<th>Spiritually DEPLETED</th>
</tr>
</thead>
<tbody>
<tr>
<td>🌟 Loss of sense of life’s meaning/purpose</td>
<td>🌟 Claims life has no meaning/purpose</td>
</tr>
<tr>
<td>🌟 Holds very little hope about life/future</td>
<td>🌟 Holds no hope for life/future</td>
</tr>
<tr>
<td>🌟 Routinely makes poor moral decisions</td>
<td>🌟 Extreme immoral behavior</td>
</tr>
<tr>
<td>🌟 Unable to forgive self/others</td>
<td>🌟 Forgiveness is not an option</td>
</tr>
<tr>
<td>🌟 Discounts practices of faith disciplines</td>
<td>🌟 Abandons practices of faith disciplines</td>
</tr>
<tr>
<td>🌟 Strong disrespect to people of other faiths</td>
<td>🌟 Complete disrespect for people of all faiths</td>
</tr>
<tr>
<td>🌟 Disregards core values/beliefs</td>
<td>🌟 Abandons core values/beliefs</td>
</tr>
<tr>
<td>🌟 Inadequately makes worldview adjustments</td>
<td>🌟 Inappropriately makes worldview adjustments</td>
</tr>
</tbody>
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Modified version of a model developed by the U.S. Navy Chaplain Corps
FICA: Personal Spiritual Assessment Tool
Christina Pulchalski

Christina Pulchalski has developed an acronym, FICA, which can be used in performing a spiritual assessment. (Puchalski C, Romer AL. Journal of Palliative Medicine. 3(1): 129-137, 2000.)

The acronym FICA can help structure questions in taking a personal spiritual history.

F –Faith, Belief, Meaning
Do I have a spiritual belief that helps me cope with stress? With illness? What gives my life meaning?

I –Importance and Influence
Is this belief important to me? Does it influence how I think about my health and illness: Does it influence my healthcare decisions?

C –Community
Do I belong to a spiritual community (church, temple, mosque or other group)? Am I happy there? Do I need to do more with the community? Do I need to search for another community? If I don’t have a community, would it help me if I found one?

A –Address/Action in Care
What should be my action plan? What changes do I need to make? Are there spiritual practices I want to develop? Would it help for me to see a chaplain, spiritual director or pastoral counselor?
This practice-oriented book describes a complementary set of assessment instruments and presents a variety of empirically-based interventions that flow from each instrument, strengths of each tool, along with several case examples for illustration.

1) **Spiritual histories**: A verbally-based approach to spiritual assessment
   a) Narrative style of assessment
   b) Discusses different tools to assist in assessment

2) **Spiritual lifemaps**: A client-centered pictorial instrument for spiritual assessment, planning, and intervention
   a) Visual and allows creative expression
   b) May facilitate expression of those who may find it challenging to verbalize perceptions

3) **Spiritual ecomaps**: A diagrammatic tool for assessing marital and family spirituality in space
   a) Depicts person’s relationships with various spiritual entities
   b) Focus is on current, existential relationships to entities that are a strength
   c) One of the quickest approaches to use

4) **Spiritual genograms**: A generational approach to assessing spirituality
   a) Chart flow of spirituality across 3 generations
   b) Assess how spiritual heritage shapes present reality
   c) Connections between past and present functioning are displayed on this diagrammic instrument

5) **Spiritual ecograms**: An assessment instrument for indentifying client’s spiritual strengths in space and across time
   a) Depicts the client’s spiritual history through time and time
   b) Portrays individual’s extant relationships with spiritual systems
   c) Helps identify spiritual resources that can be used to solve problems and enhance coping
7Ps of Spiritual Assessment for Crisis & Disaster Responders
Kevin Ellers

1) **Presence**
   a) Foundational to building trust, rapport, connecting and encouraging dialogue
   b) Stabilizing
   c) Meeting them where they are
   d) Speaking their language

2) **Problem**
   a) Presenting problem
   b) Actual problem
   c) Secondary wounding

3) **Perception**
   a) Theological and philosophical constructs
   b) Deity involvement
   c) Faith development
   d) Faith community
   e) Shattered assumptions

4) **Pain**
   a) Lament
   b) Dissonance

5) **Practices**
   a) Rituals
   b) Resources

6) **People**
   a) Helpful connections
   b) Harmful connections

7) **Plan**
   a) Identification of spiritual/religious needs
   b) What can I provide?
   c) What can I facilitate?
   d) Referral and follow-up
References and Resources

Ellers, Kevin. 7Ps of Spiritual Assessment for Crisis & Disaster Responders. 2013.


NOTE:

Resources, PowerPoint presentation, and handouts are available at the following websites: www.institute4compassionatecare.com www.crisisplumbline.com