

UIC

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Addressing Spiritual Needs & Distress with Greater Confidence

Kei Okada

Associate, Columbia University Seminar on Death
Board member, The National Widowers' Organization
International Association for Spiritual Care (IASC)

kokadany@icloud.com

<https://www.linkedin.com/in/kei-okada-a831a319b/>

Hospice Care (end-of-life care) - Hospitality

Palliative Care (Comfort care / Palliating pain/distress)

Inter-disciplinary Team Care

Bio-Psycho-Social-Spiritual

Spiritual Care

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Spiritual Care

Spiritual, Existential, Religious

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Spiritual, Existential, Religious

Holistic, Empathic, Compassionate

Experiential, Meaningful, Ethical

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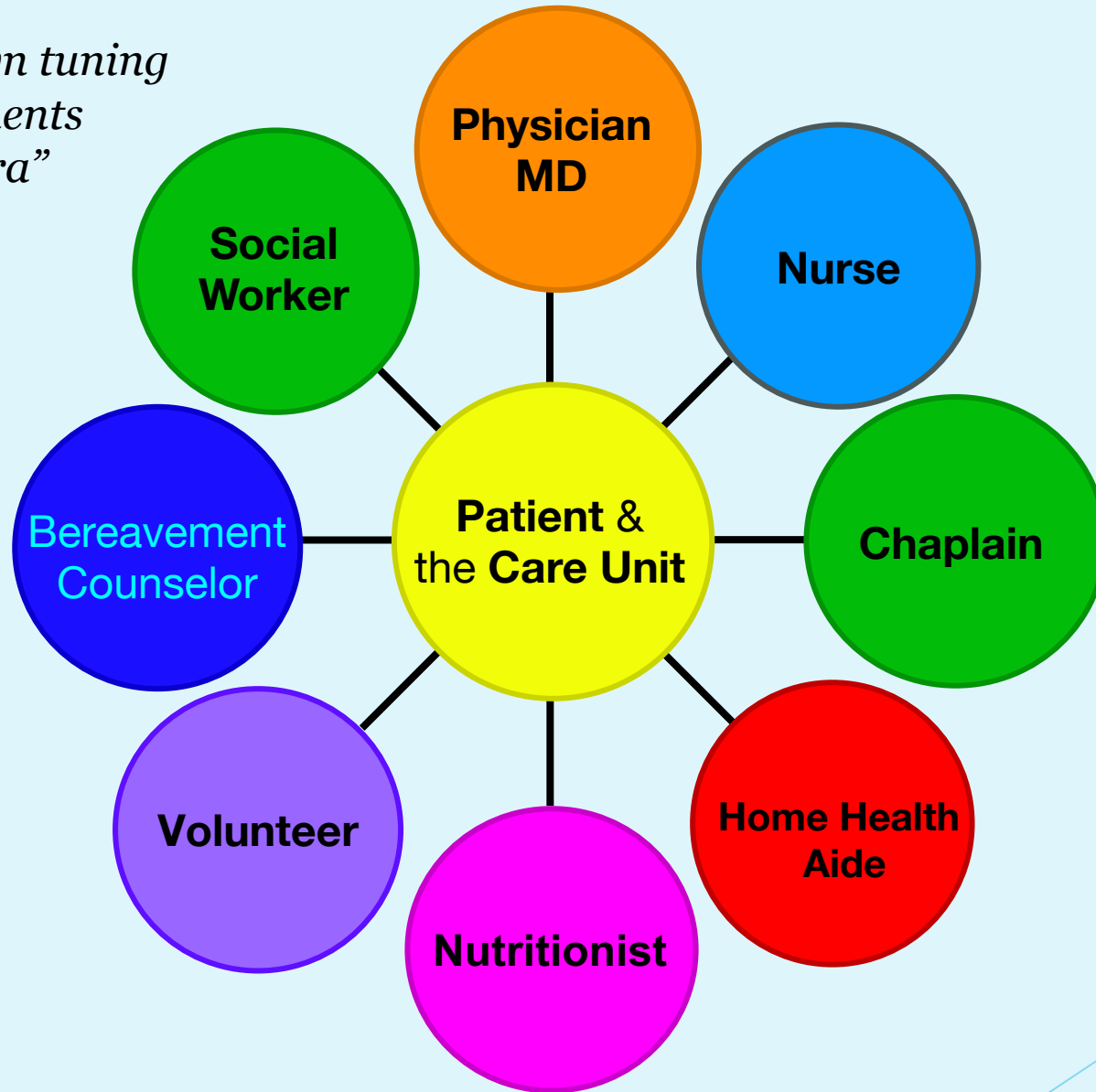
Experiential, Meaningful, Ethical

Transformational, Transcendental

Healing, Sacred, Mystery

Awe, Reverence, Timeless

*Listening to your own tuning
and to other instruments
in the team “orchestra”*



Spiritual Pain

How is your Spirit?

Spiritual contexts

Spirituality is a fundamental aspect of compassionate, patient and family-centered palliative care.

It is a **dynamic and intrinsic aspect of humanity**

through which

individuals **seek meaning, purpose, and transcendence,**

and **experience relationship** to self, family, others,

community, society, and to the significant or sacred.

Spirituality is **expressed**

through **beliefs, values, traditions, and practices.**

- *National Consensus Project:*

Clinical Practice Guidelines for Quality Palliative Care, 4th edition

Domain 5: Spiritual, Religious, and Existential Aspects of Care

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- *National Consensus Project:
Clinical Practice Guidelines for Quality Palliative Care, 4th edition
Domain 5: Spiritual, Religious, and Existential Aspects of Care*

In your experience, what/how are you

* **seeking**

meaning, purpose, and transcendence?

* **experiencing** relationship to self, family, others,
community, society, and to the significant or sacred?

* **expressing**

through beliefs, values, traditions, and practices?

Spiritual Pain

1. **Meaningless** *futile, vain, lost worth/value*
2. **Purposeless** *lost, unfulfilled, bored*
3. **Loss of Transcendence** *no potential, no beyond*
4. **Relationships disconnected** *alone, lonely*

Spiritual **Care**

1. **Meaningful** *What makes life/moment meaningful?*

2. **Purposeful** *What fulfills your life? living for?*

3. **Transcending** *towards wholeness*

4. **Connecting** presence and caring support

Empowering their *Seeking, Experiencing, Expressing*

Spiritual Needs & Distress

not separate, not to be compartmentalized

Existential **meaning, purpose, relationships**

center, core, essence, identity

Spiritual **beliefs**, values, perspectives, growth

awe, inspiration, transformation

healing, sacredness, **transcendence**

Religious **faiths**, community, customs, rituals

Staff: “She is not religious.

We don’t need spiritual care.”

Patient: *“I am not religious.*

*My faith in **God** is personal.*

*Prayer is important. Will you **pray** for me?”*

follow-up re: experienced aspects of God & prayer

“How is your God doing these days for you?

“What does your faith/God/prayer mean to you today?

“What do you want me to pray? Your ultimate concern?”

Staff: “The patient is Jewish. Very religious.
We need a Rabbi for him.”

Son: *“My father is traditional.
Spirituality is very important for me.
I need other perspectives to see
what is happening to me.”*

Staff: “She is Catholic.

Please contact a Catholic church and
request a priest’s visit.”

Patient: *“I grew up Catholic but became a seeker during my teen years. I studied various religions and philosophies.*

I need to process with you what this experience can mean for me and my family.”

Spiritual assessment of “being Religious (?)”

e.g. a religious category: “Catholic”

“Who & How are you Catholic?”

*What does that **mean?**”*

*“What **concerns** you with being Catholic?”*

*“How can we address your **needs?**”*

“I was brought up Catholic (and/but...)” *“Tell me more...”*

“My family was Catholic.” (family tradition/custom) *“meaning?”*

“The Catholic school/church teaching makes me wonder...”

“I used to go to church (and/but now...)”

“I had no interest until I became ill...”

Faith is not the clinging to a shrine,
but an **endless pilgrimage of the heart.**

- Rabbi Abraham Heschel

Faith is the state of
being **ultimately concerned.**

- Paul Tillich

There are three sources of **belief** :
reason, custom, inspiration.

- Pensées, by Blaise Pascal

Hoping for a Miracle (Healing)?

What does that mean? Find out an emerging wonder.

A grieving family praying for a miracle... **holding their grief**

A son praying for his father's healing... **healing is starting**

A caregiving family praying for a divine healing... **meeting point**

*“Miracles are not contrary to nature
but only contrary to what we know about nature.”*

- Augustine

*"Miracle" is simply the wonder of the unique
that points us back to the wonder of the everyday.”*

- Maurice Friedman

“transcending”? “Climbing over”

*your sense, mindset, perspective, understanding,
expectation, hope, trust, belief, faith...*

*re: “reality”, yourself, relationships,
life, death, beyond*

*prospect, potential
meaning, worth, values*

Healing is the personal experience of the
transcendence of suffering.

- Thomas R Egnew

A mind that is stretched by a new experience
can never go back to its old dimensions.

- Oliver Wendell Holmes

No problem can be solved
from the same consciousness that created it.

- Albert Einstein

Wisdom begins with wonder.

- Socrates

What/How do you know?

Expertise, Competency

Professional knowledge

Personal knowledge

experiential wisdom

To Know (what is happening to) the person

sapere informational (head)
pain

conoscere relational, experiential (heart)
his/her way of expressing pain



Listening to the Heart
behind the words, silence, tone, rhythm

WORD (relational):
“Heart coming out of mouth”

言

when you need words
when you don't need words (any more)

Wordless vs “cannot speak”
“Words fail” “pregnant” silence

“verbal” communication
“spiritual” communication
in Silence...

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Assessing Spiritual Support & Needs

“(purpose) I am asking this question to understand what kind of support you are receiving now. Unless I listen to you enough, we cannot design our support according to your preference or needs.

I’m here to listen. We are here to make sure you are well-supported.

Assessing Spiritual Support & Needs

Internal *“Everyone has a unique set of strengths.*

When you remember how you overcame life’s difficulties, what do you believe would be your strengths?

External

(individuals) Who would be your primary caregiver? Who else are supporting you? How are their support?

*(communities) Do you have any communal support such as **any group you belong to, senior citizen center, or a faith community?***

Some people find spiritual or religious practice or affiliation meaningful. Do you have any?”

Assessing Spiritual Support & Needs

What are your sources of strength and peace?

What makes your life meaningful or fulfilling?

What is most important for you now?

What are you hoping for?

If you could choose 3 things you hope to see better or improved, what would be?

Assessing one's "belief system"

*"How is your (way of) believing
affecting your experience?"*

believing - *interpreting, evaluating, expecting, hoping
beyond one's intention, consciousness*

*Contexts: personal, relational, habitual, cultural,
can be temporary or part of identity/roles/growth*

Assessing one's "belief system"

believing - *interpreting, evaluating, expecting, hoping*

"my reality" *direct sensation & choice*

*"Tell me what (do you believe) is **happening** to you now?"*

*"What are **you** going through?"*

Assessing one's "belief system"

believing - interpreting, evaluating, expecting, hoping

"myself" - not a static individual self,
but a dynamic hub of aspects/relationships

*"How are you **seeing** yourself?"*

*"How are you **in touch with yourself**?"*

"How do you listen to your voice, what you've just said?"

What else can that part/aspect of you say more?"

Assessing one's "belief system"

believing - *interpreting, evaluating, expecting, hoping*

"my time" *Please remember the "time difference"!*

"How are you taking your time?"

*"How is what you are experiencing now
affecting your sense of time? Any concern, hope?"*

Assessing one's "belief system"

believing - interpreting, evaluating, expecting, hoping

"my home" A place of rest (remembered? hoped for?)

"Where would be the place you can be at peace now?"

"Where would be your place called 'home'?"

"If you could be anywhere, where would you rather be?"

Assessing one's "belief system"

believing - *interpreting, evaluating, expecting, hoping*

"my loved ones"

*"Do you have any concern or hopes
you want to clarify for them?"*

*"How are you seeing, expecting from, hoping for
your relationships with them?"*

Assessing one's "belief system"

believing - interpreting, evaluating, expecting, hoping

"my life, my death"

"How are you seeing your life/death (living/dying)?

What do they mean to you?

*"What would be most important/fulfilling/fruitful
for your life, for your death?"*

"What is your hope for the "great beyond"?"

Assessing one's "belief system"

believing - interpreting, evaluating, expecting, hoping

"our family life" to be "coming to be"

"How are you believing/hoping your family will relate to you after your death?"

*"If your late loved ones are listening to our talk now, what would you tell them?
what would they tell you?"*

Suffering – Healing

Changing Physical Body

Framed Mind (Believing)

Learned Fearful Spirit (Tuning)

Suffering – Healing

Releasing Physical Body/Nature

Reframing, unframing Mind (Believing)

Unlearning Audacious Spirit (Trusting)

Suffering = Total Pain (one body)

Dame Cecily Saunders

Physical Pain

Social Pain

Psychological Pain

Spiritual Pain

Suffering = Total Pain

*“This pain doesn’t go away.
What I did in the past is catching up with me now.*

*“It hurts me, my niece hasn’t called me for weeks.
Who is here for me? Whom do I need?*

*“I never felt depressed in my life. This is not me.
I feel defeated and worthless.*

*“I am dead, just waiting. What am I living for?
Why do I have to suffer? My prayer was not heard.*

Suffering = Total Pain

“This is like a labor process. The pain is blocking the flow. How can I go through this terrain, living in this season?”

“I am finding what I can leave/give for my loved ones. They need me, I need them.”

“I’ve realized my mood changes my value and life view. I’ll see how I may find new ways to navigate the waves.”

“I’ve realized what are most important only now. I will talk to my family.”

PAIN *message, alarm, cry, plea, fear*

Pain is **multi-faceted**. *bio-psycho-social-spiritual*

Pain has a **gravity**. *to see the painful part/aspect & beyond*
vs. empowering/affirming intrinsic dignity

Pain **accumulates** and needs to be processed.

releasing, softening, thawing

Pain is **a disconnection**. *“What are disconnected?”*

reconciling, reconnecting, remaking, retelling

Pain is **relational**. It triggers others' pain.

embracing, grounding, centering, anchoring

Pain is **a labor process**. *Something new is being “born.”*

Care < *Kara* (Old English, Old German, Gothic)

- ▶ “To cry with” “To have sorrow with”

Compassion < *com passus* (Latin)

- ▶ “To suffer together with”

Patient = πάσχειν (Greek) “one who suffers”

- ▶ רַחֲמִים (Hebrew) = Plural of “womb” רַחֵם

We are spiritual midwives!

Transforming/Transcending the meaning/value

Kin-Tsugi (Gold-Joint)

https://www.youtube.com/watch?v=CTdFCqkX_fw

Pink seesaws at US-Mexico wall win design award

<https://www.bbc.com/news/world-us-canada-55718478>

The basic principle of **spiritual life** is that **our problems** become the very place to discover wisdom and love.

- Jack Kornfield

Hope is not the same thing as optimism.

It is not the conviction that something will turn out well, but **the certainty that something makes sense**, regardless of how it turns out.

- Vaclav Havel

Changes

“There is no sense **fighting** with the body.
People don't **know how to live** with the body.
The body changes but people don't change.”

“There is no death. **There are only changes.**”

- Hospice Patients

Changes

What are we **fighting** with/for?

How can we **know how to live** with the body?

What/How to hold on to? (identity, dignity...)

What/How to let go? (no longer available/needed...)

Fear of changes (*unfamiliar “stranger”*)

→ Meaningful changes (*life sign*)

Pain/Grief over lacks, losses,
unmet needs, unmet expectations,
conflict/challenge against beliefs to fight with

Healing/Growth towards wholeness
gaining experiences/learnings

Debilitating **Fear** → Affirming **Love**

Not yet / No longer + **Already / Fulfilling**

“Coming to Be”

A wound is a place where light enters your soul.

Out beyond ideas of wrongdoing and rightdoing
there is a field. I'll meet you there.

When the soul lies down in that grass,
the world is too full to talk about.

Let the beauty we love be what we do.

- Rumi

Now

No longer - Still

Not Yet - Already

Now as One-Time (with “past” & “future”)

Seeing the **Now** from the future

Designing this experience **for the future self**

Keeping the spirit alive
in **your growing/relating stories**

Healing: Towards the Wholeness

Assessment: What is it like now?

Life Review: How was it like?

Hope, vision : How is your life to be like?

*How do you want to remember your
current experience 5 years later?*

Loss
Change

Holding on
Letting go

Resiliency
Vulnerability

“Fight well”
“Go with the flow”

Connecting the stories

“The universe is made of stories, not of atoms.”

- Muriel Rukeyser

*“Creativity is just connecting things...
to connect experiences they've had and
synthesize new things.”*

- Steve Jobs

“What is it like now?”

Living, Dying
and Beyond

Your relationships with
yourself, your aspects
your body, mind, spirit
your thoughts, feelings,
the living and the “dead”

Imagine yourself on the Scene

Boxing Wrestling Battle

“Fighting with... ?” whom? what?

“your support”?

Journey, Marathon

Swimming Surfing Climbing

Waiting at a station *how is it like?*

Graduation

“what I have never experienced before”

= like our “first experiences”

Images, Memories, Perceptions, Consciousness

Triggers

Reminders

Associations

Prototypes

Symbols

Mystery

“Where are you?”

“What do you see?”

Life Journey

Seasons

Stages Chapters Movements

Passages Terrains

Finding the “seeds” of breath-taking moments to grow Life

*Life isn't measured by the breaths you take,
but by the moments that take your breath away.*

- Anonymous

*And in the end
it's not the years in your life that count.
It's the life in your years.*

- Abraham Lincoln

Life well spent is long. - Leonardo Da Vinci

*To see the world in a grain of sand
and heaven in a wildflower*

*To hold infinity in the palm of your hand
and eternity in an hour*

- William Blake

Empathic Presence

*Soul pain is reached and healed
by the way routine care is carried out.*

Dame Cicely Saunders

Water Talk

you are water

I'm water

*we're all water in different containers
that's why it's so easy to meet
someday we'll evaporate together*

*but even after the water's gone
we'll probably point out to the containers
and say, "that's me there, that one"
we're container minders*

- Yoko Ono

We are not *human beings*
having a spiritual experience.

We are *spiritual beings*
having a human experience.

- Pierre Teilhard de Chardin

To wonder with Love what might have been
To dream with high Hopes of what will be
To be thankful for what we have

- anonymous (a memorial bench in Central Park)

To live in the hearts of those we leave behind is
not to die.

- Thomas Campbell

Through love, through friendship,
a heart lives more than one life.

- Anaïs Nin

The wound: flesh or spirit deep

The choice: to quit or keep on

The way: accept and let go

The promise: to heal and grow

- Arlene Gay Levine