

## Self Assessed Spiritual Skills of Health Care Professionals

A physician, an epidemiologist and a CPE supervisor have studied responses of professionals from five health care disciplines—nursing, medicine, management, chaplaincy, and clinical pastoral education—regarding their perceived ability to use 101 spiritual skills in their care for themselves and one another. Results and implications will be discussed.

**Theory:** Spiritual skills, *developed capacities to care for one's own human spirit and those of the people around them*, are “beneath culture”. They are common to all cultures and taught in various ways by all religions as ways to cope with and flourish relative to “the Beyond” that is evident in the natural world, bodily realities, and human relationships. As the hundreds of cultures that evolved over centuries in isolation from one another continue to engage and influence one another, world community becomes more possible. Spiritual skills language can make a contribution to that process.

Spiritual skills include such *interpersonal* abilities as listening, waiting and apologizing; *personal* capacities as exercising, playing, and resting; *communal* skills as cooking, inspiring, organizing and conceptualizing; and such *Metapersonal* abilities as meditating, basking in nature, and praying in various ways. Strengths and weaknesses in these self-perception patterns can be useful to leaders in programming spiritual care and education to the various groups.

**Inter-Activity:** Workshop participants will complete the spiritual skill survey instrument (10-15 minutes) at this point, about 15 minutes into the time allotted. This allows them to compare their own responses to those of the multidisciplinary data while it is being presented in the workshop. **The back of this sheet is configured for your recording of what you hear and relating it to how you assessed yourself.**

**Discussion:** How do the differing professionals in health care systems see themselves caring for their own human spirits? Are there significant similarities and differences in the skills with which nurses, physicians, managers and chaplains keep their spirits up in the midst of their professional days? How does your own self-perception relative to these skills relate to the responses of members of your profession? What questions are raised by this project?

### Implications for discussion:

- ❖ **Staff Support:** How can leaders in health care professions use spiritual skill descriptions and data to improve their support of those they lead?
- ❖ **Staff Education:** How can chaplains and other practitioners use spiritual skill perspectives in multidisciplinary staff care and continuing education?
- ❖ **Staff/Physician Retention:** An example of a program designed for physicians to improve their self care and learn to care for one another.

**Physicians Skill self-Assessment**

Strengths \_\_\_\_\_

Needs: \_\_\_\_\_

**Nurses:**

Strengths \_\_\_\_\_

Needs: \_\_\_\_\_

**Managers:**

Strengths \_\_\_\_\_

Needs: \_\_\_\_\_

**Chaplains:**

Strengths \_\_\_\_\_

Needs: \_\_\_\_\_

**CPE Supervisors:**

Strengths \_\_\_\_\_

Needs: \_\_\_\_\_

Notes: