

## Detailed Course Outline

# Introduction to Spiritual Care

### Course Description

*Introduction to Spiritual Care* is a 60 contact-hour course taught online by US professional Spiritual Care Providers (Chaplains). *Introduction to Spiritual Care* is a new offering to give students an opportunity to explore Spiritual Care (Chaplaincy) as a profession, and gain familiarity with its core competencies: formation, professional competence, and reflection. A Certificate of Completion will be granted to successful students at the conclusion of the course.

### Course Introduction

This course provides orientation to the role of the Spiritual Care Provider (Chaplain) and methods suitable to the contexts in which Spiritual Care Providers characteristically serve including: schools, colleges, and universities; community settings; health care facilities; fire and police departments; correctional institutions; the military, government departments, and mass casualty situations. This course includes lectures, small-group discussion, and opportunities to hear directly from experts in various forms of chaplaincy.

### Course Objective

- Introduce the discipline of Chaplaincy, and the specialised discipline of Spiritual Care to students in preparation for a career in Spiritual Care Provision and related human service fields.
- Discuss and begin to develop the requisite characteristics and competencies of a Chaplain/Spiritual Care Provider
- Develop familiarity with the opportunities and challenges of Spiritual Care Provision as a career so as to assist students in the discernment process for their vocation. Share an understanding of the field of Spiritual Care Provision, employment opportunities, further training requirements, and

professional networks.

- Draw upon a range of sources in articulating his/her own theology of spiritual care and theory of pastoral care.

### **Course Outcome**

- Self-awareness and an ability to function in a manner that respects the physical, emotional, and spiritual boundaries of others.
- Competency in Spiritual Care Provision Theory with special attention to body language, words and tone, and respecting boundaries, with a view to creating and holding safe, inclusive, and compassionate spaces.
- Understands and can articulate personal growing edges; is able to describe practices for self-evaluation, spiritual growth, and continued learning; and develops the resilience to receive critical feedback with a view to improving one' s abilities as a Chaplain/Spiritual Care Provider.
- Is able to articulate key moments in one' s own life that influence personal identity, and can clearly describe principles from within one' s own tradition that have relevance to moments of Spiritual Care.
- Develops their personal spiritual practices and philosophy in a manner that can be articulated or can be used as a basis for equivalents that would be meaningful for a Spiritual Care Recipient.
- Understands the scope and limits of Spiritual Care, that it is not counselling or psychotherapy, and learns how to assess and refer to other professionals.
- Understands the career path of a Spiritual Care Provider and how to further his/her training in the field.

### **Pedagogy**

This course employs classroom lectures, interactive presentations, guest

speakers, online discussion boards, readings, quizzes, and class presentations. There will also be mock practical in accordance with accepted professional Spiritual Care Provision standards.

### **Suggested Readings**

- Hall, Hughes, & Handzo. (2016). *Spiritual Care: what it means and why it matters*. Healthcare Chaplaincy Network.
- ACPE, APC, CASC, NACC, NAJC. (2019). *The Impact of Professional Spiritual Care*.
- Chinmayananda, Swami. (2007) *Self-Unfoldment*. Mumbai: Central Chinmaya Mission Trust.
- Chinmayananda, Swami. *We Must*. Bombay: Central Chinmaya Mission Trust
- Common Code of Ethics for Chaplains, Pastoral Counselors, Pastoral Educators and Students (APC).
- Common Standards for Professional Chaplaincy (APC).
- Parker, S. (2017) *Clearing the Path - The Yoga Way to a Clear and Pleasant Mind: Patañjali, Neuroscience and Emotion*. Ahyma Publications.
- Sharma, Madhu. (2021) *Anxiety and Vedic Wisdom*. NC: Amazon Publication

## Module 1: The Profession of Spiritual Care Provision (Chaplaincy) (9 Hours)

This course of 60 contact hours begins with the introductory module, which sets the stage for understanding the profession of spiritual care. The course will be introduced with feedback on personal & spiritual narrative. This module will focus on self-care, awareness of feelings, acceptance of feelings, and understanding of trauma. *Bhagavad-gita* Chapter Three teachings on attitude of selfless work, Karma Yoga will be taught, with focus on service to others with no expectations and attachment. It also includes understanding of law of karma and reincarnation. Ethics of practicing Chaplaincy will be included in this module. The other topics include Spiritual Care Provision vs. Chaplaincy: through history, Spiritual Care Provision Contexts: Education, Community, Healthcare, Corrections, Military, and other constituencies.

### Suggested Readings

1. Cage, Wendy. *Beginners Guide to Spiritual Care*, Boston: Chaplaincy Innovation Labs.
2. Chinmayananda, Swami (No Date) *The Holy Geeta*. Mumbai: Central Chinmaya Mission Trust.
3. Sharma, Madhu. (2016) *Dharmic Advisor, A Modern Way*, NC: Amazon Publication.
4. Sharma, Madhu. (2018) "Vedic Spiritual Teachings – A way to enhance resilience and mental/physical well-being in young adults." In *World Association for Vedic Studies, Intl.* New Delhi: Pratibha Prakashan
5. Sharma, Tahil. (2020) "Spirituality in the University: Community and Diversity." In V. Chander (ed.) *Hindu Approaches to Spiritual Care*. London: Kingsley Publishers.
6. Singh, Shrestha. (2020) "Dealing with Trauma: Re-interpreting Hindu Narratives as Lessons for Healing." In V. Chander (ed.) *Hindu Approaches to Spiritual Care*. London: Kingsley Publishers.

7. Tejomayananda, Swami. (2001) *Vision of the Bhagavad Gita*. CA:  
Chinmaya Mission West

## Module 2: Competencies

(15 Hours)

This module throws light on formation of spiritual care and discusses the competencies that are required to be an effective spiritual care provider. The topics that are dealt with are: Formation for Spiritual Care Provision I – Personal Spirituality, Formation for Spiritual Care Provision II – Clinical Pastoral Education (CPE), Competencies: What makes an effective Spiritual Care Provider? and Self- and Peer-evaluation: Standardisation of Requisites.

### Suggested Readings:

1. *BCCI Competency Essay Writing Guide*. 2020. IL: Board of Chaplaincy Certification, Inc. 1-7.
2. Chinmayananda, Swami. (No date) *Kindle Life*. Madras: Chinmaya Publications Trust.
3. *Impact of Professional Spiritual Care*. ACPE, APC, et al. (2019)
4. Hall, Eric J. et al. *Spiritual Care: What it means and why it matters in Healthcare*. Healthcare Chaplaincy Network (2016).

## Module 3: Spiritual Care Theory

(15 Hours)

This module is devoted to spiritual care theory. The topics are: Spiritual Care Assessment – The Seven-by-Seven Model and the SNAP Model, Self and Recipient Reflections – AKSA, Intervention Theory – standards and personalisation, Peer/Supervisor Evaluations – Why and How

### Suggested Readings

1. Fitchett, George. 2002. *Assessing Spiritual Needs: a guide for caregivers*. Academic Renewal Press.
2. Sharma, Rashmi et. al. "The Spiritual Needs Assessments for Patients (SNAP): Development and Validation of a Comprehensive Instrument to Assess Unmet Spiritual Needs" in *Journal of Pain and Symptom Management*. Elsevier. (2012), 44-51.
3. Sutton, Nick et. al. *Hindu Chaplaincy*. Oxford: Oxford Centre for Hindu Studies. Session One [p.10-37]
4. Swaroopananda, Swami. (2018) *Maha Mrityunjaya: The Mantra of Life over Death*. Mumbai: Chinmaya Prakashan. Kindle Edition
5. Antoine, Aja & Haythorn, Trace. *Grief: the new normal*. Boston: Chaplaincy Innovation Labs
6. Sanford, Monica. *Kalyāṇamitra: a model for Buddhist spiritual care*. Ontario: Sumeru Press. [Chapters 1-3]
7. Larocca-Pitts, Mark. "FACT: A Chaplains Tool for Assessing Spiritual Needs in an Acute Care Setting," in *Chaplaincy Today*. Association of Professional Chaplains. (2012).

## Module 4: Practical Application

(9 Hours)

This is the module where the practical application of spiritual care is dealt with. The topics discussed are: Power of Presence, Terminal Illness & End of Life, Active Listening, Mental Health in Higher Education, We and I in Spiritual Care, Healthy Boundaries, and the Impact of Professional Spiritual Care.

### Podcast

1. <https://onbeing.org/Programmes/sheryl-sandberg-and-adam-grant-resilience-after-unimaginable-loss-apr2017/>

### Suggested Readings

1. Chinmayananda, Swami (No Date) *The Holy Geeta, Chapter 8*. Mumbai: Central Chinmaya Mission Trust.
2. Chinmayananda, Swami (2007) *Self-Unfoldment*. CA: Chinmaya Mission West
3. Rambachan, A. (2020) "An Advaita Vedanta Theology of Spiritual Care: Reverence, Diversity, and Detachment." In V. Chander (ed.) *Hindu Approaches to Spiritual Care*. London: Kingsley Publishers.



## Module 5: Communication Skills

(4 Hours)

This module will focus on skills such as power of presence, active listening skills, awareness and acceptance of feelings. It will also include non-judgmental communication skills. Understanding how to work with diversity within Hinduism as well as other religious faiths will be covered.

### Suggested Readings

1. Nichols, M.P. (2009) *The Lost Art of Listening*, 2<sup>nd</sup> Edition. USA: Guilford Publications.
2. Tejomayananda, Swami. 1993. *Hindu Culture: An Introduction*. USA: Chinmaya Mission West.

## **Module 6: Chaplain Support Network and Responsibilities: (8 Hours)**

Chaplains need to embody love and compassion and unconditional positive regard. They also need to discern when and how to connect the recipient to a larger support system. Assessment tools and how to refer to other supports will be taught. This module also covers recognizing and understanding professional self-care, and how to find professional support and supervision for the care-giver. Gaining clarity about the role of a chaplain and setting boundaries, as well understanding burn out and fatigue, and identifying remedies will be covered. It includes God's presence in the practice and preparing chaplains for interactions with patients and their responsibilities towards them.

This module will also include the systems and processes needed to keep track of paperwork, record keeping, working within an organization, and other communications. The course will end with final thoughts.

### **Suggested Readings**

1. Chinmayananda, Swami. (1968). *I Love You Letters to Children*. Bombay: Central Chinmaya Mission Trust.
2. Sharma, M.V. (2020) "Lessons from the Upanishads for the Spiritual Caregiver." In V. Chander (ed.) *Hindu Approaches to Spiritual Care*. London: Kingsley Publishers.
3. Swaroopananda, S. (2008) *Journey Into Health*. Mumbai: Central Chinmaya Mission Trust.