

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 August 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

Clients' Views on Integrating Religion/Spirituality into Mental Health Care

Investigators from the school of social work at Baylor University and several other US universities conducted an online survey (via Qualtrics) of 989 US adults who had seen a mental health care provider in the past month, examining clients' perceptions on the relevance of religion/spirituality (R/S) to their mental health care. A 27-item survey was used to assess ways that clients viewed R/S as positively related to their mental health (12 items) and ways in which R/S was negatively related to their mental health (assessing R/S struggles). Demographics of participants were 52.2% male, 76.8% White, and average age was 45.6 years; 32.3% were Protestant, 20.9% Catholic, 8.7% Orthodox Christian, 5.2% Jewish, and 10.7% none. The majority (55.6%) described themselves as moderately/very religious; 70.4% as moderately/very spiritual; and 83% indicated they believed in God or a higher power. **Results:** When asked whether R/S beliefs were brought up in therapy, 42% indicated they were brought up by the client her/himself; 25% by the therapist; if not brought up, 9.5% wished their R/S beliefs had been discussed; and 22.6% were glad that they were not discussed. When asked whether engaging in R/S (e.g., prayer, religious services, reading religious texts) improved their mental health, 64% agreed or strongly agreed. The majority (60.6%) also agreed or strongly agreed that their R/S beliefs help them to cope with mental health symptoms. Furthermore, 47.9% agreed or strongly agreed that their mental health suffering would not improve until they were religiously or spiritually healthy. In contrast, only 25.6% agreed or strongly agreed that their mental health problems were a result of R/S struggles. Likewise, only 27.6% agreed or strongly agreed that their mental health problems were due to their own sin. Researchers concluded: "Authors recommend that R/S be

assessed and included in treatment planning, where appropriate, and addressed in training for mental health professionals." *Citation:* Oxhandler, H. K., Pargament, K. I., Pearce, M. J., Vieten, C., & Moffatt, K. M. (2021). The relevance of religion and spirituality to mental health: A national survey of current clients' views. *Social Work*, EPUB ahead of press

Comment: This study is one of the largest surveys of persons receiving mental health counseling that has been published thus far. The findings are clear that the majority of clients indicated their religion/spirituality helped them to cope with mental health symptoms, and a significant minority (42%) themselves brought up R/S beliefs during therapy (while in only 26% of cases was this brought up by therapists).

Religion/Spirituality and Maintenance of Health among Aging Latin American Immigrants

Researchers at the Memory and Aging Center at the University of California at San Francisco and other US universities conducted a qualitative study involving 30 Spanish-speaking older immigrants. The purpose was to examine the perspectives that interviewees had on the role that R/S played in brain health, aging and dementia. Eligible participants were first-generation Latin American immigrants, monolingual Spanish speakers, and age 60 or older. The average age of participants was 76.4 years, with 50% being from Mexico and 40% were from El Salvador or Nicaragua. Two-thirds of participants were female, and on average, participants had been living in the US for 35 years. **Results:** Thematic analysis revealed 5 major themes: (1) the expression of gratitude to God for their health (mental and physical); (2) placing concerns about life and death in God's hands; (3) the church as a place to socialize and build community that led to a healthy life; (4) the use of prayer to nourish their soul and their brain; and (5) connecting with God was an important way that they had achieved inner peace and calm during their adjustment to immigration. Researchers concluded: "The incorporation of customized spiritual interventions may be a mechanism by which to increase the effectiveness of brain health promotion efforts."

Citation: Weiner-Light, S., Rankin, K. P., Lanata, S., Possin, K. L., Dohan, D., & Sideman, A. B. (2021). The role of spirituality in conceptualizations of health maintenance and healthy aging among Latin American immigrants. *American Journal of Geriatric Psychiatry*, EPUB ahead of press

Comment: This study builds on prior research demonstrating a relationship between religious involvement and cognitive functioning among Hispanic Americans [Hill, T. D., et al. (2006). Religious attendance and cognitive functioning among older Mexican Americans. *Journals of Gerontology*, 61B(1), P3-9; Reyes-Ortiz et al. (2008). Church attendance mediates the association between depressive symptoms and cognitive functioning among older Mexican Americans. *Journals of Gerontology*, 63A(5), M480-486]

The Role of Spirituality in Coping with COVID-19, Climate Change, and Future Global Challenges

Francisco Chirico, a physician and professor in the Health Service Department at Italy's Ministry of Interior, discusses the role that

EXPLORE...in this issue

1-3 LATEST RESEARCH

3-5 NEWS, EVENTS & RESOURCES

5-6 TRAINING, FUNDING Opportunities, and CALENDAR

religion has played in coping with COVID-19 in that country. He notes that religion may often be used to cope with mental health issues experienced by the general population, but especially those who are older, sick, marginalized, and struggling with psychiatric conditions. He briefly reviews research findings that religious and spiritual beliefs during the pandemic have been associated with greater hopefulness and lower levels of fear, worry, and sadness, emphasizing that healthcare professionals be aware of this when they treat vulnerable populations such as the elderly and the marginalized, often the greatest victims of pandemics like this. He notes that spiritual coping resources at the global level may be essential for dealing with the negative consequences of COVID-19 in both the short-term and long-term, as well as in coping with both present and future global challenges such as social economic inequalities, climate change, and war. The author concludes: "Spiritual resources are decisive skills for coping with the negative consequences of the COVID-19 pandemic in the short and long term. Spirituality encompass philosophical and cultural aspects that may contribute to tackling climate change and other emerging challenges, such as the migrant emergency, wars and conflicts, advancing global health security and reaching Sustainable Development Goals [51]."

Citation: Chirico, F. (2021). Spirituality to cope with COVID-19 pandemic, climate change and future global challenges. *Journal of Health and Social Sciences*, 6(2), 151-158.

Comment: An interesting perspective from an Italian physician at the Ministry of Health in that country.

Religious Organizations and their Response to COVID-19 in Malaysia

Investigators at Monash University Malaysia in Selangor discuss the role that religious gatherings have played in the spread of COVID-19 in Malaysia (a multi-faith country with 61% Muslim, 20% Buddhist, 9% Christianity, and 6% Hindu. They describe large outbreaks of COVID-19 following religious gatherings in February 2020 and at other times over the past 18 months. They note that while religious leaders have encouraged social distancing among congregants, this may or may not happen, particularly among those believing that God will protect them from the virus. The authors of this article examine religious aspects of COVID-19 prevention and control, underscoring the role that religious organizations play in healthy decision-making among their congregants. They endorse the formation of partnerships between the healthcare system and religious institutions where the latter participate in disease monitoring (through screening) and in combating misinformation about COVID-19 that has been widespread in this country, especially among religious groups. They emphasize a recent finding that during the current pandemic there has been a 50% increase in Google searches for prayer in countries throughout the world, what this increase is the highest ever recorded, including people from all continents and religious denominations. The researchers concluded: "[based on this discussion] We make recommendations on how to promote a partnership between the healthcare system and religious organizations, and how religion and faith could be integrated into health promotion channels and resources in the response [to] COVID-19 and future communicable diseases."

Citation: Tan, M. M., Musa, A. F., & Su, T. T. (2021). The role of religion in mitigating the COVID-19 pandemic: The Malaysian multi-faith perspectives. *Health Promotion International*, EPUB ahead of press

Comment: This article provides light on the current situation in Malaysia, and the potential that religious organizations (across faith traditions) play in helping to mitigate this and future public health crises.

Religious Involvement and Gender in Russia

Researchers at the Higher School of Economics, Center for Institutional Studies, Moscow, Russia, use data from the Russian Longitudinal Monitoring Survey to examine socioeconomic factors that explain the gender-religiosity gap in Russia. Data were collected in 2000-2003 and in 2011-2018. Information on parent and grandparent religiosity was available from the year 2003. Participants represented a national random sample of 149,164 adults in this country. Religiosity was assessed by the question: (1) "What do you think about religiosity?" (response options were: 5 = believer in God, 4 = more of a believer than a nonbeliever, 3 = more of a nonbeliever than a believer, 2 = a nonbeliever, and 1 = atheist); participants were dichotomized into "a believer" (1) and "everyone else" (0). Religious confession was recorded as Orthodox= 1 or otherwise= 0. Random effects models were used to examine predictors of belief in God. **Results:** Among females, 35.6% were believers, compared to 19.2% of males. Among both females and males, 71.4% indicated that their mother or father was religious (71.40% in females, 71.37 in males); likewise, 56.3% of females indicated their grandfather or grandmother was religious, whereas 54.4% of males indicated the same. There was a U-shaped relationship between belief in God and age, with belief being at a low point (minimum) at age 15 among women compared to age 46 among men. The influence of parents' and grandparents' religiosity on belief in God was stronger in women than in men; belief among women increased in response to the death of a family member. In contrast, better education and health status decreased women's religiosity more than it did in men. Men's religiosity was influenced more by the religiosity of their wives. Finally, men living in rural areas tended to be less religious than those in urban areas. Researchers concluded: "Russian female religiosity is more often affected by close relatives, education, health status, and the deaths of relatives; whereas the religiosity of males is more often affected by the religiosity of their spouses and living in a rural/urban area."

Citation: Bryukhanov, M., & Fedotenkov, I. (2021). Gender differences in religiosity: a report on Russian data. *Journal of Gender Studies*, EPUB ahead of press.

Comment: Given the large random sample collected from across the country of Russia, this study is an important one, providing a glimpse of the religiosity of Russians and predictors of religiosity by gender. However, the methods, statistical analyses, and results are difficult to follow, possibly due to either poor reporting or to language difficulties. This study is also one of the few, if not the only, prospective study of religious belief from Russia.

Cases of Spontaneous Healing/Improvement following Prayer in the Netherlands

Kruijthoff and colleagues in the department of medical humanities at the Amsterdam University Medical Center in the Netherlands reported here on the case of unexpected recovery from advanced Parkinson's disease (PD) after prayer, as well as on three cases of self-reported spontaneous healing of hearing impairment following prayer. In the first study, Kruijthoff et al. (2020a) described a patient with Parkinson's disease who was diagnosed with the condition at age 50 in 2009 and experienced rapid progression of the disease through the first few months of 2012, with disappearance of facial expressions, difficulty swallowing, profuse salivation, difficulty concentrating, and being unable to participate in conversation due to inability to find words (advanced stage). In April 2012, however, the patient experienced a sudden improvement after in-person intercessory prayer during a Christian conference. She saw her neurologist 12 days later, who confirmed the dramatic recovery. Of her symptoms, all that remained was mild right-sided rigidity (grade 1-2), where her arm swing on the R side and alternating movements were not as good as on the left side. However, the patient was walking well with normal stride and good balance, and exhibiting facial expressions. Sinemet was

reduced to 125 mg three times daily and her ropinirole was discontinued. Over the ensuing years, the patient continued to improve. By 2015, her cognitive issues had disappeared completely, although some symptoms returned when they attempted to completely stop her medication (e.g., asymmetry in rapid alternating movements). The researchers concluded: "This remarkable healing and its context astonished the patient, her family, and her doctors. The clinical course was extraordinary, contradicting data from imaging studies, as well as the common understanding of this disease." In a second report, Kruijthoff et al. (2021b) described three cases of self-reported healing after prayer, what the mis-match between objective findings and subjective reports of healing of hearing problems. Each of these patients reported a significant improvement in their ability to function due to improved hearing immediately after Christian prayer (despite no objective improvement on audiogram). Researchers concluded: "In all three case histories regarding hearing there was an outspoken mismatch between subjective and objective findings. In-depth interviews, hetero anamnesis, and a validated questionnaire confirmed the healings, but no measurable improvements could be found in four different audiological testing methods."

Citations: Kruijthoff, D. J., Bendien, E., Doodkorte, C., van der Kooi, C., Glas, G., & Abma, T. A. (2021a). "My body does not fit in your medical textbooks": A physically turbulent life with an unexpected recovery from advanced Parkinson Disease after prayer. *Advances in Mind-Body Medicine*, 35(2), 4-13; Kruijthoff, D. J., Bendien, E., van der Kooi, C., Glas, G., Abma, T. A., & Huijgens, P. C. (2021b). Three cases of hearing impairment with surprising subjective improvements after prayer. What can we say when analyzing them? *Explore*, EPUB ahead of press

Comment: These remarkable cases of healing in response to prayer actually took place in a highly secular country. Might these healings be due to psychosomatic influences, or to something more? Further studies of this type with detailed follow-up and unbiased medical documentation of status prior to the prayer intervention and change over time are needed.

Update on Moral Injury in Diverse Settings

The authors comprehensively review the topic of moral injury (MI) experienced in active duty military settings, veterans with PTSD, first responders, healthcare professionals, and civilians experiencing severe trauma, resulting from a transgression of moral beliefs/values by themselves or others during high stress situations. The consequences of MI are discussed, and measures to assess MI were described in various settings (military, health, civilian), including psychometrically established scales that assess the religious/spiritual aspects of MI. Finally, both secular and religious/spiritual treatments for this syndrome were discussed. Recommendations for future research were also provided, emphasizing the need for prospective studies and clinical trials, since almost all studies to date have been cross-sectional.

Citation: Koenig, H. G., & Al Zaben, F. (2021). Moral injury: An increasingly recognized and widespread syndrome. *Journal of Religion and Health*, EPUB ahead of press (link to access article: <https://rdcu.be/cn8xW>)

Comment: This updated review of the topic will benefit readers interested in the experience of moral injury and its consequences, often found in the setting of traumatic life experiences.

Psychometric Properties of R/S Measures and Translation into Different Languages

Well-designed scales form the foundation for much of the quantitative research conducted today in the psychological, social, behavioral and physical health sciences. This also applies to research on the relationship between religious/spiritual (R/S) and health. In this article, the authors succinctly review the standard procedures for developing and determining the psychometric

properties of new R/S measures, and procedures for the translation of R/S measures into different languages for use in non-English speaking environments and non-Western settings. Going forward, these procedures will be required for investigators wishing to submit new papers on R/S measure development and translation in the *Journal of Religion and Health*.

Citation: Koenig, H.G., Al Zaben, F. (2021). Psychometric Validation and Translation of Religious and Spiritual Measures. *Journal of Religion and Health*, EPUB ahead of press (to access this article, go to <https://urldefense.com/v3/https://doi.org/10.1007/s10943-021-01373-9> ;!!OToaGQ!5nqlqPFgbfhp53o8waag_qbPM41sPllboX1xAXrh7Wg51MP-uJrDy1lbl2p1NwCSBY_P\$)

Comment: Many investigators may not be familiar with the standard procedures for developing new R/S measures or on translating existing measures into different language languages. This paper intends to fill that knowledge gap.

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 Tuesday, September 21, 2021, at 12:00-1:00 EST, will be delivered by Patty Van Cappellen, Ph.D. The title of her presentation is **Embodiment, Prayer Postures, and Emotions**. 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

Science of Spirituality Symposium

(online event, September 11, 2021)

According to symposium organizers, the aim of this symposium is to promote a grand debate about research into spirituality, with the participation of the world's principal scientists in spiritual experiences, spirituality, and health. The central topic will be a discussion of the present and future of the scientific study of spirituality, in particular the implications for health and for an understanding of consciousness in human nature. Coordinated by Professor Alexander Moreira-Almeida, the symposium will be held totally online, focusing on what has been achieved so far and what lies ahead, what the visions of these leaders are about the future of the field, the next steps, and what the main challenges are that need to be addressed. Participants include speakers from both the US, Brazil, and around the world. For more information and to register, see: <https://cienciaadaespiritualidade.com.br/index.php/en-us/>

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

Spirituality and Mental Health Across Cultures

(Oxford University Press, 2021)

From the publisher: "Religiosity and spirituality (R/S) represent a very important factor of daily life for many individuals across different cultures and contexts. It is associated with lower rates of depression, suicide, mortality, and substance abuse, and is positively correlated with well-being and quality of life. Despite growing academic recognition and scientific literature on these connections this knowledge has not been translated into clinical practice. Part of the expanding *Oxford Cultural Psychiatry* series, *Spirituality and Mental Health Across Cultures* is a timely exploration of the implications of R/S on mental health. Written and edited by 38 experts in the fields of spirituality and mental health from 11 countries, covering a wide range of cultural and geographical perspectives, this unique resource assesses how mental health relates to world religions, agnosticism, atheism, and spiritualism unaffiliated with organized religion, with a practical touch. Across 25 chapters, this resource provides readers with a succinct and trustworthy review of the latest research and how this can be applied to clinical care. The first section covers the principles and fundamental questions that relate science, history, philosophy, neuroscience, religion, and spirituality with mental health. The second section discusses the main beliefs and practices related to world religions and their implications to mental health. The third reviews the impact of R/S on specific clinical situations and offers practical guidance on how to handle these appropriately, such as practical suggestions for assessing and integrating R/S in personal history anamnesis or psychotherapy." Available for \$70.00 (hardcover) from <https://global.oup.com/academic/product/spirituality-and-mental-health-across-cultures-9780198846833?cc=us&lang=en>.

The Science of Children's Religious and Spiritual Development

(Cambridge University Press, 2021, part of Elements in Child Development Series)

From the publisher: "This Element provides a comprehensive yet concise account of scientific research on children's religious and spiritual (RS) development. After providing a historical sketch of definitional issues in the science of RS, the first section reviews basic descriptive information on children's RS development as well as wholistic theoretical models and measures of children's RS development. The second section covers evidence about links of child and parental RS to children's psychosocial adjustment, and highlights the need for more research that discriminates specific positive and negative manifestations of RS for children's development. The third section summarizes evidence about the robust influence of parents on their children's RS development and parents' perceptions of their role in this process. The fourth section focuses on cognitive-developmental research on children's cognitions about God/deities and prayer. The Element concludes with a synopsis of key themes and challenges that researchers face to advance the science of children's RS development." Available for \$20.00 at <https://www.amazon.com/Childrens-Religious-Spiritual-Development-Elements/dp/1108812775/>.

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 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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INTERPROFESSIONAL CONTINUING EDUCATION

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.

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/>

FUNDING OPPORTUNITIES

Templeton Foundation Online Funding Inquiry

The John Templeton Foundation has postponed all Online Funding Inquiries (OFIs) for 2020 in the area of religion, spirituality and health to their 2021 funding cycle. The next deadline for Small Grant requests (\$234,800 or less) and Large Grant requests (more than \$234,800) has not yet been established, but it is likely to be sometime in mid-August 2022. The Foundation will communicate their decision (rejection or invitation to submit a full proposal) for all OFIs by mid-October 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...

September

- 9/11 **Science of Spirituality Symposium**
7:30A-4:15P EST online via Zoom or similar technology
Speakers: Koenig, Pargament, many others
Contact: Professor Alexander Moreira-Almeida (alex.ma@medicina.ujf.br)
- 9/15-18 **AACC World Conference**
Orlando, Florida
Speakers: multiple, including Dr. Ben Carson
Contact: <https://worldconference.net/>.
- 9/21 **Spirituality & Health Research Seminar**
12:00-1:00 EST (via Zoom)
Embodiment, Prayer Postures, and Emotions
Speaker: Patty Van Cappellen, Ph.D.
Associate Director of the Interdisciplinary and Behavioral Research Center at Duke University
Contact: Harold G. Koenig (Harold.Koenig@duke.edu)

October

- 10/19 **Spirituality & Health Research Seminar**
12:00-1:00 EST (via Zoom)
Spirituality and Sleep
Speaker: Rabbi Bruce D. Foreman, Ph.D.
Sleep Medicine Specialist
(<https://www.drbruceforman.com/>)
Contact: Harold G. Koenig (Harold.Koenig@duke.edu)

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<http://www.spiritualityandhealth.duke.edu/index.php/partner-with-us>