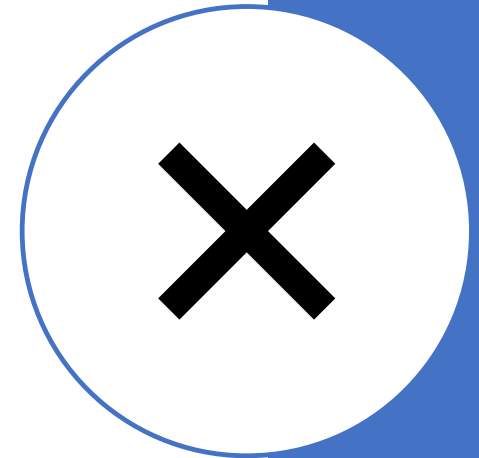


Integrating a psychospiritual approach of holistic wellness in treating those with mental health disorders

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Conflict of Interest

- The presenter, Anka Roberto has no conflict of interest to report.



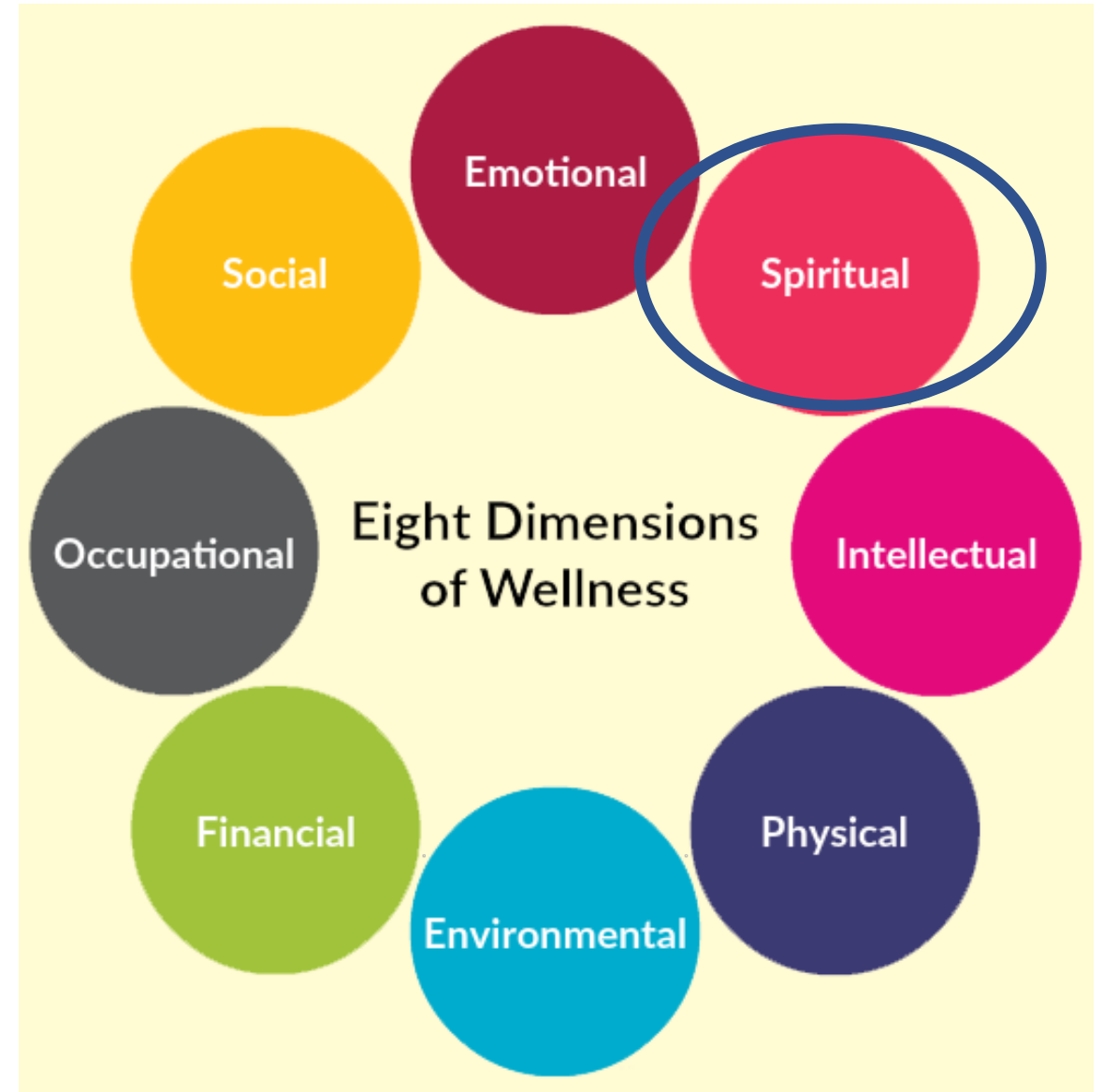
Purpose

- The purpose of this session is to critically appraise, synthesize, and present recent evidence based holistic psychospiritual practices that enhance comfort and allow for transcendence to a mentally well state of being.

SAMHSA

(Substance Abuse Mental Health
Service Administration)

Wellness Initiative (2011)



Defining Spirituality



Expansive and without a universally accepted definition, once centered on religion, can be contextualized as a search for the sacred that may or may not include religion (Koenig et al., 2012 & Pargament 1999).



"Spirituality is transcendent, which is the intimate connection between our inner selves and the outer world. Part of spirituality is the journey toward embracing the mystical elements of our beliefs even without proof" (Koenig, 2017, pg. 109).



"That which allows a person to experience transcendent meaning in life. This is often expressed as a relationship with God, but it can also be about nature, art, music, family or community—whatever beliefs and values given a person a sense of meaning and purpose in life (Puchalski and Romer 2000, p. 129).

Complex domains of spirituality



Cognitive/Thought: search for meaning, purpose and truth in life. Thought has the ability to interrupt ones natural state of peace, wisdom and, love (Koenig, 2015).



Experiential/Emotional: Involves feelings or hope, love, connection, inner peace, comfort, support, care and a sense of belonging (Van Cappellen, Toth-Gauthier, Saroglou & Fredrickson, 2016).



Behavioral: The method in which a person demonstrates their spiritual beliefs and inner sense of spiritual self (Yamada et al., 2014).

Psychospiritual interventions include:

- Yoga
- Prayer
- Meditation
- Mindfulness
- Nature Walks
- Tai-Chi & Reiki
- Promoting of existing personal spiritual practices



(Anandarajah & Hight, 2001)

Public health impact



- Helps to promote connections between individuals and reliable sources of meaning and purpose such as the world, nature, higher power and inner sense of self and potential for peace (California Mental Health and Spiritual Initiative, 2011).
- Patients and caregivers from nine countries from four continents reported spiritual care by health professionals is lacking (Timmins et al., 2017).



Individual & group impact

- Spiritually modified cognitive behavioral therapy reduces anxiety and chronic pain and improves overall psychological well-being (Hodge, 2004).
- Spiritual group therapy does not increase psychopathology in severely mentally ill and addresses patients' spiritual needs and foster recovery (Mohr, 2011).
- Religious and spiritual interventions result in significant decreases in anxiety, alcoholism, depression and addictive disorders (Bonelli and Koenig, 2013; Goncalves, Menezes & Vallada, 2015; Smith et al., 2017; Wang et al., 2014; Pargament, 2013 & Smothers & Koenig, 2018).
- Decreases in religious and spiritual beliefs and practices and negative religious coping have been consistently linked to poorer mental and physical health (Ai et al. 2009; Exline and Rose 2013; Pargament et al. 2001).
- Presence of spirituality leads to increased resilience (Smith et al., 2012).



Spiritual based coping strategies decrease the negative impact of traumatic stress on mental health (Courtois, 2017).



People who recognize themselves as being more spiritual overcome mental health disparities far greater than those who are not; including youth in the foster care system (Weber & Pargament, 2014).



Those who meditate, pray and practice yoga have a significant decrease in mental health symptoms to improve in time (Florez et al., 2018).



"Both spirituality and religion occupy an important place in the understanding and management of many who survive major psychological trauma" (Lee, Connor and Davidson, 2018, p.68).

Impact on traumatized individual

Implications for future practice & research



Benefits of using psychospiritual approaches to mental health care far outweigh any risk; in fact are more detrimental when ignored (Koenig, 2015).



Conducting spiritual assessments upon intake is essential (Peteet, Zaben & Koenig, 2018).



An overwhelming percentage of people in the United States consider themselves spiritual, many of whom want ALL healthcare providers to acknowledge and support spirituality in their plan of care (Chida, Steptoe & Powell, 2009).



High quality research studies are needed to provide more evidence to show that the utilization of spiritual practices among patient populations are beneficial.

Conclusion

Health care professionals can only increase their clients' tool box allowing them to personally manage and alleviate problematic mental health symptoms.

Taking a psychospiritual approach can indeed relieve, ease, and allow for transcendence to take place promoting inner peace and a grounded state of being.

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