

CROSSROADS...

Exploring research on religion, spirituality and health

Newsletter of the Center for Spirituality, Theology & Health

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This newsletter provides updates on research, news and events related to spirituality and health, including educational resources and funding opportunities. **Please forward to colleagues or students who might benefit.** Our goal is to create a community of researchers, clinicians, clergy, and laypersons interested in spirituality and health and keep them informed and updated. An EVENTS CALENDAR concludes the newsletter and describes spirituality and health related presentations happening at Duke and around the world. This is your newsletter and **we depend on you to let us know about research, news, and events in this area.**

All e-newsletters are archived on our website. To view previous issues (July 2007 through September 2021) go to: <http://www.spiritualityandhealth.duke.edu/index.php/publications/crossroads>

NOTE: The CSTH website is being moved to a different platform, so may not be accessible for periods during August/September.

LATEST RESEARCH

What Role Does “God” Play in Narcotics Anonymous?

Researchers from the Department of Psychiatry at New York University School of Medicine in NYC analyzed cross-sectional data on 450 Narcotics Anonymous (NA) members from nine states (Florida, Maryland, West Virginia, Virginia, California, New York, Washington DC, Missouri, Delaware) to examine how members understand “God” in the 12-step expression “God as we understood Him,” and to explore associated affective and cognitive states. The questionnaire asked 39 questions that included demographics, primary drug of choice, experience in NA, attitude toward spirituality, and meaning of God. Also assessed were depression, craving for drugs, and various measures of spiritual and religious orientation. The mean age of participants was 49 years; 67% were White and 22% were Black; 31% used heroin, 14% other opiates, 28% cocaine, and 10% crystal meth. The average number of NA meetings attended in the past year was 167. **Results:** A large majority indicated “extremely” (4 on a scale from 1-4) with regard to their accepting a statement admitting “powerlessness over drugs” (90%), “deciding to turn my will and my life over to the care of God as I understood Him” (73%), and having experienced a spiritual awakening (91%). Their view of God was “as God per se” (45%); that 45% was made up of “the God of Christianity” (30%), “the God of a religion other than Christianity” (4%), and “a God recognized by all people worldwide” (12%). Others (the balance of 55%) viewed God as “a universal spirit” (36%), “my NA group” (3%), “the NA Fellowship overall” (9%), “mankind’s humanity” (4%), and “art and/or nature” (3%); 0.9% did not believe in God. Deciding “to turn life over to God” was inversely related to depression ($r=-0.290$, $p\leq 0.001$) and to cravings for drugs ($r=-0.258$, $p\leq 0.001$); these findings were confirmed by multiple regression analyses. Researchers concluded: “Respondents’

understanding of God in NA varied considerably and was predictive of their depressive symptoms and craving intensity.”
Citation: Galanter, M., White, W. L., Ziegler, P. P., & Hunter, B. (2020). An empirical study on the construct of “God” in the Twelve Step process. *American Journal of Drug and Alcohol Abuse*, 46(6), 731-738.

Comment: It appears that the understanding that individuals with drug problems have of God may be an important factor in their quality of life (depression) and in the likelihood that they will remain abstinent (drug cravings).

Religious Involvement and Stages of Alcohol Use in the United States

Investigators from the Indiana University School of Public Health in Bloomington analyzed data from the National Epidemiologic Survey of Alcohol and Related Conditions Waves 1 and 2 (2001-2002 and 2004-2005). This was a retrospective cross-sectional study because religiosity was assessed at Wave 2 only. Participants were categorized into 6,113 nondrinkers (never used alcohol), 6,189 past drinkers (had not consumed alcohol in the past 12 months prior to Wave 1, but had consumed alcohol at some time in the past), and 21,950 persistent drinkers (drinkers at Wave 1 who continued to drink at Wave 2). Religiosity at Wave 2 was measured by importance of religious beliefs and frequency of attendance at religious services. The outcomes were “alcohol initiation” between Waves 1 and 2 (25% of nondrinkers at Wave 1), “alcohol re-initiation” (27% of those who had not consumed alcohol in the past 12 months at Wave 1, but resumed alcohol use by Wave 2), and “persistence of alcohol use” (consumed alcohol at both Wave 1 in Wave 2, 90% of those drinking at Wave 1). Characteristics controlled in logistic regression models were age, gender, race/ethnicity, education, marital status, geographic region, and employment status. **Results:** Those attending religious services at least once/week were significantly less likely to initiate alcohol use for the first time between Wave 1 and Wave 2 (OR = 0.68, 95% CI = 0.52-0.89, for once/week attendance, and OR = 0.23, 95% CI = 0.17-0.32, for twice/week or more attendance). This was also true for alcohol re-initiation (OR = 0.51, 95% CI = 0.39-0.67) and for persistence of alcohol use (OR = 0.55, 95% CI = 0.44-0.68) for those attending religious services twice/week or more. With regard to religious importance, those who indicated religion was very important were significantly less likely to initiate alcohol use (OR = 0.63, 95% CI = 0.40-0.97) and reinstate alcohol use (OR = 0.63, 95% CI = 0.42-0.96). Researchers concluded: “Religiosity plays an important role in preventing/delaying alcohol use initiation, re-initiation, and persistence. Incorporating religiosity aspects (e.g., meditation) into alcohol prevention and control programs may serve to increase protective effects.”
Citation: Lin, H. C., Hu, Y. H., Barry, A. E., & Russell, A. (2020). Assessing the associations between religiosity and alcohol use stages in a representative US sample. *Substance Use & Misuse*, 55(10), 1618-1624.

Comment: Although this was a retrospective study, the large random sample and categorization of individuals into various alcohol use stages make this study worth reviewing here. The findings confirm research from cross-sectional and prospective

EXPLORE...in this issue

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studies. It is also interesting that the researchers recommended “meditation” in their conclusion, which was not even measured.

Religiosity, Alcohol Use, and Self-Control in US Adolescent Girls

Researchers from the Department of Psychology and Neurosciences at Baylor University and other US universities analyzed data from a prospective study of 2,122 girls assessed annually between ages 13 and 17 (57% Black and 43% White). Religiosity was assessed annually by frequency of prayer, frequency of attendance at religious services, importance of religion, and frequency of a participating in other religious activities such as youth group or choir. Self-control was measured by an 8-item scale, the Social Skills Rating Scale. Alcohol use was assessed by the Nicotine, Alcohol, and Drug Substance Use self-report measure. Psychosocial characteristics measured at baseline were need for public assistance, highest level of education completed, number of parents in the home, socioeconomic status, early puberty, conduct problems, conduct disorder, and parental supervision. Statistical analysis of the data was done by autoregressive cross-lagged path modeling with latent variable mixture modeling (LVMM). **Results:** For the majority of adolescent girls in this study, religiosity and self-control were independently associated with lower alcohol use, but there also appeared to be some bidirectionality. The findings suggested that religiosity predicted higher levels of self-control such that religion replenished and bolstered self-control. Self-control, however, also predicted higher levels of religiosity, suggesting that individuals with higher levels of personality traits related to self-control (for example, conscientiousness and agreeableness) may be more likely to self-select into religious participation.

Citation: Palm, M. H., Latendresse, S. J., Chung, T., Hipwell, A. E., & Sartor, C. E. (2021). Patterns of bi-directional relations across alcohol use, religiosity, and self-control in adolescent girls.

Addictive Behaviors, 114, 106739.

Comment: A fascinating study showing bidirectionality in the relationship between religiosity and self-control, with both affecting alcohol use in these teenage girls.

Religiosity and High Risk Behaviors among Adolescents in Malaysia

Researchers in the Department of Psychiatry, School of Medical Sciences at the Universiti Sains Malaysia, examined the cross-sectional relationship between religiosity (assessed by the Muslim Religious Personality Inventory) and high risk behaviors (smoking, alcohol use, illicit drug use, pornography, masturbation, sexual intercourse) in 347 Muslim adolescents aged 18-19 attending National Service Training Centers in various cities in Malaysia.

Results: Bivariate analyses indicated significant inverse relationships between religiosity and every one of the high risk behaviors mentioned above. A multiple linear regression model predicting religiosity indicated that only pornography experience ($b=-0.137$, $p<0.05$) and sexual intercourse experience ($b=-0.312$, $p=0.001$) were inversely related to religiosity (when including smoking, alcohol use, illicit drug use, and masturbation in the model). Researchers concluded: “High level of religiosity was associated with less involvement in high-risk behaviors such as smoking, alcohol use, illicit drug use and sexual behaviors... religiosity of the individual should be supported with other elements such as spiritual, moral value and sexual knowledge to strengthen the person abstinence from premarital sex involvement and other risky behaviors.”

Citation: Musa, M., Husain, M., & Arifin Wan Mansor, W. N. (2020). The association between religiosity and high-risk behaviour among Malay adolescent. *International Medical Journal, 27(3)*, EPUB ahead of press.

Comment: Although a relatively small cross-sectional study, this is one of the few studies looking at such a large range of high risk behaviors in Malaysian Muslim adolescents.

Empathy and Addressing Religion/Spirituality in Patient Care among US Muslim Physicians

Researchers at the University of Chicago (Feinberg School of Medicine, Department of Medicine, MacLean Center for Clinical Medical Ethics) examined the relationship between empathy, physician religion/spirituality (R/S), and having R/S discussions with patients in a national sample of 238 Muslim physicians (70% male, 76% South Asian, 95% Sunni). Physician empathy was assessed using the Medical Empathy Scale (Linn et al., 1987). Physician religiosity was assessed by importance of religion, religious motivation, frequency of attending religious services, performing Islamic ritual prayers, reading the Qur’an, keeping the Ramadan fast, and religious clothing. The primary outcomes were (1) beliefs about R/S discussions at the end-of-life (seek the forgiveness of those whom the patient has wronged, and seek reconciliation with God) and (2) behaviors related to R/S discussions (inquire about R/S issues in clinical encounters, share own religious ideas and experiences with patients, encourage patients in their own R/S beliefs and practices). Ordinal and simple logistic regression models were run to analyze the data, controlling for sociodemographic characteristics. **Results:** Multivariate analysis indicated that Muslim physicians who were more empathetic were more likely to inquire about patients’ R/S, share their own religious ideas and experiences with patients, and encourage patients in their own R/S beliefs and practices ($B=0.44$, $p<0.01$). Furthermore, Muslim physicians with higher empathy were more likely to encourage patients at the end-of-life to seek reconciliation with God ($OR = 3.27$, $p<0.001$) and to seek the forgiveness from those they had wronged ($OR = 2.48$, $p<0.001$). Researchers concluded: “In the context of R/S diversity among the patient and provider population, enhancing physician empathy may be key to attending to the health-related R/S needs of patients.”

Citation: Hamouda, M. A., Emanuel, L. L., & Padelá, A. I. (2021). Empathy and attending to patient religion/spirituality: findings from a national survey of Muslim physicians. *Journal Of Health Care Chaplaincy, 27(2)*, 84-104.

Comment: This is one of the first studies to examine the relationship between Muslim physician empathy and likelihood of addressing religious/spiritual needs of patients.

Suicide Attempts among Muslims in the US

Researchers at Stanford University analyzed data from the 2019 Institute for Social Policy and Understanding national US community-based survey involving a random sample of 2,376 adults ages 18 and older, comparing suicide attempts in Muslims ($n=809$, over-sampled) with those in Jews ($n=415$, over-sampled), atheist/agnostic ($n=319$), Protestant ($n=314$), Catholic ($n=245$), other Christian ($n=190$), and other denominations ($n=84$). Participants were asked: “Have you ever tried to do anything to try to kill yourself or make yourself not alive anymore?” (i.e., an item from the Columbia-Suicide Severity Rating Scale). Bivariate and multivariate logistic regression analyses were used to examine the data. **Results:** After controlling for gender, race, age, income, education, religiosity, and location of birth, those who indicated a Muslim affiliation were over two times more likely than Protestants to have attempted suicide at some time in their lives ($OR=2.18$, $95\% CI = 1.13-4.22$, $p=0.02$). Researchers concluded: “Despite the stigma associated with suicide among Muslim individuals, US Muslim adults were 2 times more likely to report a history of suicide attempt compared with respondents from other faith traditions, including atheists and agnostics” [actually, compared to Protestants]...The study underscores the importance to further understand and address social, cultural, and spiritual factors in suicide and mental health among US Muslim individuals.”

Citation: Awaad, R., El-Gabalawy, O., Jackson-Shaheed, E., Zia, B., Keshavarzi, H., Mogahed, D., & Altalib, H. (2021). Suicide attempts of Muslims compared with other religious groups in the US. *JAMA Psychiatry*, 78(9), 1041-1044.

Comment: This is one of the few studies (if not only) reporting an increased rate of suicide attempts among Muslims in the US. As the authors suggest, further research is clearly needed to understand the factors driving suicide attempts among Muslims in this country. The researchers point out that the minority status of Muslims (and some level of prejudice against them) in the US may be a contributing factor.

Spirituality and Religiosity in the Brain

Investigators from the Department of Neurology at Harvard Medical School and other local institutions analyzed data from two independent brain lesion datasets (n=88 and n=105) with the purpose of identifying the neural substrates of spirituality and religiosity in the brain. The first dataset consisted of individuals after brain tumor resection. Spirituality was assessed in that sample by the Spiritual Acceptance subscale of the Self-Transcendence subscale of the Temperament and Character Inventory (Cloninger). The second dataset consisted of individuals suffering from lesions caused by penetrating head trauma from combat during the Vietnam War. In that sample (n=105), religiosity was assessed by a single question: "Do you consider yourself to be a religious person?" (yes vs. no). **Results:** In the first sample, brain lesions associated with self-reported spiritual acceptance mapped onto brain circuits centered on the periaqueductal gray area of the brainstem. In the second sample, penetrating head trauma injuries to the brain in this area were also associated with self-reported religiosity (similar to what previous reports had found with regard to hyper-religiosity among individuals with lesions in this area). The authors also noted that lesions in this location have often been associated with delusions and alien limb syndrome. Researchers concluded: "These findings suggest that spirituality and religiosity map to common brain circuits centered on the periaqueductal gray, a brainstem region previously implicated in fear conditioning, pain modulation, and altruistic behavior."

Citation: Ferguson, M. A., Schaper, F. L., Cohen, A., Siddiqi, S., Merrill, S. M., Nielsen, J. A., ... & Fox, M. D. (2021). A neural circuit for spirituality and religiosity derived from patients with brain lesions. *Biological Psychiatry*, EPUB ahead of press

Comment: The measure used to assess "spirituality" was atypical. That measure asked questions about the ability to predict the future, personal experiences of ESP, and belief in other paranormal phenomena, questions which have little to do with traditional religious/spiritual beliefs and practices. Items on the spiritual acceptance scale, for example, include: "I seem to have a 'sixth sense' that sometimes allows me to know what is going to happen" (telepathy); "I sometimes feel a spiritual connection to other people that I cannot explain in words"; and similar items. Furthermore, the measure of religiosity in the second sample was quite superficial, based on a simple yes or no answer in response to a single question asking whether the person considered themselves to be a religious person. Such considerations underscore the need to replicate these findings using more traditional indicators of religious or spiritual involvement. Other research suggests that religious involvement and religious experiences are more of a whole brain phenomenon, primarily focused on the cerebral cortex, rather than on subcortical or brainstem regions.

Religion, Spirituality, and Epilepsy

In this review article, authors from the Institute of Cardiovascular and Medical Sciences at the University of Glasgow (UK), and the Department of Psychiatry and Anthropology at Queen Mary College, University of London, examined for questions: (1) "Have early religious beliefs and writings stigmatized and discriminated

against epilepsy?"; (2) "Which religious luminaries, gods, saints, or religious symbols have a connection with epilepsy?"; (3) "Why is religiosity associated with having epilepsy?"; and, (4) "In what ways has religion been a force for good among those with epilepsy?" The authors conclude that (1) religious writings have indeed stigmatized and discriminated against epilepsy; (2) there is only weak evidence suggesting that St. Paul, Joan of Arc, the Prophet Mohammed, and others had epilepsy; (3) while some studies suggest that religious experience may be associated with epilepsy, the evidence for this is weak as well; and (4) Christian social reform has played a role in caring for individuals with epilepsy, and religious beliefs may be utilized by such individuals to cope with this disease.

Citation: Bone, I., & Dein, S. (2021). Religion, spirituality, and epilepsy. *Epilepsy & Behavior*, 122, EPUB ahead of press.

Comment: This is a comprehensive review of the relationship between religion and epilepsy, one which addresses important questions about which there is much controversy.

Spirituality and Anxiety during the Covid-19 Pandemic in Nigeria

Investigators in the Forensic Unit and Department of Psychiatry of the Federal Neuro-Psychiatric Hospital in Benin City, Nigeria, examined the relationship between anxiety and spirituality of 252 healthcare workers in two local hospitals (average age 40 years, 64% female, 88% Christian). The 9-item "Sense of Peace" subscale of the short form of the Ironson-Woods Spirituality/Religiousness Index was used to assess spirituality, and the 10-item Anxiety Rating Scale was used to measure anxiety level. Gender and age were controlled for using a partial correlations statistic. **Results:** After controlling for gender and age, the partial correlation coefficient between spirituality (sense of peace) and anxiety was highly significant and negative (partial $r = -0.91$, $p < 0.001$). Researchers recommended: "...the inclusion of spirituality at the individual level and stress reduction programs of health institutions" for healthcare providers.

Citation: Akanni, O. O., Olashore, A. A., & Oderinde, K. O. (2021). Relationship between spirituality and anxiety during the COVID-19 pandemic: a survey of the staff of two Nigerian tertiary hospitals. *Mental Health, Religion & Culture*, 24(7), 647-658.

Comment: Although a quite modest cross-sectional study involving relatively simple statistical analyses (and likely administering a measure of spirituality contaminated by indicators of a lack of anxiety, i.e., sense of peace), this is an interesting study conducted among healthcare providers in Nigeria during the COVID-19 pandemic.

A Structured Chaplain Intervention for the Treatment of Moral Injury in Veterans with PTSD

Investigators from VA West Los Angeles Healthcare System and the departments of psychiatry at UCLA and at Duke University reported results from two cases of Veterans who underwent a 12-session 50-minute/session structured chaplain intervention for the treatment of moral injury in the setting of PTSD (these cases were participants in an ongoing randomized controlled trial comparing this treatment to other interventions). Outcome was assessed by the 45-item Moral Injury Symptom Scale (MISS-M) and the 10-item MISS-M short form (MISS-M-SF). PTSD symptoms were also assessed using the PTSD checklist for DSM-5 (PCL-5). One of the cases was a 68 year-old male, Caucasian, married, US Army veteran (having served in Vietnam) with severe PTSD and moral injury symptoms; he was from a Protestant based faith tradition, but also ascribed to spiritual concepts from an Eastern religious tradition. The other participant was a 72-year-old male Asian US Veteran who was widowed and served in the Navy from 1966 to 1968, again during the Vietnam War, who described his faith tradition as Christian. **Results:** In both cases, PTSD symptoms

decreased progressively over the course of treatment (with the PCL-5 decreasing from 58 down to 26 in the first case and from 47 down to 25 in the second case). Surprisingly, this occurred despite the fact that the treatment was focused on moral injury, not PTSD. Interestingly, moral injury symptoms improved only modestly (from 68 to 55 on the MISS-M-SF in the first case and from 52 to 47 in the second case). Researchers concluded: "We report on two Veterans who completed the intervention and demonstrated significant improvement in moral injury and PTSD symptoms."

Citation: Ames, D., Erickson, Z., Geise, C., Tiwari, S., Sakhno, S., Sones, A. C., ... & Koenig, H. G. (2021). Treatment of moral injury in US veterans with PTSD using a structured chaplain intervention. *Journal of Religion and Health*, 60, 3052-3060.

Comment: This is the first report on the effectiveness of this 12-session structured chaplain intervention for the treatment of moral injury in Veterans with PTSD. Even though chaplains may not always have twelve 50-minute pastoral care sessions with Veterans, learning about this intervention may help chaplains to expand their skill-set in counseling Veterans with these problems.

NEWS

Duke University's Monthly Spirituality and Health Webinar via Zoom

Our Center's monthly spirituality and health research seminars are now being held by Zoom, and should be available to participants wherever they live in the world that supports a Zoom platform. All persons who receive our E-newsletter will be sent a link to join the seminar approximately one week before the seminar is held. When you receive this link, please save the link and forward it to your colleagues and students. This month's seminar on November 16, 2021, at 12:00-1:00 EST, will be delivered by Jill Hamilton, R.N., Ph.D. The title of her presentation is **Spirituality, COVID-19 and Cancer in African-Americans**. The PDFs of the Power Point slides for download and full recordings of most past webinars since July 2020 are available at https://spiritualityandhealth.duke.edu/index.php/education/seminar_s [again, website is changing platforms, so this link to the website may also change]

SPECIAL EVENTS

Integrating Spirituality in Today's Healthcare

(Winchester, Virginia, November 10, 2021, 8:00 AM-5:00 PM) (online)

Delivering healing and compassionate care for the whole person remains the primary mission of healthcare. Research demonstrates improved patient outcomes when spirituality is incorporated into medical practice. With a shared vision, Shenandoah University and Valley Health are collaborating to offer this spirituality conference. The full-day regional conference will provide the knowledge, skills and tools for addressing patients' spiritual needs in any healthcare setting. This event is great for healthcare professionals, students, providers, chaplains, and clergy. Continuing education units are available for conference attendees. See <https://su.edu/SUspirituality> for more information and how to register.

8th European Conference on Religion, Spirituality and Health

(Amsterdam (Netherlands), June 2-4, 2022)

The European conference is organized in cooperation with the Free University of Amsterdam and an academic local committee. The conference will be held as a hybrid event combining in-person

and online participation. The main focus is on mental health care, integrating religious, spiritual and existential aspects. European and international keynote speakers from a wide variety of disciplines will contribute to the topic. Invited symposia and abstracts allow researchers to present and discuss their research projects and findings. The social and online interactive program promotes exchange and networking among researchers, health professionals, and other experts from many disciplines and nations. Examples of speakers include psychiatrist Rania Awaad from Stanford University presenting on suicide prevention in Muslims; Professor Christopher Cook from the department of theology at Durham University (UK) discussing theological perspectives on mental health and suffering; psychologist David Rosmarin from Harvard Medical School examining religious interventions for anxiety disorders in the Jewish tradition; psychologist Robert Emmons from the University of California speaking on gratitude and mental health; Professor Hanneke Schaap-Jonker from the Free University of Amsterdam speaking on how clinical psychology of religion can support mental health care; and numerous other European speakers. For more information go to <https://ecrsh.eu/ecrsh-2022>. Note that the European Conference will be preceded by a 4-day research workshop on religion, spirituality and health (May 29-June 1); for more information go to <https://ecrsh.eu/research-workshop>.

18th Annual Duke University Summer Research Workshop

(Durham, North Carolina, August 15-19, 2022)

Register now to attend this one-of-a-kind 5-day training session on how to design research, obtain funding support for it, carry it out, analyze and eventually publish the findings, with an emphasis on developing an academic career in the area of religion, spirituality and health. **Pass this information on** to colleagues, junior faculty, graduate students, and anyone you think might be interested. The workshop compresses training material that was previously taught during our 2-year post-doctoral fellowship, so the curriculum is packed. Leading religion-health researchers from Duke, Yale and Emory serve as workshop faculty. Participants will have the option of a 30-minute one-on-one with Dr. Koenig or another faculty mentor of their choice, although these mentorship slots are limited. Nearly 900 academic researchers, clinical researchers, physicians, nurses, chaplains, community clergy, and students at every level in medicine, nursing, social work, chaplaincy, public health, psychology, counseling, sociology, theology, and rehabilitation (as well as interested members of the general public) have attended this workshop since 2004. Participants from every faith tradition and region of the world have come to the workshop, and the workshop in 2022 is no different. Hopefully there will be no concerns about the COVID19 pandemic as there has been in 2021. **Partial tuition reduction scholarships** are available, as are **full scholarships** for academic faculty from underdeveloped countries. For more information, go to: <https://spiritualityandhealth.duke.edu/index.php/5-day-summer-research-course>.

RESOURCES

Books

Dignity for Deeply Forgetful People: How Caregivers Can Meet the Challenges of Alzheimer's Disease

(Johns Hopkins University Press, May 2022)

From the publisher: "How do we approach a "deeply forgetful" loved one so as to notice and affirm their continuing self-identity? For three decades, Stephen G. Post has worked around the world encouraging caregivers to become more aware of—and find

renewed hope in—surprising expressions of selfhood despite the challenges of cognitive decline.

In this book, Post offers new perspectives on the worth and dignity of people with Alzheimer's and related disorders despite the negative influence of "hypercognitive" values that place an ethically unacceptable emphasis on human dignity as based on linear rationality and strength of memory. This bias, Post argues, is responsible for the abusive exclusion of this population from our shared humanity. With vignettes and narratives, he argues for a deeper dignity grounded in consciousness, emotional presence, creativity, interdependence, music, and a self that is not "gone" but "differently abled." Available in paperback (preorder) for \$26.95 at <https://www.amazon.com/Dignity-Deeply-Forgetful-People-Caregivers/dp/1421442507/>

Secularism, the Church, and the Way Forward (Resource Publications, 2021)

From the publisher: "Secularism, the Church, and the Way Forward is a succinct yet descriptive dialogue between a nonagenarian church leader and a young pastor who are struggling with the reality of the rapidly morphing Western Protestant church. At times debatable, at others provocative, and with insights that induce conviction, the authors challenge, confuse, and enlighten the reader. Combining proven, multidisciplinary models with innovative approaches, the authors inspire a deeper understanding of the complexities surrounding the church's relationship to society. In so doing, they point the church's leaders toward the perilous yet necessary path of rediscovering its identity." Available for \$21.00 (paperback) from <https://www.amazon.com/Secularism-Church-Way-Forward-Discovering-ebook/dp/B09CV5W9J1/>.

Spirituality in the Pharmacy: Providing Holistic Care- It's More Than Medicine

(American Pharmacists Association, 2021)

From the publisher: "Increasing evidence has emerged over the past several decades that correlates the value of spirituality in the care of patients. Spirituality can have a profound impact on the care of patients and should be addressed in healthcare in order to best provide whole person care. This textbook is the first text devoted to spirituality and its application to pharmacy, exploring such topics as why spirituality is important in healthcare, different spiritual practices and faith traditions that may be important to patients, spirituality course development in pharmacy, and future areas for development and research in spirituality pharmacy. The authors of this textbook seek to inform and guide the development and implementation of spirituality in pharmacy education and practice. Key features include: 1) evidence-based with references to primary literature supporting patient care outcomes impacted by spirituality; 2) applications of spiritual care in pharmacy practice including taking a spiritual history, spirituality course development in pharmacy, and interactions with other healthcare professionals and the faith community; 3) recommendations for complementary therapies that patients may practice; and 4) practical case studies with an emphasis on pharmacist-specific interventions." Available for \$22.49 (Kindle) from <https://www.amazon.com/Spirituality-Pharmacy-Providing-Holistic-Care-Its-ebook/dp/B09BR7TJ6S/>

Where the Light Fell: A Memoir (Random House, New York, NY, 2021)

From the publisher: "*Where the Light Fell* is a gripping family narrative set against a turbulent time in post-World War II America, shaped by the collision of Southern fundamentalism with the mounting pressures of the civil rights movement and Sixties-era forces of social change. In piecing together his fragmented personal history and his search for redemption, [author Philip] Yancey gives testament to the enduring power of our hunger for

truth and the possibility of faith rooted in grace instead of fear." Available for \$24.99 (hardcover) at <https://www.amazon.com/Where-Light-Fell-Memoir/dp/B08V6KJR87/>.

Shall We Dance?: An Enlightened Spiritual Approach to Becoming Jewish by Choice (TotalRecall Publishers, 2021)

From the author: "Aimed at those who are contemplating or currently in the process of converting to Judaism the authors address 50 questions that are not typically included in conversion classes. Complex issues are unraveled and presented in a balanced and entertaining manner. It is also useful for anyone wanting a deeper understanding of Judaism as it is currently practiced. The book is sprinkled with stories and accompanied by original full-color artwork produced by the first author who is a well-known Judaic artist and scholar. Available for \$19.89 (paperback) at <https://www.amazon.com/Shall-Dance-Maggidah-Shoshannah-Brombacher/dp/1648831087/>.

Human Interaction with the Divine, the Sacred, and the Deceased: Psychological, Scientific, and Theological Perspectives (Routledge, 2021)

From the publisher: "Human Interaction with the Divine, the Sacred, and the Deceased brings together cutting-edge empirical and theoretical contributions from scholars in fields including psychology, theology, ethics, neuroscience, medicine, and philosophy, to examine how and why humans engage in, or even seek spiritual experiences and connection with the immaterial world. In this richly interdisciplinary volume, Plante and Schwartz recognize human interaction with the divine and departed as a cross-cultural and historical universal that continues to concern diverse disciplines. Accounting for variances in belief and human perception and use, the book is divided into four major sections: personal experience; theological consideration; medical, technological, and scientific considerations; and psychological considerations with chapters addressing phenomena including prayer, reincarnation, sensed presence, and divine revelations. Featuring scholars specializing in theology, psychology, medicine, neuroscience, and ethics, this book provides a thoughtful, compelling, evidence-based, and contemporary approach to gain a grounded perspective on current understandings of human interaction with the divine, the sacred, and the deceased. Of interest to believers, questioners, and unbelievers alike, this volume will be key reading for researchers, scholars, and academics engaged in the fields of religion and psychology, social psychology, behavioral neuroscience, and health psychology. Readers with a broader interest in spiritualism, religious and non-religious movements will also find the text of interest." Available for \$36.99 (Kindle) or for \$160.00 (hardcover) at <https://www.amazon.com/Human-Interaction-Divine-Sacred-Deceased/dp/0367616203/>

Religion and Recovery from PTSD

(Jessica Kingsley, December 19, 2019)

From the publisher: "This volume focuses on the role that religion and spirituality can play in recovery from post-traumatic stress disorder (PTSD) and other forms of trauma, including moral injury. Religious texts, from the Bible to Buddhist scriptures, have always contained passages that focus on helping those who have experienced the trauma of war. In this book the authors review and discuss systematic research into how religion helps people cope with severe trauma, including trauma caused by natural disasters, intentional interpersonal violence, or combat experiences during war." Available for \$29.95 at <https://www.amazon.com/Religion-Recovery-PTSD-Harold-Koenig/dp/1785928228/>.

Religion and Mental Health: Research and Clinical Applications

(Academic Press, 2018) (Elsevier)

This 384 page volume summarizes the latest research on how religion helps people cope with stress, covering its relationship to depression, anxiety, suicide, substance abuse, well-being, happiness, life satisfaction, optimism, generosity, gratitude and meaning and purpose in life. It integrates research findings with best practices for treating mental health disorders in religious clients with depression, anxiety, posttraumatic stress disorder, and other emotional (and neuropsychiatric) problems. Available for \$69.96 (paperback, used) at <https://www.amazon.com/Religion-Mental-Health-Research-Applications-dp-0128112824/dp/0128112824/>

Hope & Healing for Those with PTSD: Psychological, Medical, and Spiritual Treatments.

(Amazon: CreateSpace Publishing Platform, 2018)

From the author: "If you or a family member has PTSD or are experiencing the aftermath of severe trauma, you will know a lot more about this disabling condition and how to deal with it after reading this book." Available for \$5.38 at <https://www.amazon.com/dp/172445210X>.

Protestant Christianity and Mental Health: Beliefs, Research and Applications

(part of the Religion and Mental Health Book Series; Amazon: CreateSpace Platform, 2017)

For mental health professionals, clergy, researchers, and laypersons interested in the relationship between religious involvement and mental health in Protestant Christians. Available for \$7.50 at: <https://www.amazon.com/dp/1544642105/>

Catholic Christianity and Mental Health: Beliefs, Research and Applications

(part of the Religion and Mental Health Book Series; Amazon: CreateSpace Platform, 2017)

For mental health professionals, clergy, researchers, and laypersons interested in the relationship between religion, spirituality and mental health in Catholics. Available for \$7.50 at: <https://www.amazon.com/Catholic-Christianity-Mental-Health-Applications/dp/1544207646>

Islam and Mental Health: Beliefs, Research and Applications

(part of the Religion and Mental Health Book Series; Amazon: CreateSpace Platform, 2017)

For mental health professionals, clergy, researchers, and laypersons interested in the relationship between religion, spirituality and mental health in Muslims. Available for \$7.50 at: <https://www.amazon.com/Islam-Mental-Health-Research-Applications/dp/1544730330>.

Hinduism and Mental Health: Beliefs, Research and Applications

(part of the Religion and Mental Health Book Series; Amazon: CreateSpace Platform, 2017)

For mental health professionals, clergy, researchers, and laypersons interested in the relationship between religion, spirituality and mental health in Hindus. Includes original research on current religious beliefs/practices in Hindus from India and throughout the world. Available for \$7.50 at: <https://www.amazon.com/dp/1544642105/>

Judaism and Mental Health: Beliefs, Research and Applications

(part of the Religion and Mental Health Book Series; Amazon: CreateSpace Platform, 2017)

For mental health professionals, clergy, and researchers interested in the relationship between religion, spirituality and health in Judaism. Available for \$7.50 at:

<https://www.amazon.com/Judaism-Mental-Health-Research-Applications/dp/154405145X/>

Buddhism and Mental Health: Beliefs, Research and Applications

(part of the Religion and Mental Health Book Series; Amazon: CreateSpace Platform, 2017)

For mental health professionals, clergy, researchers, and laypersons interested in the relationship between religion, spirituality and mental health in Buddhists. Available for \$7.50 at <https://www.amazon.com/dp/1545234728/>

You are My Beloved. Really?

(Amazon: CreateSpace Publishing Platform, 2016)

From the author: "Simple and easy to read, intended for Christians and non-Christians, those who are religious or spiritual or neither, and is especially written for those experiencing trauma in life (everyone). The book examines the evidence for God's love from Christian, Jewish, Muslim, Buddhist and Hindu perspectives based largely on the sacred scriptures from these traditions. Available for \$8.78 from <https://www.amazon.com/You-are-My-Beloved-Really/dp/1530747902/>.

Spirituality & Health Research: Methods, Measurement, Statistics, & Resources

(Templeton Press, 2011)

This book summarizes and expands the content presented in the Duke University's Annual Summer Research Workshop on Spirituality and Health. Available for \$29.15 (used) at: <http://www.amazon.com/Spirituality-Health-Research-Measurements-Statistics/dp/1599473496/>

Other Resources

CME/CE Videos (Integrating Spirituality into Patient Care)

Five professionally produced 45-minute videos on **why and how** to "integrate spirituality into patient care" are now available on our website (*for free*, unless CME/CE is desired). Videos are targeted at physicians, nurses, chaplains, and social workers in an effort to help them form **spiritual care teams** to provide "whole person" healthcare that includes the identifying and addressing of spiritual needs. Go to: <http://www.spiritualityandhealth.duke.edu/index.php/cme-videos>.



In support of improving patient In support of improving patient care, the Duke University Health System Department of Clinical Education and Professional Development is accredited by the American Nurses Credentialing Center (ANCC), the Accreditation Council for Pharmacy Education (ACPE), and the Accreditation Council for Continuing Medical Education (ACCME), to provide continuing education for the health care team.



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Category 1: Duke University Health System Department of Clinical Education and Professional Development designates this CME activity for a maximum of 3.75 *AMA PRA Category 1 Credit(s)*™. Physicians should claim only credit commensurate with the extent of their participation in the activity.

Nurse CE: Duke University Health System Department of Clinical Education and Professional Development designates this activity for up to 3.75 credit hours for nurses. Nurses should claim only credit commensurate with the extent of their participation in this activity.

On-Demand Course: Moving beyond Resilience: How to Transform through Adversity

Participate in Elevate You CE's new self-paced book course, by Dr. Michelle J. Pearce, *Moving Beyond Resilience: How to Transform through Adversity* and earn 6 CE Credits! Elevate You CE is approved by the American Psychological Association to sponsor continuing education for psychologists. Elevate You CE maintains responsibility for this program and its content. Many states allow Licensed Social Workers and Marriage and Family Therapists to gain credits from APA approved sponsors. Enjoy 50% off using the code Blooming50. For more information go to: <https://elevateyouce.prosperitylms.com/reg/ElevateYouCE/?course=65>

TRAINING OPPORTUNITIES

Full Scholarships to Attend Research Training on Religion, Spirituality and Health

With support from the John Templeton Foundation, Duke University's Center for Spirituality, Theology and Health is offering eleven \$3,600 scholarships to attend the university's 5-day Workshop on conducting research on religion, spirituality, and health. Applications are now being sought for the 2022 workshop to be held August 15-19. These scholarships will cover the \$1200 tuition, up to \$1500 in international travel costs, and up to \$900 in living expenses. They are available only to academic faculty and graduate students living in third-world underdeveloped countries in Africa, Central and South America (including Mexico), Eastern Europe and North Asia (Russia and China), and portions of the Middle East, Central and East Asia. The scholarships will be competitive and awarded to talented well-positioned faculty with the potential to conduct research on religion, spirituality, and health, and serve as research leaders in their part of the world. If you want to know more about this program, contact Harold.Koenig@duke.edu or go to our website for a description of the workshop: <https://spiritualityandhealth.duke.edu/index.php/5-day-summer-research-course>. **Please let your academic colleagues in developing countries know about this unusual and time-limited opportunity.**

Unfortunately, but not surprisingly, the demand for such scholarships has far exceeded availability. Now that we are set up to evaluate potential scholarship recipients, we are hoping to identify individuals or foundations willing to support highly qualified third-world applicants whom we are unable to provide scholarships to in 2022-2023 and the years ahead. A donation of \$3,600 to our Center will sponsor a university faculty member from a disadvantaged region of the world to attend the workshop in 2022 or future years. If you are interested in sponsoring one or more such applicants and want to know more about this program, or

have ideas about other sources of support, please contact Harold.Koenig@duke.edu.

Certificate in Theology and Healthcare

The Duke University Divinity School is now accepting applications for a new graduate certificate, the Certificate in Theology and Health Care. This one-year residential program provides robust theological and practical engagement with contemporary practices in medicine and health care for those individuals with vocations in health-related fields (e.g., trainees or practitioners of medicine, nursing, and other health care professions). The Certificate aims to equip Christian health care practitioners with the training to embrace that calling and live into it with theological clarity and spiritual joy. This fully accredited course of study focuses on combining foundational courses in Christian theology, scripture, and church history with courses engaging the practical issues that health care practitioners encounter in contemporary culture. If you, or some you know, seek theological formation and further confidence engaging questions of suffering, illness, and the place of health care in a faithful life, go to the following website: <https://tmc.divinity.duke.edu/programs/certificate-in-theology-and-health-care/> [online option may also be available]

FUNDING OPPORTUNITIES

Templeton Foundation Online Funding Inquiry

The next deadline for Small Grant requests (\$234,800 or less) and Large Grant requests (more than \$234,800) is August 19, 2022. The Foundation will communicate their decision (rejection or invitation to submit a full proposal) for all OFIs by October 14, 2022. Therefore, researchers need to think "long-term," perhaps collecting pilot data in the meantime, with or without funding support. JTF's current interests on the interface of religion, spirituality, and health include: (1) **investigating the causal relationships between health, religion, and spirituality (determining direction of causation in associations reported; identifying the underlying causal mechanisms responsible)**, with a specific focus on longitudinal studies, and (2) **engaging religious and spiritual resources in the practice of health care (increasing the religious and spiritual competencies of health care practitioners; testing the impact of religiously integrated therapies; and increasing the scientific literacy of health care chaplains)**. More information: <https://www.templeton.org/project/health-religion-spirituality>.

2021 Csth Calendar of Events...

November

- 11/16 **Spirituality & Health Research Seminar**
12:00-1:00 EST (via Zoom)
Spirituality, COVID-19 and Cancer in African-Americans
Speaker: Jill Hamilton, RN, Ph.D.
Associate Professor of Nursing, Emory University
Contact: Harold G. Koenig (Harold.Koenig@duke.edu)