

# **Faiths in the City Health Seminar Spiritual Care in General Practice**

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# **Faiths in the City Health Seminar**

## **Spiritual Care in General Practice**

1. Concepts to consider
2. Current practice to learn about
3. Challenge to create change

# Faiths in the City Health Seminar

## Spiritual Care in General Practice

### 1. Concepts to Consider

‘spiritual needs’

‘spirit’

‘spiritual care’

‘worldviews’

‘values’

‘faith’

‘health’

‘healthcare’

# **Faiths in the City Health Seminar**

## **Spiritual Care in General Practice**

### **1. Concepts to Consider**

Simon Noble's story

- 'resilience of the human spirit'?



# Faiths in the City Health Seminar

## Spiritual Care in General Practice

### 1. Concepts to Consider

Simon Noble's story

- 'resilience of the human spirit'?
- 'spirit': is it relevant to health?
- : what does it need to be resilient and healthy?

# Faiths in the City Health Seminar

## Spiritual Care in General Practice

### 1. Concepts to Consider

Simon Noble's story

- 'resilience of the human spirit'?
- 'spirit': is it relevant to health?
- :what does it need to be resilient and healthy?
- What are Simon Noble's Spiritual Needs?

# **Faiths in the City Health Seminar**

## **Spiritual Care in General Practice**

### **1. Concepts to Consider**

‘spirit’

# 'spirit'

## Dictionary definition

- A supernatural being or essence
- An animating or vital principle held to give life to physical organisms

It all depends on your worldview

# ‘world-view’

- A worldview is a way of thinking
- a foundation of assumptions on which we build our understanding about the world and what we perceive to be reality
- A perspective structuring our thoughts with instinctive ideas fairly consistent with each other, rarely mentioned or questioned, helping us make sense of experience
- Everyone has a worldview. It is as unconscious as it is conscious and as emotional as it is intellectual. It is part of the very fabric of our personhood. We take it for granted and rarely think about it unless it is challenged



# 'spirit'

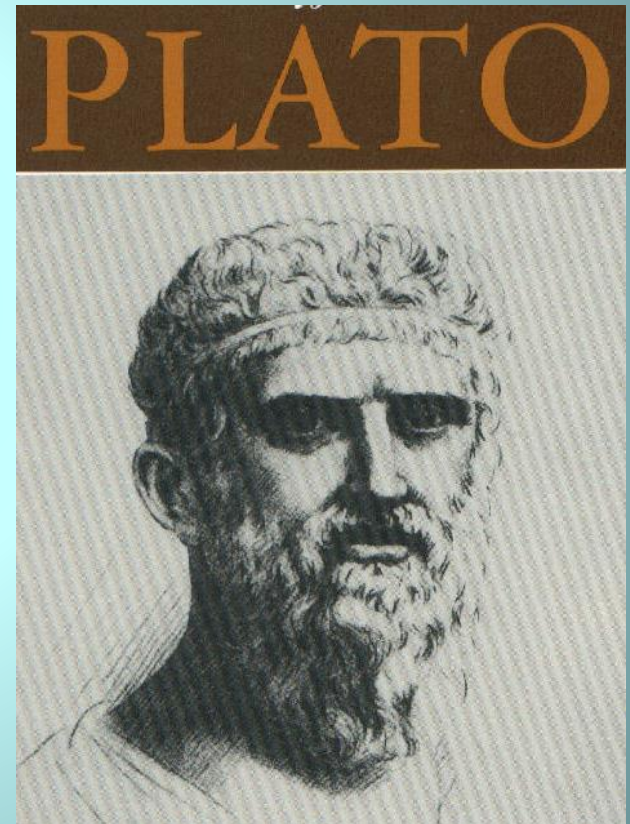
- A supernatural being or essence
- An animating or vital principle held to give life to physical organisms
- Greek World-View
- Hebraic World-View

# 'spirit'

## Greek World-View

- **Dualism**

- The division of reality into the warring and irreconcilable domains of the material and the spiritual
- Has had “incalculable influence in the history of Western philosophy and religion”



# 'spirit'

## Greek World-View

- Dualism
- Materialism



**Hippocrates. Father of Medicine**  
**460-377 BC**

# 'spirit'

## **Greek World-View**

- **Dualism**
  - **Materialism**
  - **Rationalism**
- 
- **The spirit is separate  
form the real world**



# 'spirit'

## Greek World-View

- Dualism
- Materialism
- Rationalism
- The spirit is separate from the real world

## Hebraic World-View

- YWYH: the Divine Being
- MAN:
  - Flesh – *basar*
  - Soul – *nepes*
  - Heart – *leb*
  - Spirit – *ruah*
- Holism
- The spirit is integral to the real world



# 'faith'

- Everyone has a 'faith position' which is part of their worldview:
  1. Divine being/beings do exist and this is relevant to human life
  2. Divine beings do not exist
  3. Not sure
- All 'faith positions' and the implications which they have on people's lives should be considered with respect, bearing in mind the potential relevance to health

# 'values'

## Values

- Values are conceptions held by an individual or group of what is good and desirable, which influences their choices and their actions.
- Values define what we believe to be right and wrong, providing the moral framework within which we move.
- Values are the bridge between what we believe and how we act. They form the spiritual core at the heart of culture.

# ‘health’ ‘spiritual needs’

What are Simon Noble’s spiritual Needs?

“Real Medicine”

“The psycho – social –  
spiritual stuff”

# ‘health’ ‘spiritual needs’

What are Simon Noble’s spiritual Needs?

“Real Medicine”

“The psycho – social –  
spiritual stuff”

**Human Biology underlies and enables all function of human beings**

**Health is a condition where essential needs  
are being met**



-A biological perspective



**Health is a condition where essential needs  
are being met**



-A biological perspective

-A psychological perspective

# Maslow's Hierarchy of Need

**Transcendence needs**

**Self-actualisation needs**

Personal growth and fulfilment

**Aesthetic needs** search for beauty

**Cognitive needs**

knowledge, meaning, understanding

**Esteem needs**

Achievement, status, responsibility, reputation

**Belongingness and Love needs**

Family, affection, relationships, work group etc

**Safety needs**

Protection, security, order, law, limits, stability etc

**Biological and Physiological needs**

Basic life needs: eg air, food, drink, shelter, warmth, sleep

the need to be '**stretched**' in what we do, from which comes our **sense that life is meaningful**

the need to feel **competent** which comes from successful learning and effectively applying skills

the need to feel **connected** to others and be part of a wider **community**

the need for **intimacy and friendship**

the need to **give and receive attention**

the need for **privacy** (to reflect on and consolidate our experiences)

the need for a sense of **autonomy** and control

**HUMAN  
GIVENS**

The need for **security** (stable home life and a safe territory to live in);

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The need for **security** (stable home life and a safe territory to live in);

**HUMAN  
GIVENS**



# The Human Spirit needs

## Meaning and Transcendence

the need to be **'stretched'** in what we do, from which comes our **sense that life is meaningful**

**Self-actualisation** needs personal growth and fulfilment

the need to feel **competent**

**Esteem** needs

**Cognitive** needs: knowledge, meaning, understanding

**Transcendence** needs

**aesthetic** needs: search for beauty

the need to feel **connected** to others and be part of a wider **community**

the need for **intimacy and friendship**

**Belongingness and Love** needs

the need to **give and receive attention**

# The Human Spirit needs

Meaning                      and                      Transcendence

**We need to have meaningful purpose in life- to feel that our life is worthwhile.**

**We need to be able to love and be loved.**

**We need to belong to something bigger and more substantial than our own individual life**

# Deepest Human Needs

- Our deepest human needs are for
  - A secure environment
  - Meaning in life
  - Transcendence: being part of something much bigger
- Our health is related to how much these needs are met
- Questions
  - What gives you strength?
  - How are your deepest needs being met?



**Faiths in the City Health Seminar**

## **Spiritual Care in General Practice**

**2. Current Practice to learn about:**

**Karis Centre**

**Healthcare based on Judeo-Christian values, combining elements of both Greek and Hebraic worldviews**

**..from a Judeo-Christian worldview...**

**Of God's all embracing kingship  
and of God's SHALOM there shall be  
no end**

Isaiah 9:7

- 1. God is King and desires His values to be expressed in His creation**
- 2. God's highest value is SHALOM**



**..from a Judeo-Christian worldview...**

## **SHALOM**

**Peace**

**Wholeness:** ‘to make complete’

intactness, intergratedness, harmony in relationships  
with God, with ourselves and with other people

For SHALOM to be fully present three essential qualities  
are required:

- physical and material well-being

- justice in every relationship

- spiritual integrity within each individual

# SHALOM

	truth	joy	grace	compassion
	healing	awe	love	forgiveness
	justice	beauty	faith	repentance
humility	hope	zeal	tender-heartedness	
contentment	purity	mercy	forbearance	
generosity	maturity	meekness	thanksgiving	
gentleness	obedience	salvation	valuing life	
faithfulness	godliness	righteousness	endurance	
perseverance	steadfastness	covenant	belonging	
encouragement	wisdom	freedom	fruitfulness	
self-control	goodness	integrity	holiness	
acceptance	kindness	strength	friendship	
reconciliation	patience	boldness		

## Values flowing from the fountain of SHALOM

SHALOM is the highest of values, the centre of values to which all values are related, and the source in God from which all other values flow.

# KARIS MEDICAL CENTRE

*caring for the whole person*

[Home](#) [About](#) [Services](#) [Advice](#) [Charities](#) [Online](#)

## Welcome to Karis Medical Centre

The Karis Medical Centre is a partnership of 10 doctors working with a full team of clinical and non-clinical staff providing excellent primary care health services within Birmingham. We are also a teaching practice linked to the University of Birmingham.

## History of Karis Medical Centre

There has been a GP surgery based here since 1948. We moved to the current premises in 1993.

The name Karis is a Greek word meaning grace implying an act of kindness or unearned acceptance and favour.

This word reflects the Christian ethos of the practice to care holistically for the whole person (physical, mental, social and spiritual well being).

In April 1999 the [Karis Neighbour Scheme](#) was founded to help address practical needs and to deal with issues of loneliness and isolation in the local community.

## Teaching & Training

**Undergraduate:** Karis Medical Centre is a teaching practice attached to the University of Birmingham Medical School to provide undergraduate teaching for medical students.

Over the years we are enormously grateful to the many patients who have willingly given their time for this training, either to come in to talk to the students or to take part in consultations run students under direct supervision of one of the partners.

We intend to continue this provision but will always seek your consent for any involvement in this training process.

**Postgraduate:** Karis Medical Centre is also a training practice linked to the South Birmingham Vocational Training Scheme for fully qualified doctors specialising to become GPs. On average we have 2 GP registrars attached to the practice.

The name Karis is a Greek word meaning grace, implying an act of kindness or unearned acceptance or favour.

This word reflects the Christian ethos of the practice to care holistically for the whole person (physical, mental, social and spiritual wellbeing).



**Tel**

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Edgbaston  
Birmingham  
B16 9AL**

**NHS**

**Direct**

**0845 4647**

# **Spiritual Care in General Practice**

## **1. Engaging with and Empowering local communities**

Additional resources are needed





## Leaflets



Offering practical support, friendship and advocacy in the local community, through volunteers.

## Practical Support

Gardening, Decorating & DIY / Food Parcels

If you have a problem please do bring it to us we try to offer help in practical ways to meet the need.

## Befriending

Our volunteer befrienders give time to visit people in their homes,

## Friends of Karis

Our supporters can join the Friends of Karis we value any and all support, even in just raising awareness of our work.



Text  
KAR111 £10  
to 70070 now!  
**JustTextGiving**  
- Vodafone

## Newsletter

keep up to date with what's happening at Karis

## Newsletter

Oct 09

From: *neighbourhood* to *neighbourhood* there's a lot that's in it for the...  
the practical support we provide, the growing awareness of gardening skills, you may have noticed with us some more, which is...

New facts...  
We are publishing a range of facts for the month of the...

## Contact Us

0121 456 3212 (Tel)  
0121 455 7524 (Fax)



## Links

Useful  
Information

Address: Karis Neighbour Scheme, c/o Church of the Redeemer, Monument Road, Edgbaston, Birmingham, B16 8UU  
Email: [info@karisneighbourscheme.org](mailto:info@karisneighbourscheme.org) / Registered Charity Number: 1133510, Company Number: 06595341

Offering practical support, friendship and advocacy in the local community, through volunteers.

A voluntary sector organisation  
(charity/company)

Connecting the needs brought to light through NHS General Practice with the resources found in local churches and other local residents



# Karis Neighbour Scheme

Joint Commissioning Panel for Mental Health

<http://www.jcpmh.info/>

Guidance for commissioners of primary mental health care services. Volume Two: Practical mental health commissioning

*February 2012*

**Primary mental health care should be holistic – mental health has physical, psychological, social and spiritual elements**

# Karis Neighbour Scheme

Karis Neighbour Scheme is underpinned by the belief that spirituality is an important factor in personal and community health. The scheme seeks to meet a variety of unmet needs, largely through volunteer support.

# Whole Person Health Care and Karis Neighbour Scheme

# What do we do?







Helping in practical ways...



Decorating..





Clearing up...





Cutting back...





Providing for those in need...







Moving furniture...



or moving house...







Advocacy &  
Advice Sessions





Explaining letters...



Making phone  
calls...







Filling in  
forms...



Welcome to  
Ladywood...







Getting together...



Celebrating...





# Sharing cultures...







Fun for the children...



Making  
friends...







and having some fun...









Community Allotment...





Grow your own...



Some fresh  
air...







Befriending..



Coffee  
mornings...





and Afternoon  
Teas...







Enjoying time together...



All Being  
Well...





...FLEXIBLE

STRUCTURE

→ COMMON

...FOLLOWS RESPONDENT  
TO USE OWN  
WORDS

Training..



A group of people are gathered around a table, engaged in a learning activity. In the foreground, a woman with dark hair, wearing a white shirt, is leaning over a table, writing in a notebook with a pen. She is also holding a pair of glasses. To her right, another person is leaning over the table, looking at the notebook. In the background, a woman in a grey hoodie is sitting and looking towards the camera, holding a green card and a pen. The table is covered with a white cloth and has various items on it, including a vase of yellow daffodils, a basket of colorful beads, and some papers. The text "Learning together..." is overlaid on the image in a white, sans-serif font.

Learning together...



sharing skills...





and socialising  
together...







Community  
regeneration...



Bringing people together...



Lending a  
hand.

Having fun.

Showing kindness.

Being a friend.

Taking care of each  
other.

Building community.

Meeting  
needs.

Listening.



# Whole Person Health Care and Karis Neighbour Scheme

SHALOM values  
in practice

# **Spiritual Care in General Practice**

- 1. Engaging with and Empowering local communities**
- 2. Chaplains as part of the primary healthcare team**

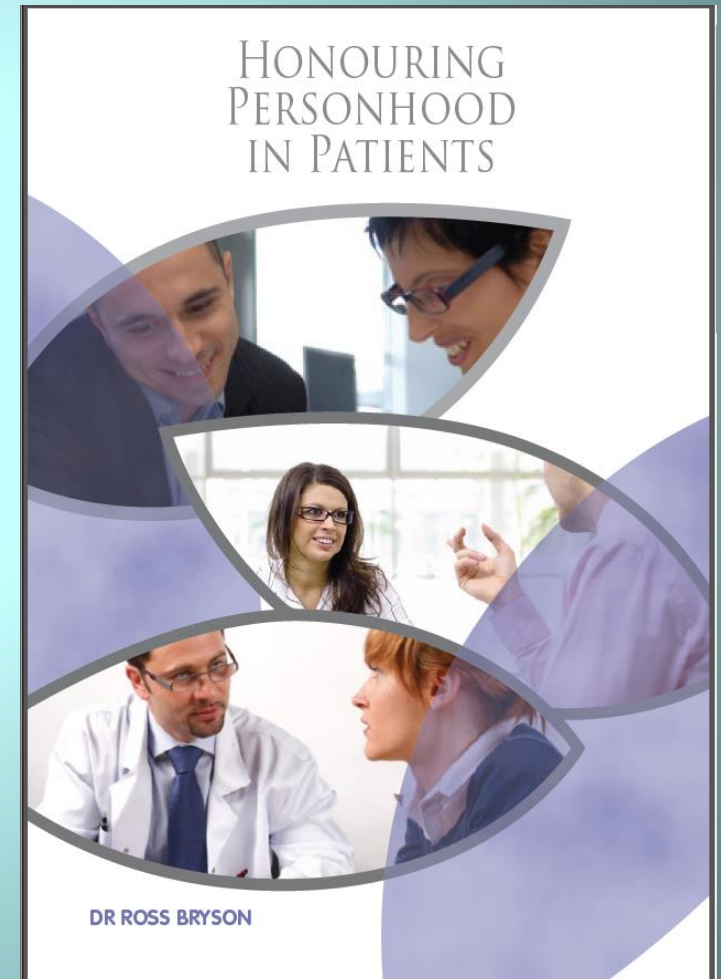
Additional resources are needed



# Chaplains as part of the primary healthcare team

## Honouring Personhood in Patients

The added value of Chaplaincy in General Practice

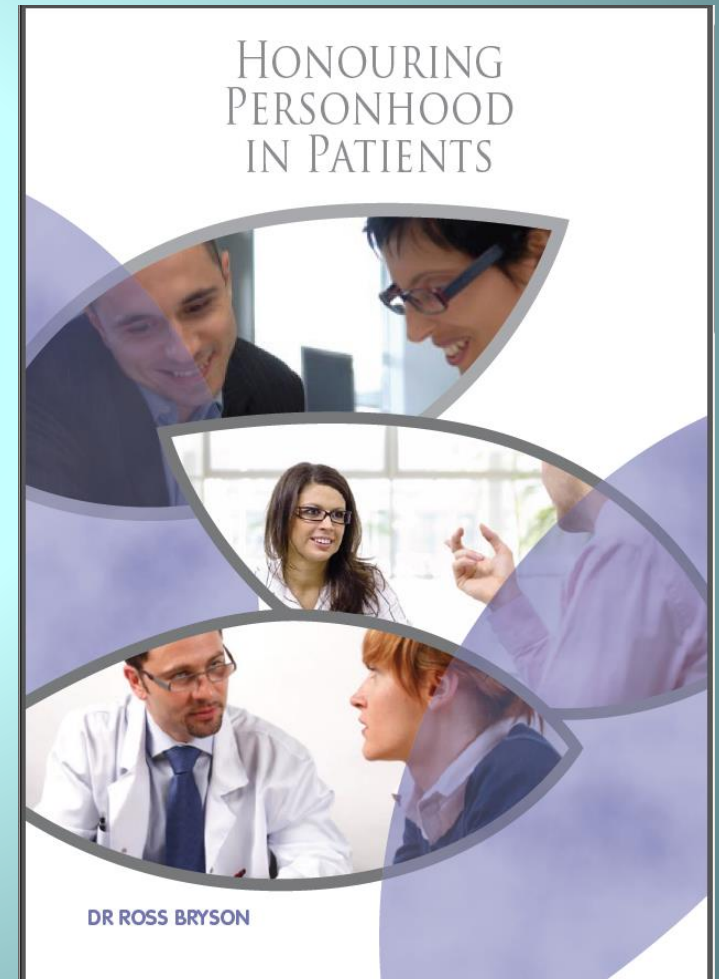


# Chaplains as part of the primary healthcare team

## Honouring Personhood in Patients

The added value of  
Chaplaincy in  
General Practice

Research: Peter Kevern





# **Faiths in the City Health Seminar**

## **Spiritual Care in General Practice**

1. Concepts to consider
2. Current practice to learn about
3. Challenge to create change

# Faiths in the City: Health Seminar

## What Values do we value?

- Birmingham Children's Hospital's values:
  - Trust
  - Commitment
  - Compassion
  - Courage
  - Respect
- My organisation:
  - ?
  - ?
  - ?
  - ?
  - ?



# Faiths in the City: Health Seminar

- ❖ **‘Faith based healthcare’  
or  
‘Values based healthcare’?**
- ❖ **‘Values based healthcare which aims to include meeting people’s spiritual needs while honouring differing worldviews’**

# **Faiths in the City Health Seminar**

## **Spiritual Care in General Practice**

### **Challenge to Create Change**

1. Celebrate different worldviews
2. Stand together on shared values
3. Insist that spiritual needs are recognised in healthcare provision
4. Empower faith based voluntary organisations to become engaged in improving primary mental health and wellbeing.





# Faiths in the City Health Seminar

## Spiritual Care in General Practice

### 1. Concepts to Consider

**‘spiritual care’**

If spiritual needs are essential to health and wellbeing, then shouldn't all healthcare workers consider people's spiritual needs?

Where is the place for specialists in ‘spiritual care’?



# What are spiritual needs?

- They are to do with the needs of the human spirit
  - The spirit is the essence one's being
- Therefore spiritual needs pertain to the essential characteristics of being human

# **Spiritual Care in General Practice**

## **A chaplain in the surgery?**

Additional resources are needed in the  
Primary Healthcare Team