

Spiritual Psychotherapy for Inpatient, Residential & Intensive Treatment (SPIRIT)

Clinical Protocol for Spiritual Psychotherapy for Inpatient, Residential & Intensive Treatment (SPIRIT)

<p>Group Title</p> <ul style="list-style-type: none"> • SPIRIT (Spiritual Psychotherapy for Inpatient, Residential & Intensive Treatment)
<p>Length</p> <ul style="list-style-type: none"> • 30-55 minutes/session • Stand-alone group session for inpatient/partial (intensive) settings • Multi-session groups for residential settings
<p>Objectives of Group</p> <ul style="list-style-type: none"> • To help patients explore/understand relationships between their spirituality/religion and mental health/distress, and the relevance of this domain to their treatment. • To help patients identify concrete ways to address their spirituality/religion in the context of their overall treatment plan. • To help patients identify spiritual/religious concepts they can utilize to bring about emotional change.
<p>Handouts (Note: All handouts are <u>not</u> used during each session. Clinicians select which of these handouts to use in the course of the session.)</p> <ul style="list-style-type: none"> • Spiritual/Religious Beliefs & Reframes (cognitive) • Spiritual/Religious Coping in Treatment (behavioral) • Meditating on the Psalms (cognitive/behavioral) • Sacred Verses (cognitive/behavioral) • The Power of Prayer (cognitive/behavioral) • Spiritual/Religious Struggles (behavioral) • Forgiveness (behavioral)
<p>Outline of Group and Timing of Handouts</p> <p><i>Part I: Relevance of Spirituality to Symptoms/Treatment (13-25 minutes – 50% of group)</i></p> <ul style="list-style-type: none"> • Context: This group is a part of the McLean Hospital Spirituality Program, a hospital-wide initiative to provide patients with spiritually-integrated, evidence-based care. • Purpose: There are two purposes for this group: (1) to identify how spirituality/religion may be relevant to your symptoms (2) to identify how you can integrate spirituality/religion into your treatment (concepts and activities). • Disclaimer (to read to patients): The purpose of this group is <i>not</i> to convert you or to give patients an opportunity to convert others. Along these lines, people have different faiths, so please be respectful to everyone's beliefs and practices. • Question: How is your spirituality relevant to your mental health? • Guide the discussion such that each patient has an opportunity to respond to this question. Gently redirect patients to provide a focused response. Try to find common themes among patients and point those out to the group. • Typically patients will provide one (or more) of four responses: (1) Their symptoms may

Spiritual Psychotherapy for Inpatient, Residential & Intensive Treatment (SPIRIT)

take on religious themes (e.g., religious psychosis, scrupulosity, hyper-religiosity); (2) Spirituality/religion may be a resource to them (e.g., providing solace, meaning, hope, or connection); (3) Spirituality/religion may be a source of strain and emotional pain (i.e., spiritual struggles); (4) This domain may not be directly relevant to their mental health.

- Frame for patients (psychoeducation): there has been a lot of research over the past 20 years on spirituality/religion and mental health, and the data suggest that there are three common responses:
 - On the one hand, spiritual/religious life can protect against mental distress by providing a framework for meaning, purpose, and connection with others, and by serving as a resource when coping with distress.
 - On the other hand, spirituality/religion can also be a source of strain for many people, and this can significantly exacerbate – or even contribute to – distress.
 - In some cases, spirituality/religion can color the way in which symptoms manifest. Note that in these cases, spirituality/religion does not directly contribute to the problem, per se. Rather, when religious individuals suffer from psychiatric disorders, their symptoms are more likely to have religious themes.

Part II: Addressing Spirituality in Treatment (Using 1-2 Handouts) (13-25 minutes – 50% of group)

- Introduce the section: Irrespective of how spirituality relates to your personal mental health, it can be helpful to draw upon spiritual resources in shaping our thoughts, behaviors, and feelings.
- Note to clinicians: The following handouts are a collection of resources that you can use with patients. Typically, only 1-2 handouts are used per SPIRIT group meeting. You may select any of these handouts to focus on in a given SPIRIT group session. Simply pick whichever ones you think are best for the specific patients who attend the group on a given day.
- Instruct patients: To these ends, here is a handout with a list of common spiritual/religious beliefs that can be used to challenge distressing thoughts [**Spiritual/Religious Beliefs & Reframes**]. Some of the statements may not be consonant with your belief system, but try to identify at least 1-2 that may be helpful.
 - Ask patients to read through the handout themselves and/or aloud, and identify beliefs that could be helpful to focus on in their treatment.
 - Facilitate a brief discussion with patients about how the beliefs they selected may be relevant to the symptoms they are experiencing.
 - Invite patients to concretely identify one belief they can use as a coping statement each day going forward.
- Instruct patients: Here is another handout with different spiritual/religious practices that many individuals use to cope with distress [**Spiritual/Religious Coping in Treatment**]. These are different behavioral strategies that have a spiritual/religious component. Again, some of the examples may not be appropriate or of interest to you, but try to identify at least 1-2 that may be helpful.
 - Ask patients to read through the handout to themselves and/or aloud, and try to identify religious coping strategies that could be helpful to focus on in their treatment.
 - Facilitate a brief discussion with patients about how the strategies they selected

Spiritual Psychotherapy for Inpatient, Residential & Intensive Treatment (SPIRIT)

- may be relevant to the symptoms they are experiencing.
- Invite patients to concretely identify one strategy that they can use to cope with distress each day going forward, as part of their treatment plan.
- Instruct patients: Here is another handout [**Spiritual/Religious Struggles**]. This one lists common spiritual struggles individuals may experience, that could contribute to their mental distress. Again, some of the examples may not be relevant to you, however you may be experiencing one or more of these struggles.
 - Ask patients to read through the handout to themselves and/or aloud, and try to identify struggles they are experiencing.
 - Validate the struggles that patients vocalize!
 - Facilitate a brief discussion with patients about how the struggles they selected may be relevant to their symptoms.
 - Invite patients to concretely identify one individual they can approach to discuss these struggles within the next week – e.g., clergy, family, friends or other individuals in their faith communities, their treatment providers.
- Note to clinicians: The following handout is specific to Judeo-Christian beliefs and may not be appropriate for all groups.
- Instruct patients: Here is another handout with excerpts from the Psalms that many individuals use to pray or meditate on when they need an infusion of faith [**Meditating on the Psalms**]. Here too, some of the examples may not be of interest to you, but try to identify at least 1-2 that may be helpful.
 - Ask patients to read through the handout to themselves and/or aloud, and try to identify excerpts that could be helpful to focus on in their treatment.
 - Facilitate a brief discussion with patients about how the excerpts they selected could be helpful to address the symptoms they are experiencing.
 - Invite patients to concretely identify one excerpt from the Psalms they can use as a prayer or meditative phrase each day going forward.
- Instruct patients: Here is another handout with excerpts from a broad range of spiritual and religious traditions [**Sacred Verses**]. Again, some of the examples may not be of interest to you, but try to identify at least 1-2 that may be helpful.
 - Ask patients to read through the handout to themselves, and try to identify verses that could be helpful to focus on in their treatment.
 - Facilitate a brief discussion with patients about how the excerpts they selected could be helpful to address the symptoms they are experiencing.
 - Encourage patients to write down 1-2 phrases and to use them as coping statements throughout the day. Encourage patients to integrate these phrases into their expressive or creative arts therapy sessions in some way (e.g., making up a song with the words, or doing an art project related to the themes).
- Instruct patients: Here is another handout [**Power of Prayer**]. This one discusses prayer as a mental health resource, and also the potential power of prayer as it relates to spiritual struggles. The questions on the handout are intended to help us determine what and how we pray, and more importantly how prayer impacts our mood in beneficial and maladaptive ways.
 - Ask patients to respond to the first section (Opening Questions) and facilitate a *brief* discussion. If patients say that they do not pray, reinforce that not all forms of spirituality are relevant to all patients. If relevant, use the following examples:

Spiritual Psychotherapy for Inpatient, Residential & Intensive Treatment (SPIRIT)

Scripted (e.g., Lord's Prayer, Salat, Shema); Scheduled (e.g., part of a daily or weekly routine); Communally (e.g., religious services); Spontaneous (e.g., voicing our own thoughts, feelings, and emotions in the moment); Meditative (e.g., contemplative).

- Then, facilitate a longer and more focused discussion on the latter section (Discussion Questions) to help patients identify the relevance of prayer to their mental health and treatment. If patients provide Yes/No answers to the questions, try to engage them in a discussion. If patients say that they struggle with prayer (e.g., they feel their prayers are not listened to), validate their feelings and convey empathy. When relevant, contrast the difference between using prayer to cope vs. compulsive/ruminative/delusional prayer. While both tend to increase due to distress, one is a way of coping with distress whereas the other is a manifestation of distress.
- Instruct patients: Here is another handout [**Forgiveness**]. Forgiveness involves releasing feelings of resentment. Since forgiveness can be very challenging to implement, this handout is only meant to *introduce* the topic at hand, and provide some initial strategies that may be helpful.
 - Ask patients to consider who they would like to forgive in their lives (e.g., themselves, their mental disorders, others from the past, others in the present, their spirituality).
 - Read through the five parts of forgiveness.
 - Facilitate a brief discussion with patients about where in the process of forgiveness they are holding with respect to a specific issue (e.g., are they able to recall the hurt? Are they able to empathize? Are they ready to decide to forgive or have they committed to do so? Have they established a new normal?)

Conclusion (4-5 minutes)

- In sum, spirituality/religion can be relevant to both mental health and distress for many individuals.
- McLean Hospital is proud to provide you with this group and other opportunities for spiritually-integrated care.
- If anyone would like to speak one-on-one about spirituality/religion, our **hospital inter-faith chaplain** is available. Please let your treatment team know so that they can request a consultation for you.
- We encourage you to speak to your treatment providers about spiritual/religious issues as they pertain to your symptoms and treatment, both while you're at the hospital and as part of your discharge plan.

Spiritual Psychotherapy for Inpatient, Residential & Intensive Treatment (SPIRIT)

Handout 1: Spiritual/Religious Beliefs and Re-Frames (Cognitive)

The following spiritual/religious concepts may be meaningful and relevant to you.

We are never alone.

- No matter how bad it gets, I am never alone.
- Faith has no boundaries.
- Wherever I am, my faith remains with me.
- I am not the first person to ever go through this and I won't be the last.
- My faith is always close by, even when I feel distant.

Nothing is impossible.

- The truth is that I don't *really* know what will happen in the end.
- Miracles *can* and *do* happen.
- Even when danger is imminent, I may remain hopeful by trusting in my faith.
- Help can come as swiftly as the blink of an eye.
- Just as something can be taken away, so too can it be given back.

Life is a test.

- Struggle makes us stronger.
- The harder it gets, the greater opportunity I have to grow.
- Faith can be demonstrated best in difficult situations.
- This is just a test, one that I can pass if I put my mind to it.
- Suffering cannot completely take away my freedom of choice.

We can only control the process, not the outcome.

- Success means trying my best, nothing more and nothing less.
- It is not a failure if I truly do the best I can do.
- My difficulties may not go away, but I can learn to handle them better.
- My task is not to solve my problem, just to get through it without making it worse.
- Life changes from day to day, but I can improve my moment to moment.

Everything happens for a reason.

- There is meaning, I just have to search for it.
- The universe is not out to get me.
- Everything is for the best.
- My difficulties are a gift; they are an opportunity for my faith to grow.
- Even when life is difficult, it never ceases to have meaning.

Nothing is permanent.

- There are good days, and then there are bad days.
- The only sure thing in life is that it's not going to last forever.
- This too shall pass.
- My problems cannot and will not last forever.
- I have persevered through worse situations in the past.

Spiritual Psychotherapy for Inpatient, Residential & Intensive Treatment (SPIRIT)

Handout 2: Spiritual/Religious Coping in Treatment (Behavioral)

Many people draw upon spiritual/religious beliefs, attitudes, or practices to reduce emotional stress, since this domain can give meaning to suffering and make it more bearable. The following are examples of spiritual/religious activities that you may wish to integrate into your treatment.

Prayer

Prayer involves speaking from the heart to one's Higher Power. Prayer can be formal and structured, or spontaneous. Here are four types of prayer: (1) Thanks – e.g., “Thank you for the sandwich I had for lunch today” (2) Praise – “It’s amazing how many types of apples there are” (3) Conversation – “I feel really angry right now that I got a speeding ticket!” (4) Request – “Please help me to get to my appointment on time”

Meditate on a Coping Statement

Pick an inspiring quotation that is personally meaningful and write it on an index card, then repeat it over to yourself throughout the day.

Seek Religious Support

Speak to your clergy, family, or friends about spirituality/religion.

Sacred Texts

Read or listen on CD/mp3 to passages from the Bible, Torah, Quran or other sacred texts.

Forgiveness of Others

Try to forgive those who have wronged you in the past. Think about what they have done to you, and find the strength to let go of the hurt you feel in your heart.

Good Deeds

Perform good deeds by helping others in need.

Religious Framing

Think about what your faith might have to say about the problems you are now facing.

Count your Blessings

Think about three things you are grateful for each day.

Finding the Meaning

Focus on something that is meaningful and important to you, despite your suffering.

Yoga and Meditation

Spend a few minutes practicing yoga or meditating.

Spiritual Psychotherapy for Inpatient, Residential & Intensive Treatment (SPIRIT)

Handout 3: Spiritual/Religious Struggles (Behavioral)

Spirituality and religion are often a source of solace, but they can also be a source of strain. The following are examples of spiritual struggles that you may be experiencing. If these are on your mind, you may wish to discuss them with your clergy, family, friends, others from your faith community, and/or your treatment team.

Intrapersonal Spiritual Struggles

- Excessive religious guilt – Feeling overly blameworthy for one’s sins
- Moral injury – Feeling conflicted: Did I break my moral code?
- Religious self-loathing – Hating oneself for religious reasons
- Religious failure – Feeling incapable of reaching religious standards
- Spiritual constraint – Feeling that one’s physical needs are a barrier to spirituality
- Existential crises – Questioning our purposes in life: Why am I here?

Interpersonal Spiritual Struggles

- Lack of religious support – Feeling unsupported by clergy or by one’s faith community
- Faith community rejection – Feeling excluded or ignored by one’s religious community
- Religious disagreement – Questioning or feeling disappointed with religious leadership or teachings
- Creating religious boundaries – Avoiding or ignoring clergy or faith community members
- Counterfeit religiosity – Feeling that others are religiously inauthentic
- Religious betrayal/harm – Feeling deceived, wronged, or hurt by religious individuals

Divine Spiritual Struggles

- Passive religious deferral – Expecting God to solve one’s problems without exerting any personal effort
- Reappraisals of God – Feeling that God has limits and cannot provide assistance
- Demonic appraisals – Believing that the devil is responsible for one’s situation
- Punishment appraisals – Feeling punished or cursed by the Divine
- Spiritual discontent – Feeling abandoned or unloved by God
- Anger towards God – Feeling deceived, wronged or hurt by the Divine

Handout 4: Meditating on the Psalms (Cognitive/Behavioral)

When looking for hope, comfort and encouragement, the Biblical book of Psalms is full of ancient words of wisdom. Some people pray the Psalms regularly, while others memorize a few verses for times when they need an infusion of faith. The following may be relevant to you:

Psalm 18 (18:2) – The Lord is My Rock

The Lord is My Rock, my fortress and my deliverer; my God is my rock in whom I take refuge; He is my Shield and the horn of my salvation, my stronghold.

Psalm 23 (23:4) – The Valley of the Shadow of Death

Even though I walk through the valley of the shadow of death, I will fear no evil; for you are with me, your rod and your staff they comfort me.

Psalm 28 (28:7) – The Lord is My Strength

The Lord is my strength and my shield: my heart trusts in him, and I am helped; my heart leaps for joy, and I will give thanks to him in song.

Psalm 31 (31:2) – Turn your Ear to Me

Turn your ear to me; come quickly to my rescue; be my rock of refuge, a strong fortress to save.

Psalm 32 (32:7) – You will Protect Me

You are my hiding place; you will protect me from trouble and surround me with songs of deliverance.

Psalm 34 (34:18) – The Lord Helps the Brokenhearted

The Lord is close to the brokenhearted and saves those who are crushed in spirit.

Psalm 34 (34:24) – Take Heart

Be strong and take heart, all you who hope in the Lord.

Psalm 46 (46:1) – God is Our Refuge

God is our refuge and strength—an ever-present help in trouble.

Psalm 68 (68:19) – He Bears Our Burdens

Praise be to the Lord, to God our Savior, who daily bears our burdens.

Psalm 73 (73:26) – God is my Strength

My flesh and my heart may fail, but God is the Strength of my heart, and my portion forever.

Psalm 103 (103: 2-5) – God’s Benefits

Praise the Lord, O my Soul, and forget not all his benefits; who forgives all your sins and heals all your diseases; who redeems your life from the pit and crowns you with love and compassion; who satisfies your desires with good things so that your youth is renewed like the eagles.

Handout 5: Sacred Verses (Cognitive/Behavioral)

Most religious traditions (e.g., Christianity, Judaism, Islam, Hinduism, Buddhism, and others) have sacred texts, which contain uplifting messages and can challenge distorted thinking patterns. The following collection of verses is organized by theme, and may be relevant or helpful to managing your symptoms:

Faith

The great deep engulfed me, weeds were wrapped around my head. I descended to the roots of the mountains, the earth with its bars was around me forever. But You have brought up my life from the pit, O Lord, my God. While I was fainting away, I remembered the Lord, and my prayer came to You, into Your holy temple. (Jonah 2:5-7)

Blessed are you who are poor, for yours is the kingdom of God. Blessed are you who are hungry now, for you will be filled. Blessed are you who weep now, for you will laugh. (Luke 6:20-22)

Allah does not burden a soul beyond that it can bear. (Qur'an 2:286)

It may be that you hate a thing though it be good for you, and it may be that you love a thing though it be evil for you. Allah knows, and you know not. (Qur'an 2:216)

No blame lies on the weak, nor on the sick, nor on those who find naught to spend, if they are sincere to Allah and His Messenger. There is no cause of reproach against those who do good deeds; and Allah is Most Forgiving, Merciful. (Qur'an 9:91)

O Divine mother, our hearts are filled with darkness. Please make this darkness distant from us and promote illumination within us. (Rig Veda, 10:16:3)

Self-Compassion

If I am not for myself, who will be for me. (Pirkei Avot 1:14)

A man's own self is his friend. (Bhagavad Gita 6:3)

There is more happiness in doing one's own path without excellence than in doing another's path well. (Bhagavad Gita 3:35)

Drop by drop the water pot is filled. Likewise, the wise man, gathering it little by little, fills himself with good. (Dhammapada)

The human body, at peace with itself, is more precious than the rarest gem. Cherish your body. It is yours this one time only (Je Tsongkhapa)

We will develop and cultivate the liberation of mind by lovingkindness. Make it our vehicle, make it our basis, stabilize it, exercise ourselves in it, and fully perfect it. (Samyutta Nikaya)

Spiritual Psychotherapy for Inpatient, Residential & Intensive Treatment (SPIRIT)

There isn't shame in having shadows – we all have them to varying degrees. It's simply a part of being human. (Wicca, Timothy Roderick)

Peace

Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds. (Philippians 4:6-7)

Peace I leave with you; my peace I give to you; not as the world gives do I give to you. Do not let your heart be troubled, nor let it be fearful. (John 14:27)

Om! May He protect us both together. May He nourish us both together. May we work conjointly with great energy. May our study be vigorous and effective. May we not mutually dispute (or may we not hate any). Om! Let there be Peace in me! Let there be Peace in my environment! Let there be Peace in the forces that act on me. (The Shanti Mantra, Vedas).

O Almighty, You are the infinite; the universe is also infinite. From infinite the infinite has come out. Having taken infinite out of the infinite, the infinite remains. O Almighty, May there be Peace. Peace. Everywhere. (Ishavasya Upanishad, 1)

Courage

Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; he will never leave you nor forsake you. (Deuteronomy 31:6)

For God has not given us a spirit of timidity, but of power, love and discipline. (2 Timothy 1:7)

Do not fear, for I am with you. Do not be afraid, for I am your God. I will strengthen you, I will help you, I will uphold you with my victorious right hand. (Isaiah 41:10)

Whoever is patient and forgiving, these most surely are actions due to courage. (Qur'an 42:43)

And they praised her for her courage, they told her that to rise she must fall; to become the chief of goddesses she must become a mortal. (Aradia: Gospel of Witches, Chapter 3)

Hope

For surely I know the plans I have for you, says the Lord, plans for your welfare and not for harm, to give you a future with hope. (Jeremiah 29:11)

May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit. (Romans 15:13)

Look to this day, for it is life... For yesterday is but a dream and tomorrow is only a vision. But today well lived makes every yesterday a dream of happiness and every tomorrow a vision of hope. (Sanskrit proverb, attributed to both poet Kalidasa and Bhagavad Gita)

While human beings are often cut off from experiencing the deep and ever-present connection between themselves and the universe, that connection can often be regained through ceremony

Spiritual Psychotherapy for Inpatient, Residential & Intensive Treatment (SPIRIT)

and community. The energy you put into the world comes back. (Drawing Down the Moon, Margot Adler)

Handout 6: The Power of Prayer (Cognitive/Behavioral)

Prayer is a way of drawing close to a spiritual reality, instilling a sense that we are not alone and recognizing the limits of our control. For these reasons, prayer can have a powerful effect on our mood in both positive and negative ways. The following questions about prayer may be helpful to consider as you manage your symptoms:

Opening Questions

What do you pray for?

- To express gratitude or praise
- To request help for yourself or others
- To converse with your Higher Power
- To ask for forgiveness
- To cope with distress

How do you pray?

- Scripted from a text
- Scheduled
- Spontaneous
- Communally
- Contemplatively (e.g., meditation)

Discussion Questions

When you pray...

- What happens to your relationship with yourself?
- What happens to your relationship with others?
- What happens to your relationship with your Higher Power?
- What happens to your mood?
 - Do you feel more or less hopeful?
 - Do you feel more or less happy?
 - Do you feel more or less anxious?

Do you use prayer to cope?

- Do you pray in times of joy? Sadness? Anxiety? Pain?
- Do you pray when you are healthy? When you need healing?

Do you struggle with prayer?

- Is your prayer driven by anxiety or obsessions?
- Is your prayer driven by hopelessness or depression?
- Is your prayer driven by thoughts that are not based in reality?
- Do you feel any obstacles when you pray?
- Do you feel that your prayers are heard?

Handout 7: Forgiveness (Behavioral)

Forgiveness involves releasing feelings of resentment. It is about finding peace and regaining personal power when others have caused harm, without minimizing or invalidating your own experiences. Forgiveness can bring us peace of mind and free us from anger. *Forgiveness can be complex and it can be challenging to let go of deeply held feelings, so if you are struggling to forgive something or someone, speak with your clinical team.* In the meantime, the following may be helpful to you:

You can forgive:

- Yourself (e.g., past behavior, your mental health struggles)
- Others (past or present)
- Your Higher Power

Five parts of forgiveness:

- 1) Recall your hurt
 - Identify your emotions that are at the root of the issue.
 - Explore how your emotions impact your life.
- 2) Empathize
 - Try to identify a plausible reason for the other's actions (note: you do *not* need to justify their behavior in any way).
 - If you are not yet ready to forgive, practice self-compassion by giving yourself permission to take however much time you need.
- 3) Decide to forgive
 - Make a decision to forgive by letting go of anger and resentment, whether or not forgiveness is deserved.
 - Focus on *your* ability to forgive, not *their* capacity to change.
 - Consider what your spirituality/religion has to say about forgiveness.
- 4) Commit to forgive
 - Many times, forgiveness is not a one-time decision but a process, so you may need to work on it over time.
 - Similarly, forgiveness is often not a linear process, so our ability to forgive may fluctuate over time.
 - On days when you struggle to remain forgiving, reinforce self-compassion and self-acceptance.
- 5) Establish a new normal
 - Try to rebuild trust with yourself, others, and/or your Higher Power.
 - Where it is not safe to rebuild trust, redefine your relationships with yourself, others, and/or or your Higher Power.