

Spiritual Care Community of Practice Series 2

Spiritual nature of living our losses part 1



Facilitator: Diana Vincze, Pallium Canada

Presenter: David Maginley, M.Div, CSCP

Date: November 26, 2024

Territorial Honouring



The Palliative Care ECHO Project

The Palliative Care ECHO Project is a 5-year national initiative to cultivate communities of practice and establish continuous professional development among health care providers across Canada who care for patients with life-limiting illness.

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The Palliative Care ECHO Project is supported by a financial contribution from Health Canada. The views expressed herein do not necessarily represent the views of Health Canada.



LEAP Core

- Interprofessional course that focuses on the essential competencies to provide a palliative care approach.
- Taught by local experts who are experienced palliative care clinicians and educators.
- Delivered online or in-person.
- Ideal for any health care professional (e.g., physician, nurse, pharmacist, social worker, etc.) who provides care for patients with life-threatening and progressive life-limiting illnesses.
- Accredited by the CFPC and Royal College.



Learn more about the course and topics covered by visiting

www.pallium.ca/course/leap-core

Overview of Sessions

Session #	Session Title	Date/ Time
Session 1	How psychotherapy modalities can facilitate spiritual care in the palliative care context	August 20, 2024 from 1-2pm ET
Session 2	Cultural sensitivity: how to approach the conversation around spirituality	October 22, 2024 from 1-2pm ET
Session 3	Spiritual nature of living our losses part 1	November 26, 2024 from 1-2pm ET
Session 4	Spiritual nature of living our losses part 2	January 21, 2025 from 1-2pm ET
Session 5	Spirituality of Grief and Bereavement	February 18, 2025 from 1-2pm ET
Session 6	MAID Bereavement	April 8, 2025 from 1-2pm ET

Welcome and Reminders

- Please introduce yourself in the chat!
- Your microphones are muted. There will be time during this session when you can unmute yourself for questions and discussion.
- You are welcome to use the Q&A function to ask questions , they will be addressed towards the end of the session.
- Remember not to disclose any Personal Health Information (PHI) during the session.
- This session is being recorded and will be emailed to registrants within the next week.

Disclosure

Relationship with Financial Sponsors:

Pallium Canada

- Not-for-profit
- Funded by Health Canada

Disclosure

This program has received financial support from:

- Health Canada in the form of a contribution program
- Generates funds to support operations and R&D from Pallium Pocketbook sales and course registration Fees

Facilitator/ Presenter/Panelists:

Diana Vincze: Palliative Care ECHO Project Manager, Pallium Canada.

David Maginley: nothing to disclose

Sheila Atkinson, RP, MDiv: nothing to disclose

Oceanna Hall: nothing to disclose

Christine Enfield: nothing to disclose

Peter Barnes, D.Min, CCC, SEP: nothing to disclose

Disclosure

Mitigating Potential Biases:

- The scientific planning committee had complete independent control over the development of course content

Introductions

Facilitator:

Diana Vincze

Palliative Care ECHO Project Manager, Pallium Canada

Presenter:

David Maginley, M.Div, CSCP

Spiritual Health Practitioner, Author
Palliative and Cancer Care

Panelists:

Peter Barnes, D.Min, CCC, SEP

Psychospiritual Therapist
Spiritual Pathways, Private Practice. CASC/ACSS
(certified) CCPA (certified)

Oceanna Hall, M.Div., M.Ed., RCH

Spiritual Health Practitioner, Certified CASC Clinical Specialist
End of Life, Palliative, MAiD and Bereavement
Spiritual Health Practitioner, Island Health Authority, Saanich
Peninsula Hospital Vancouver Island, BC

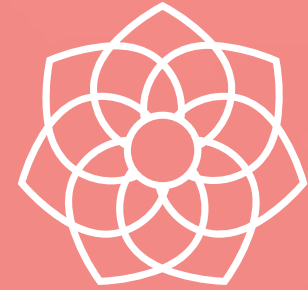
Sheila Atkinson, RP, M.Div.

Certified Spiritual Care Practitioner (CASC),
Registered Psychotherapist (CRPO),
Grief Support Coordinator, Pathways Grief
Support Program, Paediatric Advanced Care Team
(PACT), SickKids, Toronto, ON

Christine Enfield, M.Div.

Spiritual Health Practitioner, Tertiary Palliative Care
Unit, Covenant Health, Edmonton, Certified Spiritual
Care Practitioner (CASC/ACSS)

Spiritual nature of living our losses part 1



The most painful state of being is remembering the future, particularly the one you'll never have.

-Søren Kierkegaard



memories
 loneliness
 depression
 fear
 future
 anxiety
 pain
 dread
 stress
 fatigue
 identity
 hope
 suffering
 love
 loss
 helplessness
 sorrow
 forgiveness
 waiting
 sadness
 regret
 attachment
 guilt

Grief is what
happens on the
inside

Mourning is what
happens on the
outside

Anticipatory

- Rehearsing death
- Not normal grief begun earlier
- Triggers past grief
- Does not take the place of or reduce grief after the loss
- Can lead to guilt
- Masked by “being strong”
- Realization death is inevitable, even while hoping for a miracle.

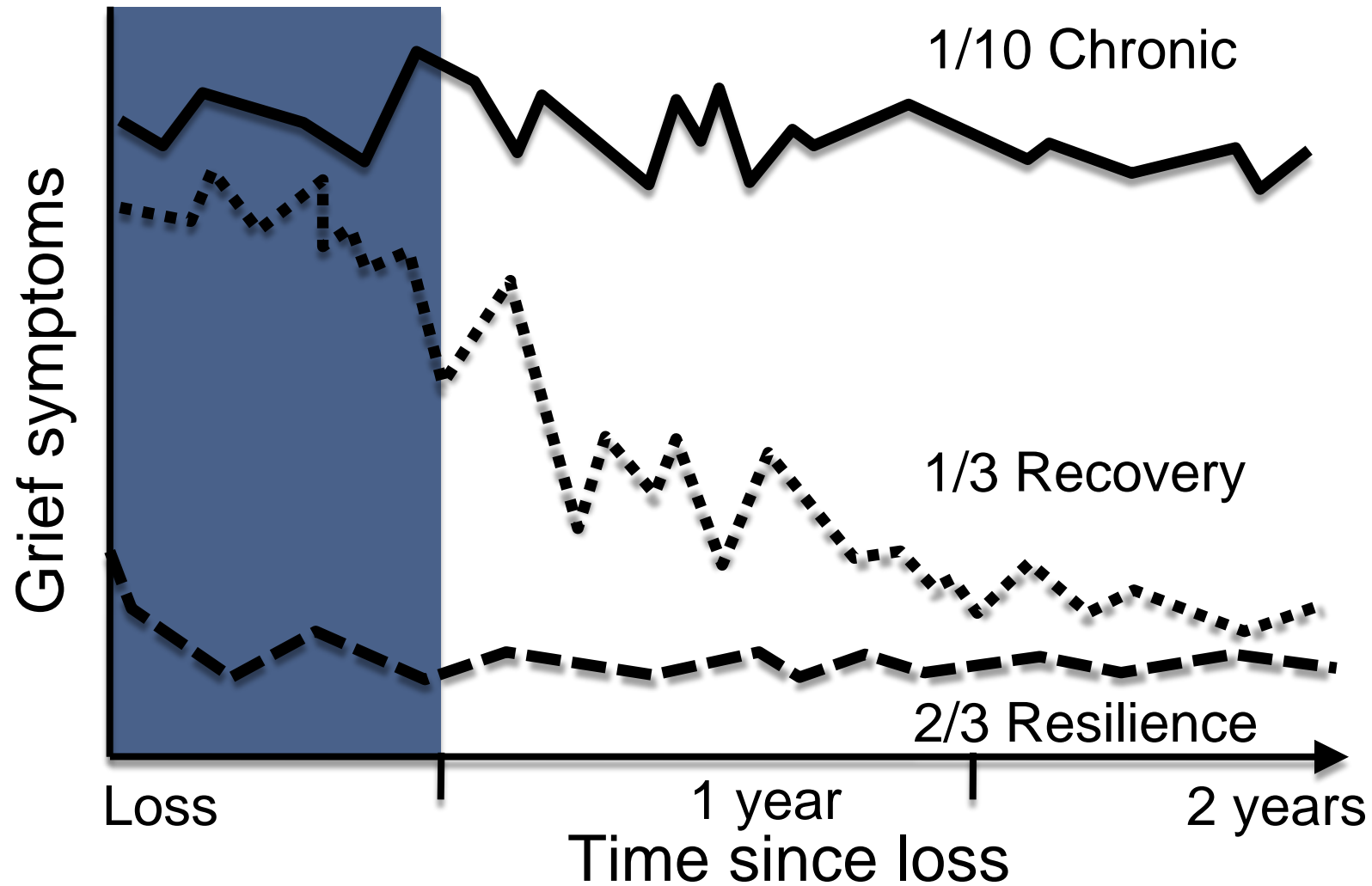
Preparatory

- Shock – agony/disbelief
- Chaos – struggling to accept limitations
- Patient quickly moves far ahead of everyone else
- Introspection
- Re-adaptation
- Reconciliation
- Restitution

"Types of Grief Reactions" 2010 National Cancer Institute



What the new science of bereavement tells us about life after loss - George Bonanno, PhD



Suffering = pain x resistance

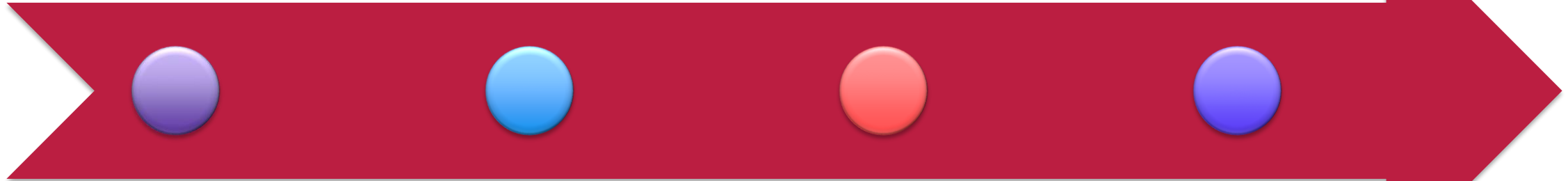
- Kristen Neff

- Realize its normal
- Spend meaningful time with your loved ones
 - Stories, memories, photos, reading...
- Children & the wisdom of play
- Express your pain
- Practice forgiveness
- Solitude
- Contemplation
- Vipassana
- Tonglen
- Creativity

A process (not linear!)

Accepting the
reality of your
loss

Adjusting to a
new reality



Allowing
yourself to
experience
the pain of
your loss

Having other
relationships



Selfcare 101

Supportive Touch

- Choose
- Connect
- Communicate

Mirabai Starr





Intuitive grief

Instrumental grief



Virtual Grief




Pros

- ▶ Cyber grief is preferred by students
- ▶ Virtual memorials, online bereavement support
- ▶ Accesses large support network
- ▶ Provides instant support
- ▶ Convenient
- ▶ Can be triggering, may be offensive

Cons

- Private information
- Oversharing
- The media site owns all information
- Confidentiality, privacy, identity preservation
- Trolling

A woman wearing a VR headset and a purple long-sleeved shirt is standing in a virtual environment. She is holding a child's hand. The child is wearing a purple dress and a VR headset. The environment is a lush green field with trees and a fence in the background. The sky is a mix of blue and purple, suggesting a sunset or sunrise. The woman is looking down at the child, and the child is looking up at her. The overall mood is emotional and nostalgic.

Na-yeon
I missed you a lot.

Natural Balance and Goodness

The Observer

The Secret Life of Grief





MyGrief.ca



Because losing someone is hard...

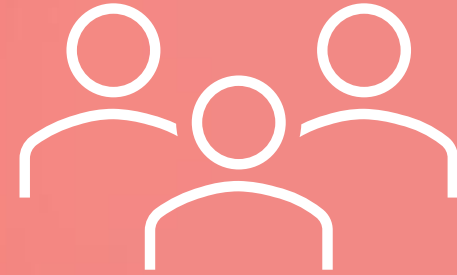
Confidential and free, MyGrief.ca helps you to understand and move through your grief.



- In your own place, at your own pace
- Developed by people who have "been there" and grief specialists
 - Features "real life" stories and experiences
 - A resource for professionals



Questions/Discussion



Session Wrap Up

- Please fill out our feedback survey, a link has been added into the chat.
- A recording of this session will be emailed to registrants within the next week.
- Join us at our next session scheduled for January 21, 2025 from 1 to 2pm ET on the topic of the **Spiritual nature of living our losses part 2.**
- Thank you for your participation!

Thank You



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