

PRESBYTERIAN Healthcare Chaplains

Using culturally sensitive, person-centered care, hospital chaplains offer a non-threatening, non-judgmental compassionate listening presence that honors the spiritual views of the person. We attend to the spiritual needs of everyone: the religious and the non-religious, with faith or no faith. We are available to help patients (and their family) identify their inner resources that support their resilience during hospitalization.

Presbyterian Healthcare chaplains are clinically trained interfaith caregivers in hospital settings, with Masters level degrees, and come from diverse spiritual and religious backgrounds.

ROLE OF CHAPLAINS

Healthcare chaplains are **trained spiritual care counselors** particularly for healthcare settings

(who are attuned to person-centered, trauma-informed care, and medical ethics)

but if/when needed, provide culturally-sensitive religious/spiritual support.

~~Healthcare chaplains are religiously trained caregivers who...~~

1. represent churches, religious institutions & denominations &
2. exclusively attend to religious needs of patients,

... and provide emotional support only when needed.

ANTIQUATED DEFINITION

When to call a Chaplain. Spirituality can be a great source of comfort for people; however, when person is facing a loss, physical and/or emotional pain, or other challenges, they may experience spiritual distress. Spiritual distress occurs when a person is no longer able to find meaning, peace, comfort, strength or connection to life.

Below are indicators that a person may be experiencing spiritual distress:

- Sadness, anger, grief, despair, depression, anxiety, guilt, disappointment, helplessness, hopelessness
- Questions the meaning of life.
- Questions the meaning of suffering.
- Asks why this is happening, "Why now?", "Why me?"
- Questions his/her belief system or world view.
- Feels a sense of emptiness, hopelessness, loss of direction, abandonment.
- Talks about feelings of being left or forgotten by God/Higher Power.
- Seeks spiritual help or guidance.

Other situations when a chaplain might be helpful

- Feeling anxious about your health condition.
- Celebration or share a blessing.
- Anticipatory surgery or diagnostic procedure.
- Making difficult healthcare/ethical decisions.
- Facing end-of-life issues.
- When you want someone to offer a prayer for you.
- When you are grieving a loss.
- When you are feeling alone.
- Receive a sacrament or anointing.
- Request for religious literature or items.
- Overwhelmed by life issues in addition to your illness.

Hospital Staff. Hospital staff are encouraged to utilize chaplaincy services in their times of crisis or distress while at work. Chaplains also provide a blessing of your *work space*, and blessing of your *healing hands*. Chaplains support staff towards emotional balance (stress management), mental clarity and sustaining resilience.

4 STEP NARRATIVE FRAMEWORK

By Natalie Lanocha, et al

Chaplains 1. assess existential struggle of the person in distress, 2. help identify their needs/values, 3. co-create goals, & 4. support the their decision (actions).

Existential Struggles	Deep Human Needs
1. Vulnerability	Resilience
2. Helplessness	Agency/Freedom
3. Despair	Hope
4. Emptiness	Meaning/Purpose
5. Isolation	Communion
6. Resentment Anger	Gratitude
7. Sorrow/Grief	Joy
8. Anxiety/Fear	Peace/Comfort