

## 5-day Workshop on Religion, Spirituality and Health, August 12-16, 2024

### Schedule and Curriculum:

#### **Monday** (August 12) (5.75 hrs CE eligible, includes 30 min mentorship, if approved)

- 8:00-8:30A Registration
- 8:30-9:00 Introduction and review of schedule
- 9:00-10:15 Presentation by Dr. Dan Blazer on building an academic career
- 10:15-10:30 Break
- 10:30-11:15 Discussion of participants' interests
- 11:15-12:00 Sources of information on religion, spirituality and health
- 12:00-1:00 Lunch on your own
- 1:00-3:00 Individual meetings with mentors or Track Meetings
- 3:00-4:00 Religion, spirituality and health: past, present and future
- 4:00-4:15 Break
- 4:15-4:55 Definitions
- 5:00-5:30 Individual meeting with Dr. Koenig (and between 1:30-3:00)

#### **Tuesday** (August 13) (5.25 hrs CEU eligible)

- 8:30-10:00 Presentation by Dr. John Oliver on research by chaplains
- 10:00-10:15 Break
- 10:15-11:15 Review of previous research – mental health
- 11:15-12:15 Review of previous research - physical health
- 12:15-1:00 Lunch on your own
- 1:00-2:30 *Special Event: Spiritually-Integrated Cognitive Processing Therapy* (Keisha O'Garro, PsyD, Duke University Psychology Outpatient Clinic and Chronic Pain Clinic)
- 2:30-3:00 Individual meetings with mentors or Track Meetings
- 3:00-3:30 Review of previous research – use of health services
- 3:30-3:45 Mechanisms – why and how
- 3:45-4:00 Break
- 4:00-4:55 Highest priority studies for future research; lowest priority studies & dead ends
- 5:00-6:00 Individual meetings with Dr. Koenig (and between 1:30-3:00)

#### **Wednesday** (August 14) (5.25 hrs CEU eligible)

- 8:30-10:00 Presentation by Dr. Warren Kinghorn on theological aspects of S & H
- 10:00-10:15 Break
- 10:15-12:00 Measures of religion and spirituality
- 12:00-1:00 Lunch on your own
- 1:00-2:30 Individual meetings with mentors or Track Meetings
- 2:15-2:50 *Special Event: The View from a Researcher's Spouse* (by Charmin Koenig, RN, RT)
- 3:00-3:45 Where to obtain funding for research
- 3:45-4:00 Break
- 4:00-4:30 Designing a study I. Research question, sample, and a design
- 4:30-4:55 Designing a study II: Qualitative research
- 5:00-5:30 Individual meeting with Dr. Koenig (and between 1:30-3:00)

**Thursday (August 15) (5.25 hrs CEU eligible)**

- 8:30-10:00 Presentation by Allison Lewinski, RN, PhD, on qualitative research methods  
10:00-10:15 Break  
10:15-11:15 Designing a study III: observational studies (epidemiology)  
11:15-12:00 Designing a study IV: randomized clinical trials  
12:00-1:00 Lunch on your own  
1:00-3:00 Individual mentorship meetings (Lewinski, Koenig, & Williams or Track Meetings)  
1:00-2:50 *Special Event*: Burnout among Physicians and Clergy (Ben Doolittle, MD)<sup>1</sup>  
3:00-3:45 Designing a study V: randomized clinical trials (examples R/S-health research)  
3:45-4:00 Break  
4:00-4:55 Statistics and modeling  
5:00-6:00 Individual meetings with Dr. Koenig (and between 1:30-3:00)

**Friday (August 16) (8.0 hrs CEU eligible)**

- 8:30-10:00 Presentation by Dr. Redford Williams on the biology of spirituality  
10:00-10:15 Break  
10:15-12:00 Writing a Grant  
12:00-1:00 Lunch on your own (**remember, presentations begin at 1:00P today**)  
1:00-2:00 Managing a research project (hiring staff, protecting data, IRB issues, etc.)  
2:00-3:00 Writing a research paper for publication; revising and resubmitting  
3:00-3:15 Break  
3:15-4:00 Presenting research to professional and public audiences  
4:00-4:30 Working with the media  
4:30-4:55 Final thoughts on career development  
5:00 Adjourn  
5:00-5:30 Individual meetings with Dr. Koenig

**Track Meetings**

- Track #1: Students (undergraduate and graduate)  
Track #2: Chaplains, pastoral care, and clergy  
Track #3: Physicians  
Track #4: Nurses  
Track #5: Social workers and allied health professionals  
Track #6: Qualitative researchers

**Information about Breaks**

Coffee and modest snacks will be provided in a separate room during the breaks. There will be a mid-morning 10-15 min break and a similar late-afternoon break. For those not having individual mentorship sessions or track sessions or attending special events, there will be a 3-hour break in mid-day (12:00-3:00P) on Mon-Thurs. Friday will be a full day for everyone.

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<sup>1</sup> This special event will be a dynamic presentation (and mentoring session) by Benjamin Doolittle, M.D., Associate Professor of Internal Medicine and Pediatrics at the Yale University School of Medicine where he serves as the program director for Yale's Medicine-Pediatrics Residency Program and the Medical Director of their faculty-resident practice. On the ministry front, "Pastor Ben" has served in various urban congregations over the past 24 years. Presently, he is the Associate Pastor at Pilgrim Congregational Church in New Haven, CT, and is ordained in the Reformed Church in America. He is the editor of *Psychology of Burnout-New Research* (Nova, 2014).