

Spiritual Pain

Cause, Effect, and Beyond

The Importance of Spirituality in Holistic Care



Rev. Dr. Chris Mason, D.Min., BCC
Manager, Pastoral Care and Chaplaincy Services
WVU Medicine Camden Clark Medical Center

Speaker Information

Bio: Chris Mason, M.Div., D.Min., BCC

- Board Certified Chaplain, Association of Professional Chaplains
- Doctor of Ministry (Counseling), Louisville Presbyterian Seminary
- Master of Divinity, New Orleans Baptist Seminary
- Bachelor of Arts, Baptist College of Florida
- Certificate in Healthcare Management, Cornell University
- Lots of CPE

Title: Spiritual Pain: Cause, Affect, and Beyond

Session One: What Is Spiritual Pain?

Discussion

Break

Session Two: Spiritual Pain Causes?

Discussion

Break

Session Three: Addressing Spiritual Pain?

Introduction

If you listen to the stories people share long enough, it is likely they will share an experience of spiritual pain.

If you think about it, all of us probably have some experience of spiritual pain in our past, present, or will in the future.



- **SESSION ONE: WHAT IS SPIRITUAL PAIN?**

There are many names, or different terminology used when referring to what I am calling spiritual pain. It doesn't matter what it is called, it matters how it affects the lives of people.

1. Spiritual pain
2. Spiritual distress
3. Spiritual trauma
4. Existential pain
5. Existential Distress

What other names?

Spiritual Pain

- Why am I here?
- Have I lived for nothing?
- Does my life have any meaning?
- Is there a higher power?
- Why do I have to suffer
- How can I find meaning in my current situation
- Why do I have to die?

Dereck's Story

1. Afghanistan War veteran
2. Inoperable Lung Cancer with a terminal diagnosis
3. Married with three children, one 18-year-old about to graduate high school and two younger children
4. He has always been the “strong one” in the family, the one that others rely upon.
5. He shares that his time away in Afghanistan was very difficult for his family, and he is concerned about how his family will carry on without him.

Definitions (to help better understand spiritual pain)

Existential Defined

There is much written about existential distress, anxiety, and pain. Sometimes existential issues and concerns get conflated with spiritual issues and concerns. Sometimes there is existential distress or pain within someone experiencing spiritual pain

The existential is concerned with existence, the experience of existence and questions about non-existence.

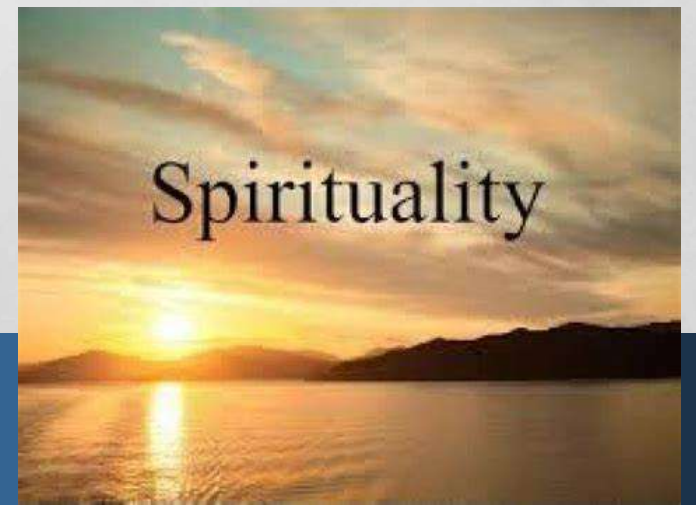
What constitutes existence and what happens if we do not exist?

These existential questions may create anxiety, distress and pain, but existential pain and spiritual pain are not entirely the same.

Spirituality Defined

Spirituality is defined by Dr. Christina Puchalski as “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.” Christina Puchalski, M.D. et al., “Improving the Quality of Spiritual Care as a Dimension of Palliative Care: The Report of the Consensus Conference,” *Journal of Palliative Medicine* 12, no. 10 (2009): 885–903.

“Spirituality is a way of being in the world in which a person feels a sense of connectedness to self, others, and/or higher power or nature, a sense of meaning in life, and transcendence beyond self, everyday living, and suffering.” Weathers E, McCarthy G, Coffey A. Concept analysis of spirituality: An evolutionary approach. *Nursing Forum*. 2016;51(2):79–96. doi: 10.1111/nuf.12128



Spirituality Defined

My definition today (because it may change and probably will) ...

Spirituality is broader than existential, unlike the existential, spirituality does not just question the issues related to existence or non-existence.

Spirituality has to do with how we determine and express meaning and purpose, it is about relationships (how people relate to everything around them), how people process what they observe and experience and how they integrate all the information to understand themselves and everything around them.

Identity Defined

Identity Includes:

- Relationships
- External attributes (height, weight, hair color)
- Race, ethnicity
- Socio-economic class
- Political opinions and beliefs
- Morals, values, attitudes
- Spiritual, Faith, and or Religious Beliefs
- Gender identity
- Sexuality (including orientation)



Spiritual Identity Defined

Because spiritual pain affects aspects of identity, it is important to define what spiritual identity is ...

Joe Fardella, refers to spiritual identity as “an existential desire to orient one’s life in relationship to ultimate questions of value and meaning.” Joe Fardella, “Spiritual Identity and Transformation Christian Narratives, Public Discourse, and Critical Social Work Process.” 2005 Volume 6, No. 2, *Critical Social Work* - University of Windsor, accessed May 10, 2019, <http://www1.uwindsor.ca/criticalsocialwork/2005-volume-6-no-2>.

Theologian William James referred to spiritual identity as the “spiritual me ... the true, the intimate, the ultimate, the permanent me which I seek.” William James, “The Self,” in *The Self in Social Interaction*, ed. C. Gordon and K.J. Gergen, vol. 1 (New York: Wiley and Sons, 1968), 41–49.

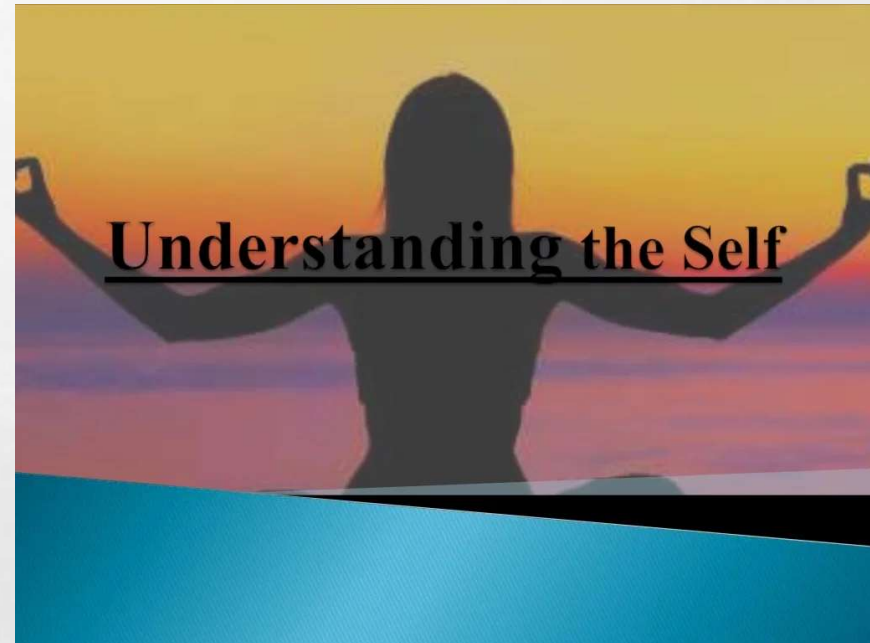


Spiritual Identity Defined

My definition ...

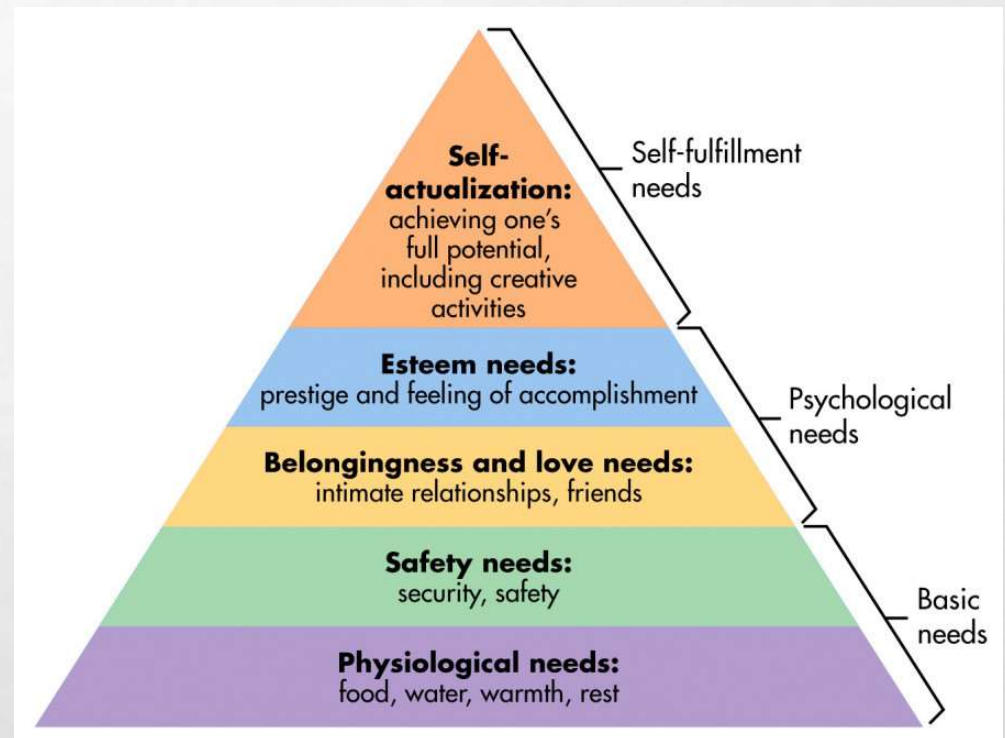
A person's spiritual identity is determined by how they understand themselves in relation to how they understand their spirituality.

How I determine meaning and purpose, determines how I express myself. There are other factors of course, spirituality is just one aspect of identity.



Spiritual Identity Development and Maslow's Hierarchy of Needs

Experience and the process of integration, shape the mind, influence behavioral development, and eventually contribute to the development of personality, and identity (including spiritual identity).



Spiritual Identity Development and Family Systems

Spiritual Identity development certainly may be affected by concepts present in Family Systems Theory

Eight Concepts

- Triangles
- Differentiation of Self
- Nuclear Family Emotional System
- Family Projection Process
- Multigenerational Transmission
- Emotional Cut-off
- Sibling Position
- Societal Emotional Process

<https://thebowencenter.org/theory/>

Spiritual Identity Development and Relationships

THERE IS TREMENDOUS POWER IN RELATIONSHIPS ...

- THE POWER OF RELATIONSHIPS CAN HAVE A POSITIVE AND OR A NEGATIVE AFFECT ON SPIRITUAL IDENTITY.
- RELATIONSHIPS ARE AT THE CENTER OF SPIRITUALITY (RELATIONSHIPS WITH PEOPLE, NATURE, ENVIRONMENT, GOD, THE DIVINE, AND EVERYTHING ELSE).
- SPIRITUAL IDENTITY IS FORMED IN RELATIONSHIPS, CONTINUES TO GROW IN RELATIONSHIPS, AND MAY BE DAMAGED WITHIN AND BY RELATIONSHIPS.

When thinking about relationships, consider how a person sees themselves in relationship to everything outside of themselves. How this affects the way they see themselves may be based, on some level, how they perceive they are seen by the other (people, society, culture, etc.).

Spiritual Identity Development and Relationships

“As iron sharpens iron, so one person sharpens another” Proverbs 27:17 (NIV)

“THE INTERRELATEDNESS OF EXISTENCE PROVIDES THE STRUCTURE WHEREBY ENRICHMENT OCCURS: THE MANY ARE FOR THE ONE, AND THE ONE FOR THE MANY. BUT THIS IS ALSO PRECISELY THE STRUCTURE WHEREBY SIN OCCURS: THE INESCAPABILITY OF RELATIONSHIPS MEANS THAT THE AVENUES OF ENRICHMENT MAY BECOME AVENUES OF DESTRUCTION.” MARJORIE H. SUCHOCKI, *GOD CHRIST CHURCH, A PRACTICAL GUIDE TO PROCESS THEOLOGY*



Spiritual Pain Defined

DC. Saunders defined Spiritual Pain as “A desolate feeling of meaninglessness.”

DC Saunders, Spiritual pain. *Journal of Palliative Care*. 1988

Pam McGrath defined Spiritual Pain as “ Relational pain” resulting from “existential losses” including loss of self, personal relationships, and loss of “the expected satisfaction and meaning-making from life.” P. McGrath, Spiritual pain: A comparison of findings from survivors and hospice patients. *American Journal of Hospice and Palliative Medicine*. 2003

Galek Mako defined Spiritual Pain as a self diagnosed “pain deep in your soul that is not physical.” Mako also said that Spiritual Pain manifest in three ways. Galek C. Mako C, Poppito SR. Spiritual pain among patients with advanced cancer in palliative care. *Journal of Palliative Medicine*. 2006



Spiritual Pain Defined

Mako's three manifestations of spiritual pain

1. Intrapyschic conflict (48%) Personal understanding is challenged by external issue(s), development of incongruency
2. Relation to the divine (38%) Personal beliefs and understanding of the divine questioned
3. Interpersonal loss/conflict (13%) disconnection, broken relationship

Mako C, Galek K, Poppito SR. Spiritual pain among patients with advanced cancer in palliative care. *Journal of Palliative Medicine*. 2006



Spiritual Pain Defined

The term spiritual pain, just like spirituality, is a broad term. There are other terms associated with spiritual issues, such as spiritual distress, spiritual trauma, and religious trauma.

“Spiritual pain is a self-identified experience of personal discomfort, or actual or potential harm, triggered by a threat to a person’s relationship with God or a higher power. Spiritual pain becomes clinically significant when it interferes with one’s functionality and prevents one from entering the transcendent spaces of spiritual practices temporarily or permanently.”

Illueca M, Bradshaw YS, Carr DB. Spiritual Pain: A Symptom in Search of a Clinical Definition. J Relig Health. 2023

Spiritual Pain Defined

My definition ...

Spiritual pain is disconnection from others, from the divine, from self, and from any or all things that aid a person in understanding themselves in relationship to everything else. Spiritual pain may cause an inability to process and understanding meaning and purpose within a particular experience or experiences.



Take Aways ...

People suffer existential and spiritual pain, sometimes separately, sometimes combined.

Spiritual pain is not preoccupied with questions of existence or non-existence as existential pain has as a primary focus.

Spiritual pain is focused more on questions of meaning, relationships, purpose, and to some extent, identity (which can relate to the existential).

Spiritual pain does not cause physical, emotional, or mental pain, however it may affect it and hinder healing processes.

Spiritual pain occurs when there are issues with Spiritual Identity at some level.

Spirituality and spiritual pain are complex and broad concepts that are difficult to define and understand. These concepts are often subject to broad interpretations which are influenced by many factors (culture, religion, family, etc.).

Discussion

Break (5 minutes)

- **SESSION TWO: SPIRITUAL PAIN CAUSES**

Jane's Story

1. Jane was once married to a deacon of the church, she divorced him because of physical and sexual abuse and marital infidelity.
2. Although the divorce occurred many years ago, Jane is still feeling betrayed by the church. She was confronted by the Pastor, some church leaders, and church members about the sin she was committing. The church eventually withdrew fellowship from Jane, while supporting her husband. Jane has struggled with attending and being a part of any church since this experience.
3. Over the years Jane has become estranged from grown children, during this time they have grown closer and maintain a relationship with their father.
4. Jane is at the end of her life and has various medical conditions. She is struggling with wanting to reconcile with her children and the church, while still harboring anger, sadness, and guilt about her experience.

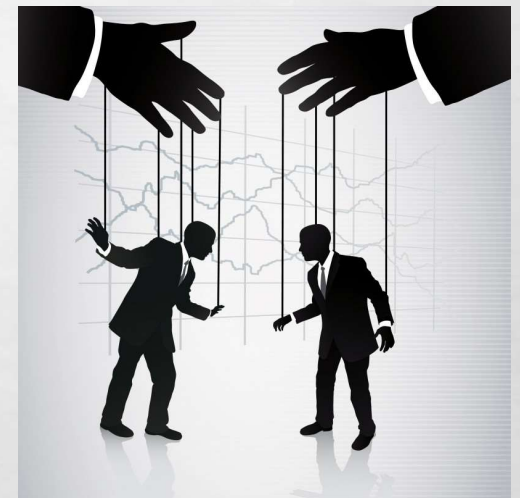
Causes of Spiritual Pain (Developmental)

Influence: Internal and External

Object-Relations Theory: “An internal object is a mental representation—an image, idea, fantasy, feeling, memory relevant to another person. An external object, in contrast is an actual person or thing” N. Gregory

Hamilton, M.D. Self and Others, Object Relations Theory in practice

These internal and external objects influence development, including the spiritual aspect of a person. When these “objects” affect perception of meaning, purpose, identity and value negatively, then spiritual pain may develop



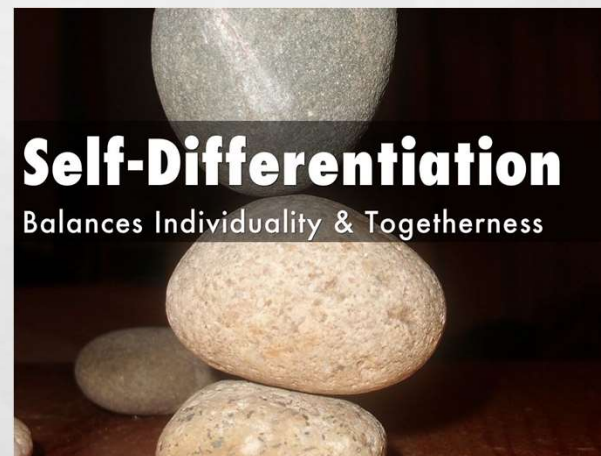
Causes of Spiritual Pain (Developmental)

Inability to Self-Differentiate from Others

Self-Differentiation: “The ability to be in emotional contact with others yet still autonomous in one’s own emotional functioning” ...
“Differentiation is a product of thinking that translates into a way of being.” Michael E. Kerr M.D., Murray Bowen, M.D. Family Evaluations, An Approach Based on Bowen Theory

“To be nobody-but yourself-in a world which is doing its best, night and day, to make you everybody else-means to fight the hardest battle which any human being can fight.”

-E.E. Cummings



Causes of Spiritual Pain (Developmental)

Enmeshment: “a relationship between two or more people in which personal boundaries are permeable and unclear.” Salvador Minuchin, *Families and Family Therapy* (Cambridge: Harvard Press)

Enmeshing systems show a powerful need to be needed that turns attempts at independence into acts of betrayal.

<https://www.fulsheartransition.com/enmeshment-symptoms-and-causes/>



Causes of Spiritual Pain (Developmental)

Codependency: Codependency is a dysfunctional relationship dynamic where one person assumes the role of “the giver,” sacrificing their own needs and well-being for the sake of the other, “the taker.” The bond in question doesn’t have to be romantic; it can occur just as easily between parent and child, friends, and family members.

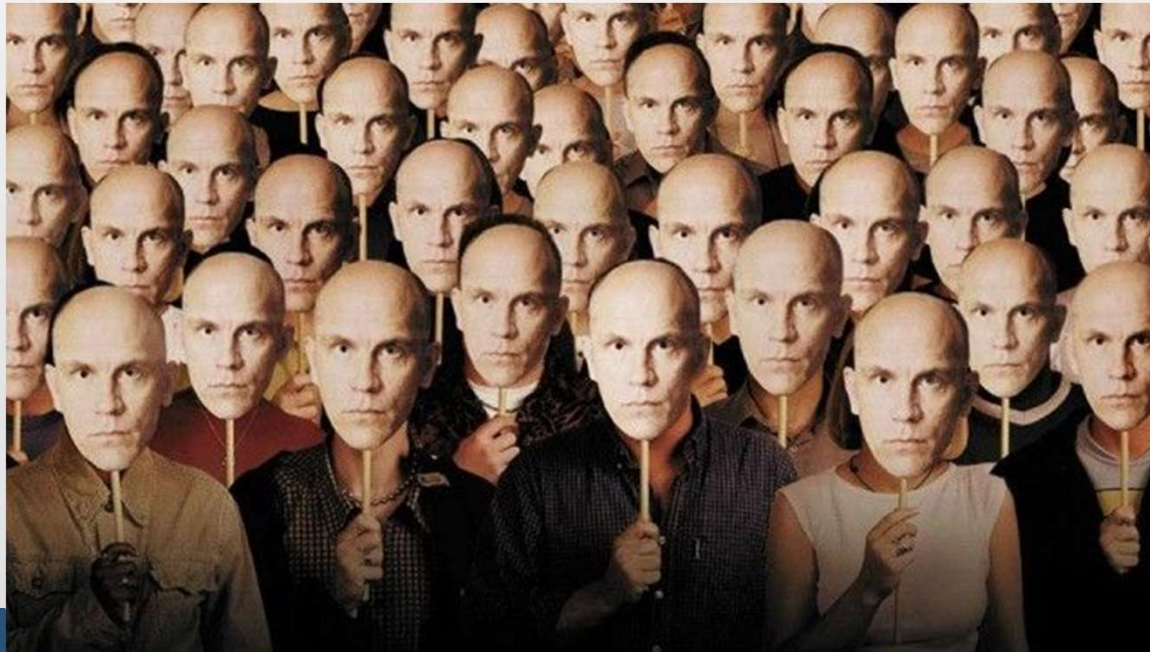
<https://www.psychologytoday.com/us/basics/codependency>



Causes of Spiritual Pain (Developmental)

Conformity

Conformity is defined as “some behavioral or attitudinal change that occurs as a result of some real or imagined group pressure” (Walker and Heyns (1962), Secord and Backman (1964), Brown (1965), Homans (1961), Krech, Crutchfield, and Ballachey (1962), Berg and Bass (1961), Asch (1952), as cited in Keisler, 1969)



Causes of Spiritual Pain (Experiential)

Inability to Integrate and Process

Integration: “means bringing two mental elements together meaningfully, whether those elements are perceptions, memories, representations, emotions, ideas, or movements.” N. Gregory Hamilton, M.D., *Self and Others, Object Relations Theory in Practice*

Integration is also about being able to adapt based on processing experiences and finding alternatives or ways to adjust.

“When we are no longer able to change a situation, we are challenged to change ourselves.” Viktor E. Frankl, *Man’s Search for Meaning*



Causes of Spiritual Pain (Experiential)

Cultural and Societal Pressure to be Perfect: “To be less than perfect in a culture and an era that expects perfection rankles our sense of self. It puts into jeopardy all the unassailability we work so hard to imply.” Joan D. Chittister, *Scarred by Struggle, Transformed By Hope*



Spiritual Pain is caused by

Loss of personal freedom/autonomy

- The inability to make decisions due to limitations or suppression due to various factors (physical, emotional, mental, and spiritual).



Spiritual Pain is caused by

Disconnection from family, friends, significant people (struggling with forgiveness for or from others)

- Broken relationships are difficult, and usually there are many complex experiences associated with broken relationships that sometimes can hinder a positive self image of ourselves.
- People wear mask that sometimes prevent them from being fully known by others because of believing they are flawed ... “believing the self to be fundamentally defective is a definition of shame. Shamed-based beliefs are as false as beliefs that puff us up.” Jane Gilgun, *Shame, Vulnerability, and Spirituality: Pathways to Resilience*
- Forgiveness is often difficult when broken relationships have occurred (forgiving others, receiving forgiveness).

Spiritual Pain is caused by

Disconnection from or emotions towards God, faith, and or spiritual beliefs

- How many times do spiritual care providers hear someone say, “God cannot forgive me?” Or heard someone say, “I am mad at God, but I shouldn’t be.”
- It is often difficult for people to be at odds with their spiritual beliefs, faith, God, or the divine.

38 percent of people with cancer in palliative care indicated their spiritual pain was associated with a relation to the divine (38%) Personal beliefs and understanding of the **divine questioned**. Mako C, Galek K, Poppito SR. Spiritual pain among patients with advanced cancer in palliative care.

Journal of Palliative Medicine. 2006

Spiritual Pain is caused by

Self judgment (struggling with forgiveness of self)

“Self-judgment results from thoughts individuals have about themselves and the meanings attached to those thoughts. The thoughts, hence, produce related feelings such as anxiety, anger, and depression.”

Phaedonos, P., Anastassiou-Hadjicharalambous, X. (2011). Self-Judgment. In: Goldstein, S., Naglieri, J.A. (eds) Encyclopedia of Child Behavior and Development.

- Human beings tend to be more judgmental toward themselves than they are others (for the most part).



Spiritual Pain is caused by

Loss of purpose and or meaning

Loss of meaning and purpose is attached to the understanding of self and identity. Traumatic experiences leading to loss and purpose can often lead to questions of “who am I?”

Causes of spiritual pain include, “Loss of Meaning/Purpose/Activity (work, self-care, self-identity, self-significance).” [Surratt_UNDERSTANDING-SPIRITUAL-PAIN-IN-PEOPLE.pdf](#) (idhca.org)

“In current Western societies identity is derived largely from what one’s occupation is and when this is lost ... there is no longer an identity available.” Elizabeth Mackinlay, James W. Ellor, and Stephen Pickard, eds., *Aging, Spirituality and Pastoral Care: A Multi-National Perspective* (New York: Routledge Taylor and Francis Group, 2001)



Causes of Spiritual Pain (Experiential)

- Various Types of Influence that May Cause Spiritual Pain:
 - Emotional Vampires – People with issues and personality types that suck the energy out of the people they are around.
 - Organizational/Cultural Influence: the system working to maintain homeostasis (maintain equilibrium between interdependent elements)
 - The Cost of Non-Conformity – Loss or even being cast out of the group for lack of conforming to group expectations
 - Conformity Counter Influence – Trying to change a group to conform to the individual's way of understanding.

Spiritual Pain Symptoms....

- stress
- addiction
- domestic violence
- emotional abuse
- communication problems
- worry and anxiety
- guilt, and
- anger

<https://psychcentral.com/lib/co-dependency-put-the-i-in-independence#1>

Signs of Spiritual Distress

- Questioning the meaning of life
- Loss of purpose
- Being afraid to fall asleep at night
- Anger at God/higher power
- Feelings of being abandoned by God/higher power
- Questioning their own belief system
 - “What good are they?”

Adapted from the Hospice and Palliative Nurses Association

Take Aways ...

SPIRITUAL PAIN ...

- MAY AFFECT PHYSICAL, EMOTIONAL, AND MENTAL WELL-BEING, IT DOES NOT CAUSE IT.
- MAY PROLONG RECOVERY
- MAY INTERFERE WITH RELATIONSHIPS (PEOPLE, GOD)
- AFFECTS A PERSON'S PERSPECTIVE
- QUESTIONING THE VALUE OF LIFE/POTENTIAL SUICIDE IDEOLOGY



Discussion

Break

Session Three: How To Address Spiritual Pain



The cure for pain is
in the pain.

Rumi

 quote fancy

What is pain?

1. *Pain is a reaction to negative experiences or traumatic events*
2. *Pain is uncomfortable, but cannot be ignored*
3. *Pain manifest in many ways if left unattended*
4. *Pain is the mind, body, emotion, and or spirit fighting back against trauma to get better*

If you feel *pain*, you feel acute physical or emotional discomfort. A sprained ankle will *pain* you. So will news of a loved one's death. If you "take *pain*" over something, it means you're being careful.

An annoying person can be described as a *pain*—it's understood that they don't cause you actual physical pain, but cause you emotional discomfort and distress. You can also describe this person as a "*pain* in the neck," "a *pain* in the butt," or "a royal *pain*."

Before addressing Spiritual Pain, we must be able to assess it

“For many people with chronically painful conditions, spiritual beliefs shape the way they view their pain or provide strategies to manage their pain. Research results have supported the use of spiritual practices in helping patients cope with pain, reduce pain intensity, and lessen the degree to which pain interferes with the activities of daily living.” Weinstein F, Bernstein A, Kapenstein T, Penn E, Richeimer S. Spirituality Assessments and Interventions In Pain Medicine. Pract Pain Manag. 2014;14(5).



Assessing Spiritual Pain in People

“Spiritual Pain is an aspect of a person’s TOTAL PAIN”

“Observation and Deep Listening is required to accurately assess spiritual pain.”

- “If a person reports no physical pain, but you observe them wincing when they move, you can deduce they are not accurately reporting the physical pain they feel.”
- “We have all said at one time or another, I am fine ... when we are not really fine!”

“Examples of Hidden spiritual pain” ...

“You observe a visit from a resident’s family and afterward see the person crying” ...

“You observe an angry outburst for no apparent reason” ...

“You observe lethargy and lack of interest in a resident”

Types Of Spiritual Assessment Tools

F.I.C.A.

F – Faith: “Do you have spiritual beliefs that assist you in dealing with stress?”

I – Importance or Influence of religious and spiritual views and practices: “How significant is your religion or belief in your life?”

C -Connections in the community: “Do you belong to a spiritual or religious community?” Is a spiritual group beneficial to you, and if yes, how so?

A – Address/Action: How do you want your healthcare provider to approach these challenges in your care?”

<https://growththoughtful.com/types-of-spiritual-assessment-tools/>

Types Of Spiritual Assessment Tools

H.O.P.E.

H – Sources of hope, meaning, comfort, strength, peace, love, and compassion: What in your life provides you with internal support? What gives you hope, strength, comfort, and peace? And What do you cling to in difficult times? What gives you energy and keeps you going?

O – Organized religion: Do you identify as a member of an organized religion? How significant is that to you? Which components of your faith are beneficial to you and which are not?

P – Personal spirituality/practices: Do you have personal spiritual beliefs separate from established religion? What exactly are they? Do you have faith in God? What is your relationship with God like? What components of your spirituality or spiritual practices have proven to be the most beneficial to you personally?

E – Effects of end-of-life issues: Is being sick interfering with your ability to engage in spiritually beneficial activities? (Or had an impact on your relationship with God?) Do you have any concerns regarding conflicts between your beliefs and your medical situation/care decisions? Is there anything special I should be aware of when delivering your medical care?

<https://growththoughtful.com/types-of-spiritual-assessment-tools/>

Types Of Spiritual Assessment Tools

S.P.I.R.I.T.

S – Spiritual belief system: Do you have a spiritual belief system? Do you have a formal religious affiliation? Can you elaborate? Do you consider your spiritual life to be important?

P –Personal spirituality: Describe the religious ideas and practices that you embrace. Describe the ideas and behaviors you do not embrace or adhere to. In what ways does your spirituality/religion mean something to you?

I – Integration with a spiritual community: Do you belong to any religious or spiritual organizations or communities? How do you interact with this group/community? What significance does this group hold for you? What kinds of support and assistance does, or may this group offer you in coping with health issues?

R – Ritualized practices and Restrictions: What specific practices do you engage in as part of your religious and spiritual life? What lifestyle habits or behaviors does your religion promote, discourage, or outright prohibit? So how closely have you adhered to these guidelines?

I – Implications for medical practice: Is there any aspect of medical treatment that your faith discourages or prohibits? How closely have you adhered to these guidelines? What components of your religion/spirituality do you want me to remember while I care for you?

T – Terminal events planning: Are there any areas of medical care that you would like to avoid or have withheld due to your religion/spirituality? Do you want religious or spiritual rites or rituals to be offered in the hospital or at home? Are there any religious or spiritual traditions you would like to arrange for at the time of death or after death? How will your faith and spirituality impact your decisions as we arrange for your medical care at the end of life?

<https://growththoughtful.com/types-of-spiritual-assessment-tools/>

Types Of Spiritual Assessment Tools

F.A.C.T.

F – Faith (or Beliefs): So what are your beliefs? Do you consider yourself a believer or a spiritual person?

A – Active: Do you have a focus on your religious community? Do you have a religious or spiritual affiliation? Is there help for your faith available to you? Do you have the resources you need to put your religion (or convictions) into action?

C – “Comfort; Conflicts: How are you working with your medical issues? Is your faith (your beliefs) assisting you in coping? In light of your diagnosis, how is your faith (your beliefs) providing you with comfort? Do you have any religious or spiritual beliefs or practices that contradict your medical treatment?

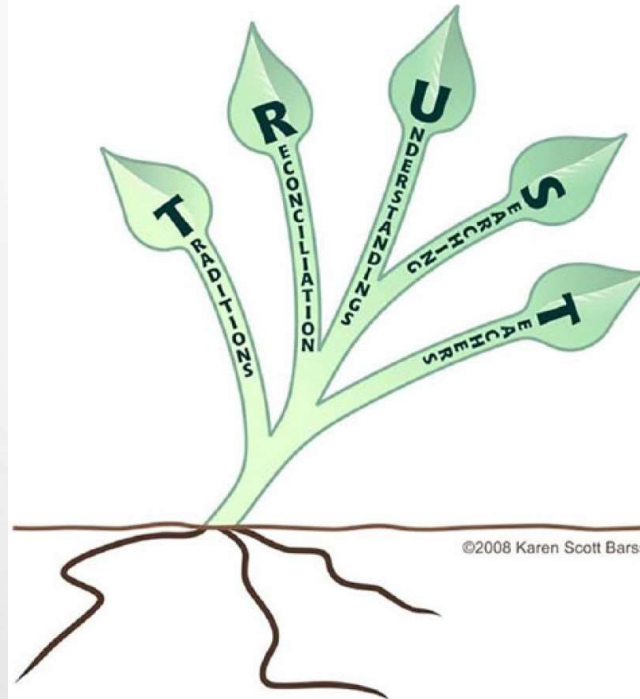
T – “Treatment plan: If the patient is doing well, encourage them or monitor the patient’s status.” If the patient is having trouble,

1. Provide direct assistance, depending on the relationship and commonality in faith/beliefs: spiritual counseling, prayer, Sacred Scripture, and so on.
2. Encourage the patient to talk to their religious leader about their worries.
3. Refer the patient to the hospital chaplain for further assessment.”

<https://growththoughtful.com/types-of-spiritual-assessment-tools/>

Spiritual Care as a part of holistic care

T.R.U.S.T. Model



Unit 1 - Introduction

- The Nature of Spirituality & Its Relationship to Health & Healing (Evidence-base, Research, & Reflections)
- Exploring & Nurturing Our Own & Others' Spirituality

Unit 2 – Traditions & Practices

- Spiritual, Religious, Cultural & Healing Traditions
- Supporting Our Own and Others' Contemplative Practices

Unit 3 – Reconciliation

- Spiritual Pain and Healing
- Navigating Forgiveness, Loss & Grief, End-of-Life

Unit 4 - Understandings

- Mobilizing Sustaining Beliefs
- Transforming Distressing Beliefs

Unit 5 - Searching

- Exploring the Spiritual Journey
- Self-Selected Retreat or Ceremony; Overnight Course Retreat

Unit 6 - Teachers

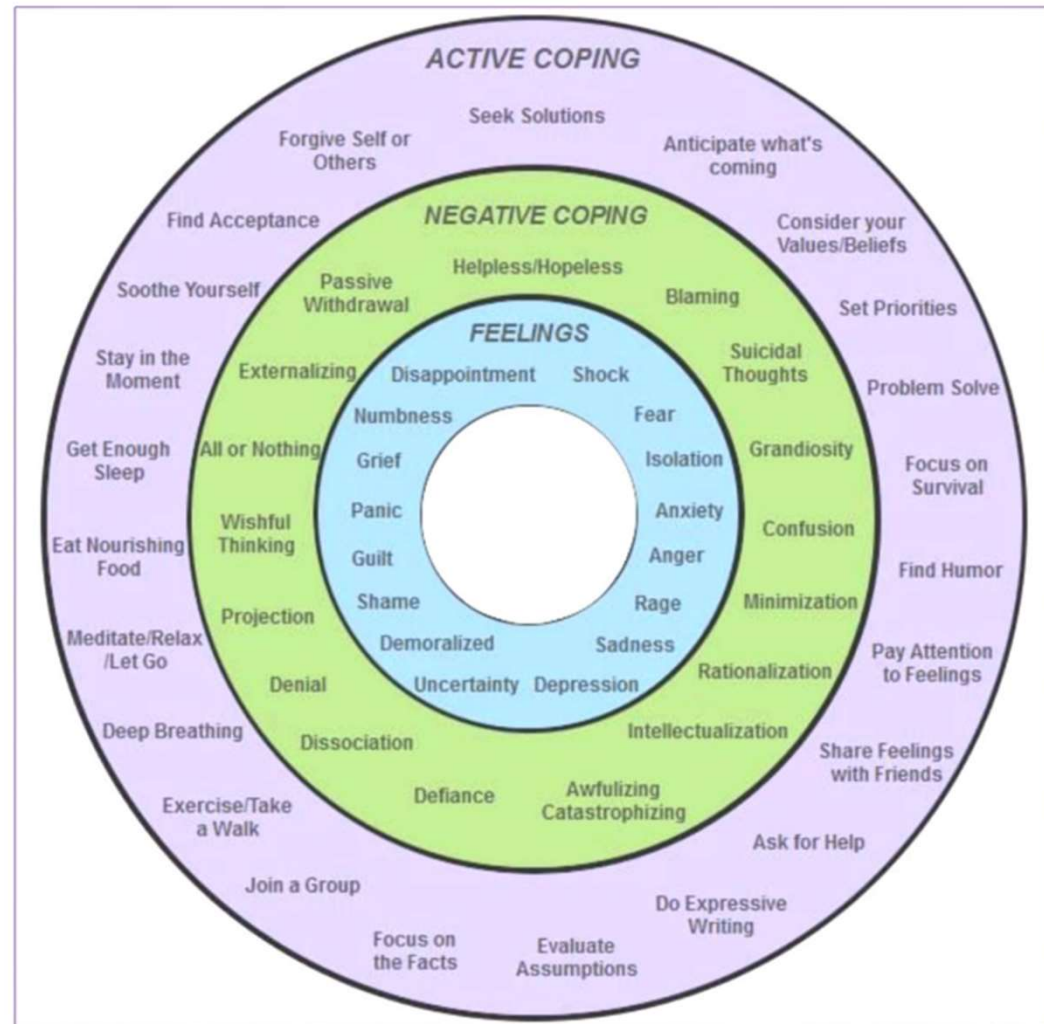
- Internal/External Resources
- Mentorship, Leadership & Vocation

Scott Barss K. Spiritual Care in Holistic Nursing Education: A Spirituality and Health Elective Rooted in T.R.U.S.T. and Contemplative Education. *Journal of Holistic Nursing*. 2020;38(1):122-130.

Feelings – Negative Coping - Active Coping

The Coping Engine – www.copingengine.com

(used with permission of creator - Patricia Fobair, LCSW, MPH)



This website is designed to help you find solutions to problems causing you emotional distress.

Ways to Help Others with Spiritual Pain

Be authentic with others, “bring yourself,” be present and available

Help others to know they are valued by listening and investing in them during conversations

Help others to Define or redefine what gives value, meaning and purpose to them.

Help others to take inventory of what is important to them.

Help others to understand the value to Establish relationships with well defined boundaries, so to protect spiritual identity.

Help others to Take steps to actively cope, engage the issues productively; Be respectful, let them guide the process.

Most importantly, refer them to Counseling, and support or groups.

Be careful not to exceed the scope of your knowledge or the limits of your professional boundaries.

Final Considerations

Before addressing the spiritual pain of those around us, first, let us address our own Spiritual Pain.

Spiritual Pain is hard to define, and there are many definitions ... Professional Spiritual Care providers should logically be one of the groups, if not the main group of people involved in research to continue the process of defining spiritual pain.

The chief way to address the Spiritual Pain of others is to listen to their stories (experiences) and help them to feel valued and understood.



Conclusion

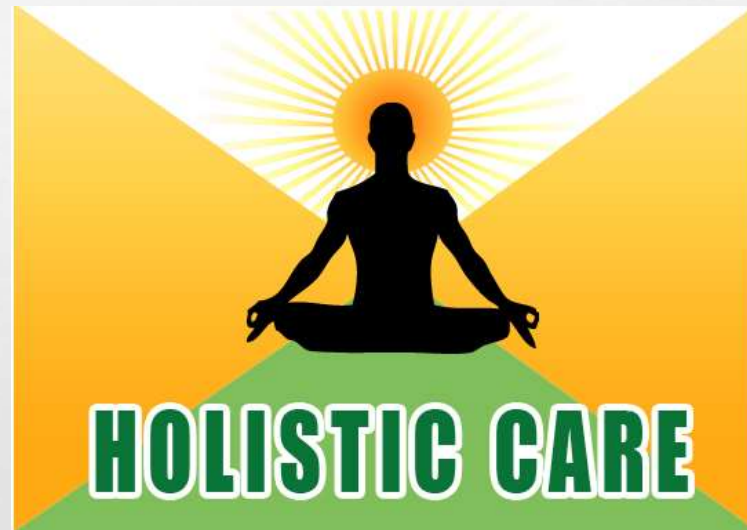
We all know the difficulty sometimes involved when it comes to attempting to explain the value of addressing spirituality, spiritual issues, and spiritual pain within healthcare.

“The study of leadership is the study of how men and women guide us through adversity, uncertainty, hardship, disruption, transformation, recovery, new beginnings and other significant challenges (Scott, 2011). Scott S. (2011). *Fierce leadership: A bold alternative to the worst “best” practices of business today*. Crown Pub.

Mary Southard, Director Integrative Health Consulting and Coaching, LLC Scranton, PA stated, “When I read this quote, it struck me that this definition could also be how spiritual care could be defined.” Southard ME. Spirituality: The Missing Link for Holistic Health Care. *Journal of Holistic Nursing*. 2020;38(1):4-7.

Conclusion

How can we translate this and other descriptions of what we do to the healthcare organizations we serve, and to the larger health community?



Discussion

Resource List

Christina Puchalski, M.D. et al., "Improving the Quality of Spiritual Care as a Dimension of Palliative Care: The Report of the Consensus Conference," *Journal of Palliative Medicine* 12, no. 10 (2009): 885–903.

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Contact Information

chris.mason@wvumedicine.org