



# The Impact of Adverse Religious Experiences on Holistic Health: Implications for Patients and Providers

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# OBJECTIVES

1

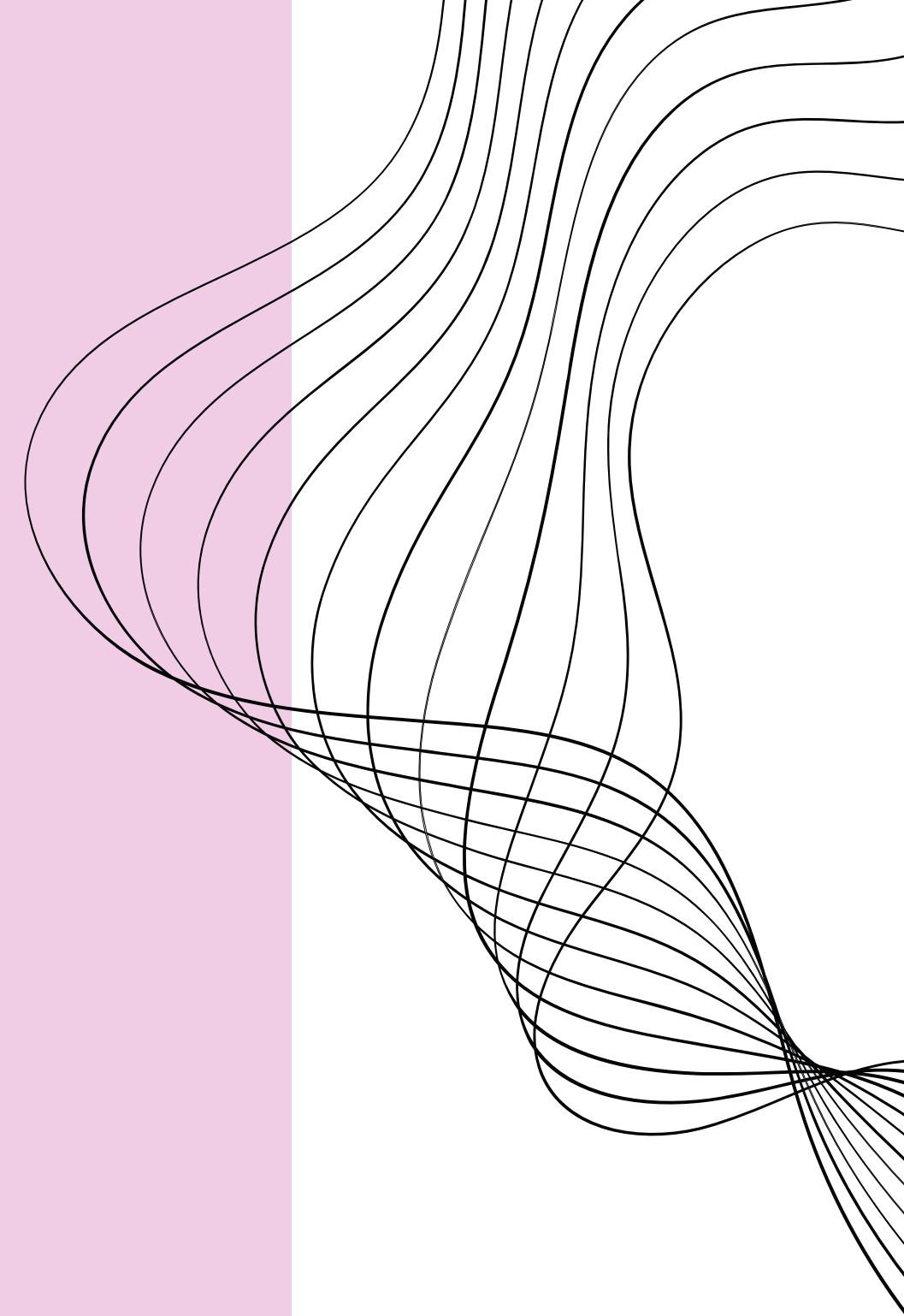
Define Adverse Religious Experiences (AREs)

2

Ascertain the effects of AREs on women's general health and well-being

3

Provide compassionate self and patient care by  
Discovering Self in order to prevent professional and  
caregiver burnout



# Background & Significance



Vulnerable Population: Females



Need Trauma-Informed Nursing Science



Define Adverse Religious Experiences



Understand Adverse Religious Experiences and Effect on Women's Health



# Purpose + Aims

1

DEFINE ADVERSE  
RELIGIOUS  
EXPERIENCES  
(ARES)

2

ASCERTAIN THE  
EFFECTS OF  
ARES ON  
WOMEN'S  
GENERAL  
HEALTH AND  
WELL-BEING

3

UNDERSTAND  
HOW WOMEN  
ADAPT AND  
COPE IN LIGHT  
OF ARES





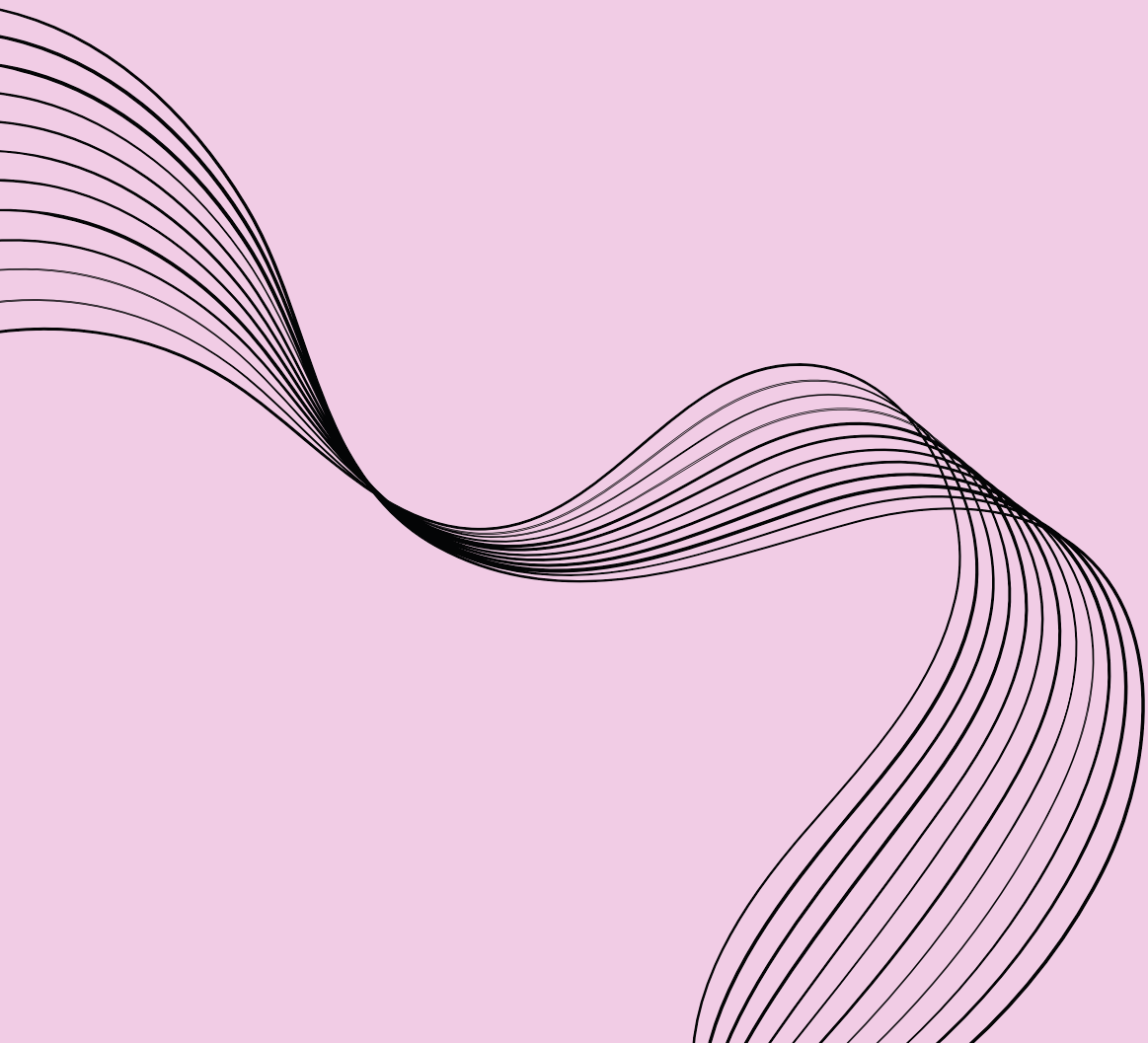
# PURPOSE & AIMS OF LITERATURE REVIEW

DISCOVER THE  
TYPES OF  
STUDIES THAT  
HAVE BEEN  
DONE ON THE  
HARMFUL  
EFFECTS OF  
RELIGION

IDENTIFY HOW  
OTHERS DEFINE  
ADVERSE  
RELIGIOUS  
EXPERIENCES

NAME THE  
THEORETICAL  
FRAMEWORKS  
THAT  
UNDERGIRD  
THESE STUDIES

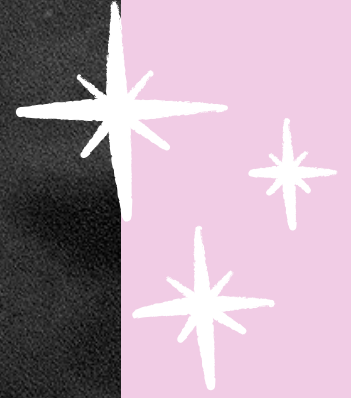
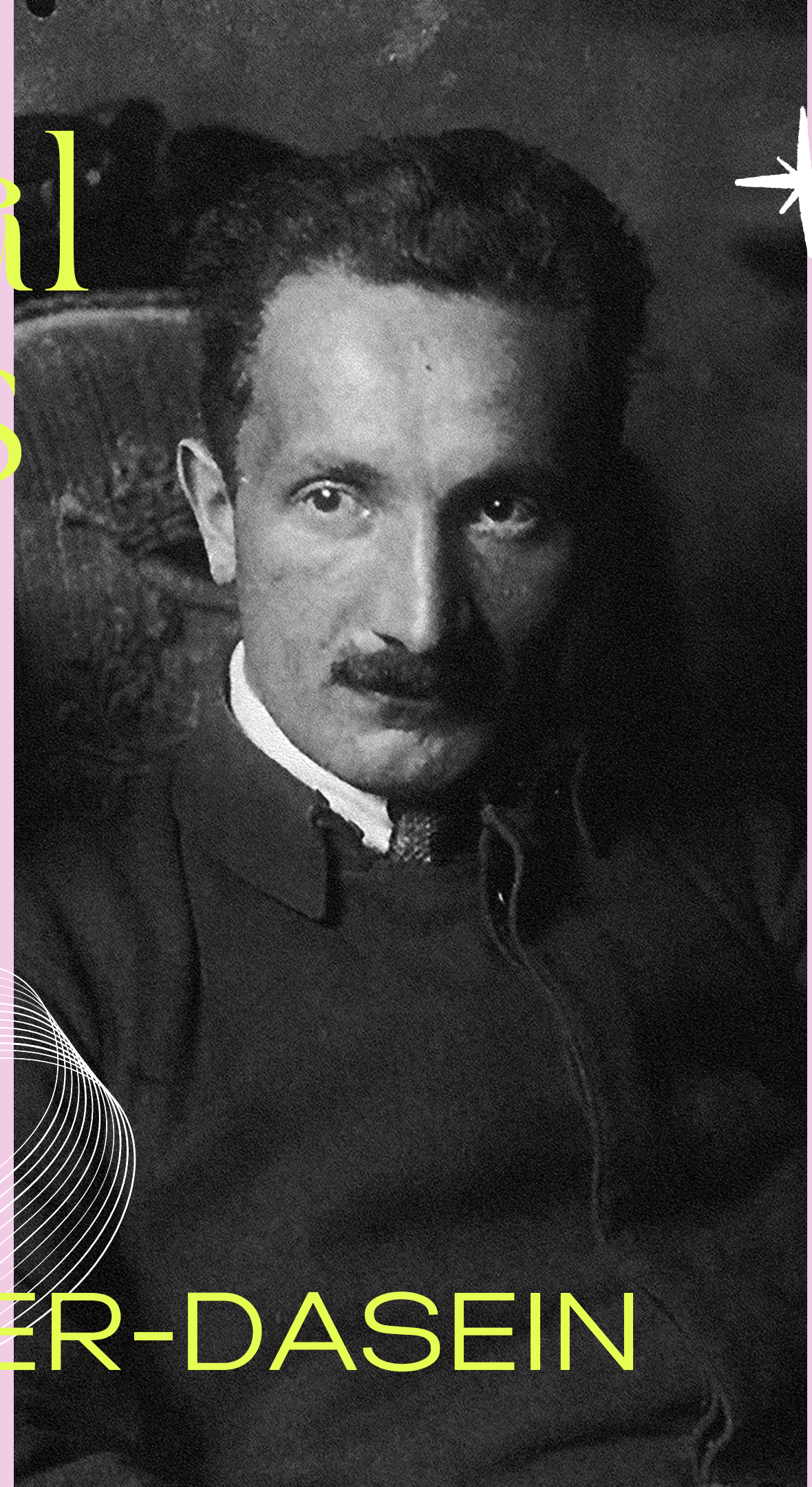
IDENTIFY THE  
RESULTS OR  
OUTCOMES  
FOUND IN  
THESE  
STUDIES,  
WHETHER  
POSITIVE OR  
NEGATIVE



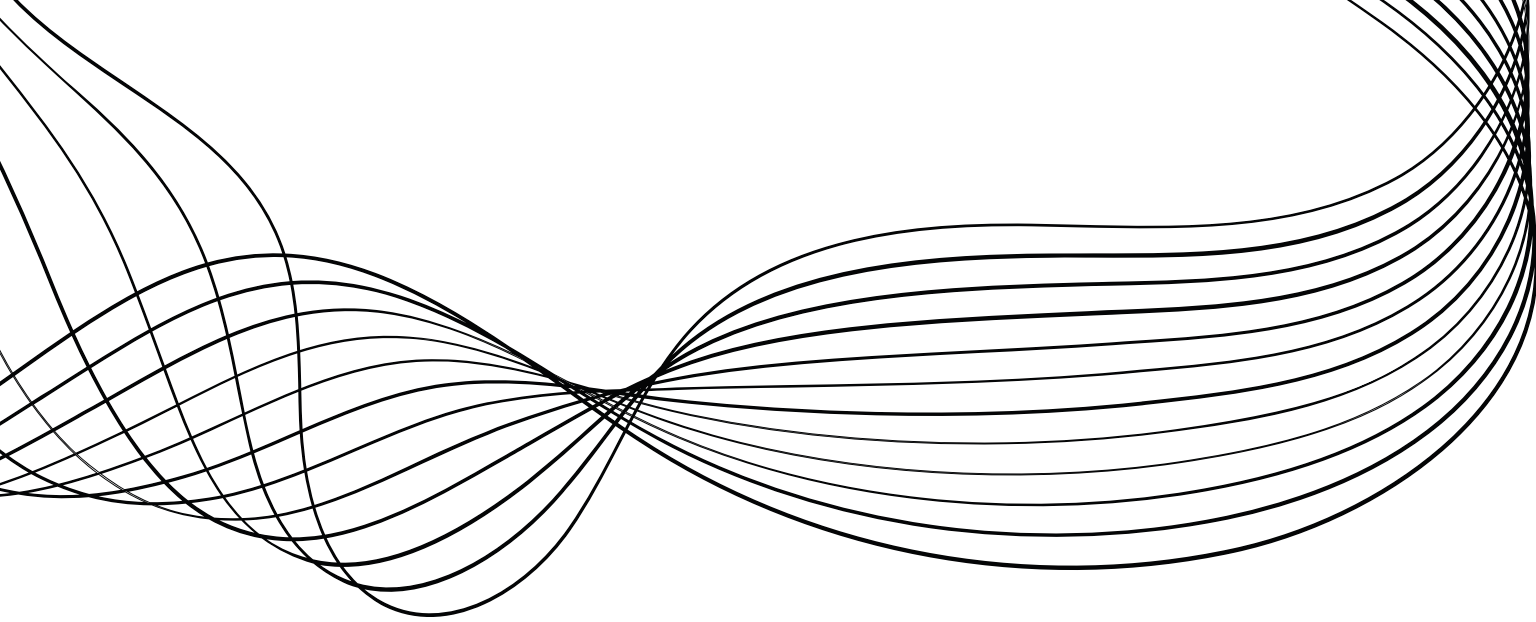


# Philosophical Assumptions

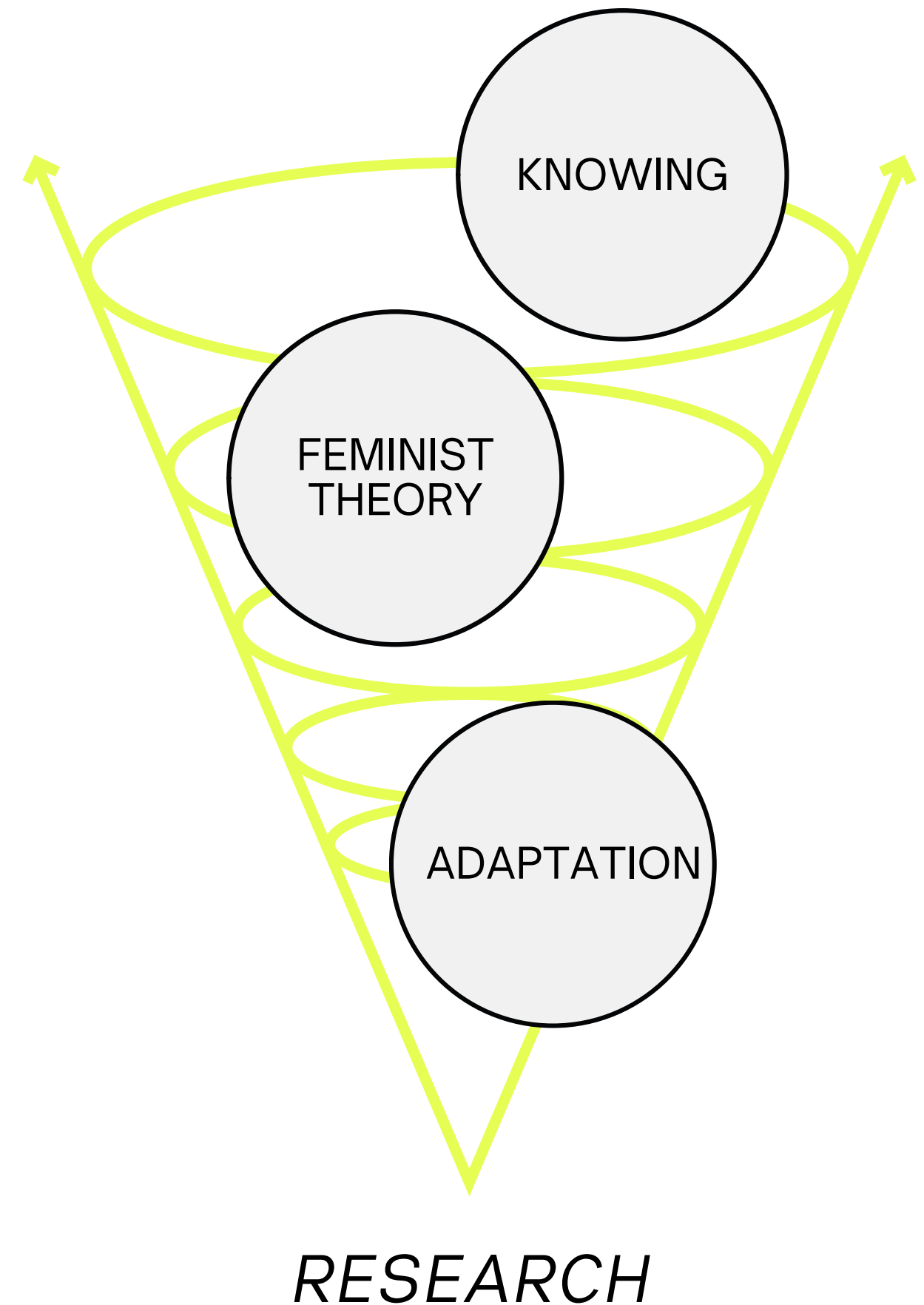
MARTIN HEIDEGGER-DASEIN







# Conceptual Framework/ Theory



# METHODS

1

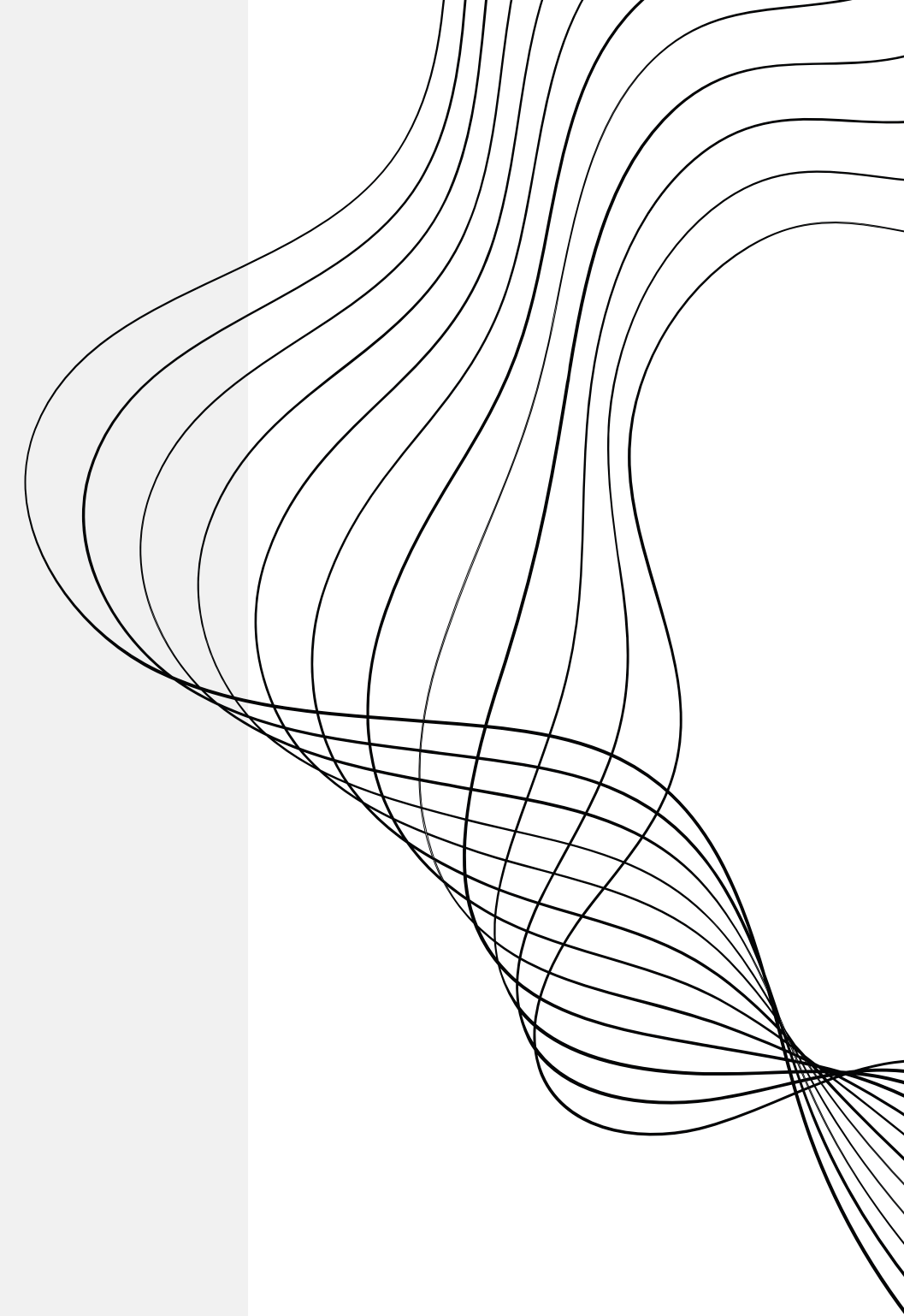
QUALITATIVE RESEARCH STUDY

2

GROUNDED THEORY

3

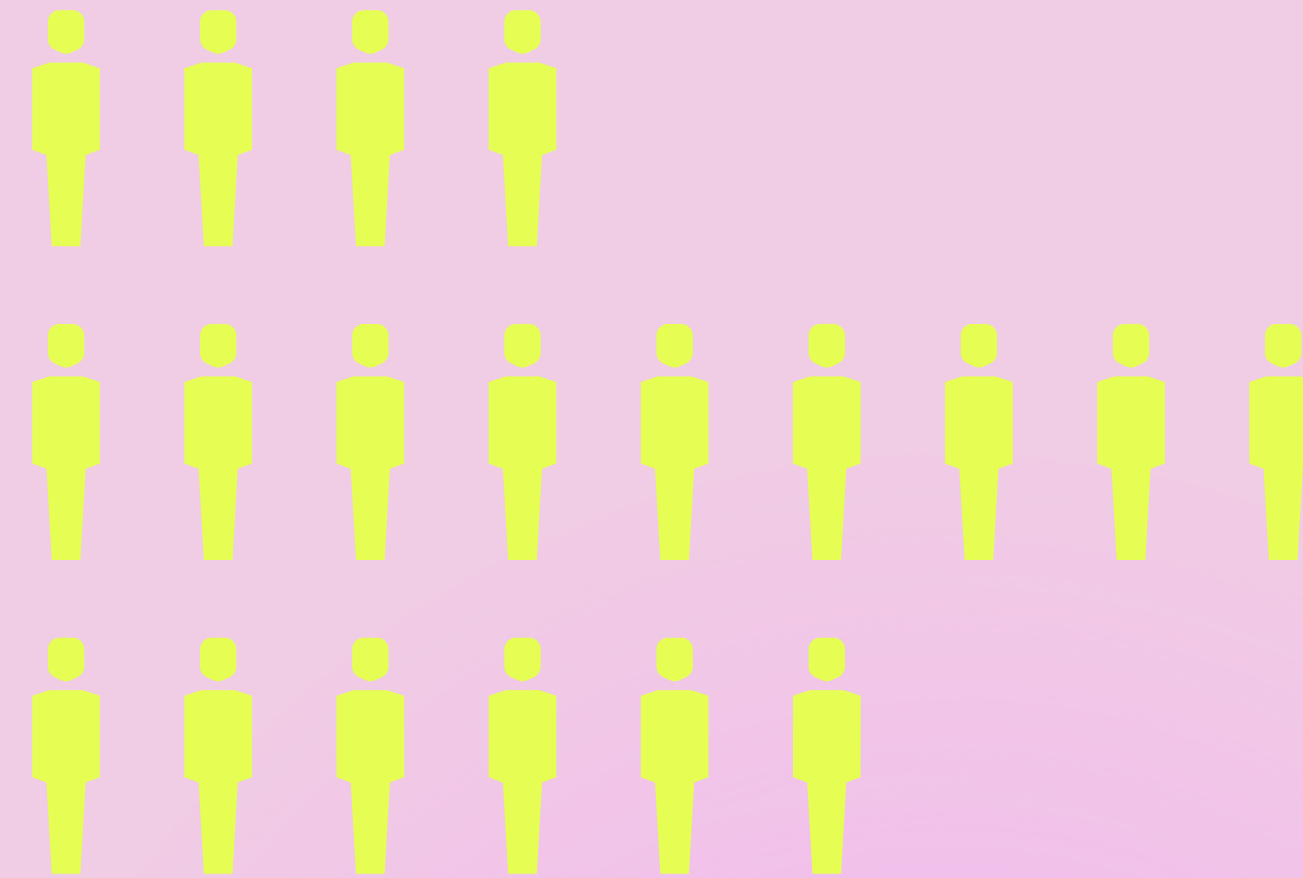
SYMBOLIC INTERACTIONISM





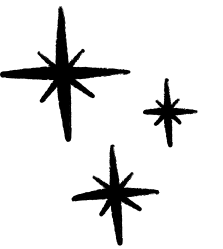
# POPULATION SAMPLE

- SAMPLE SIZE CANNOT BE PREDICTED IN GROUNDED THEORY
- PURPOSIVE SAMPLING
- RECRUITED FROM WOMEN WHO HAVE PROCESSED ADVERSITY WITH TRAUMA-INFORMED PROVIDER



# DEMOGRAPHIC CHARACTERISTICS TABLE

Pseudonym	Age	Gender	Sexual Orientation	Race/Ethnicity
“Alex”	54	Female	Heterosexual	White/Caucasian
“Dora”	82	Female	Heterosexual	White/Caucasian
“Callie”	53	Female	Heterosexual	White/Caucasian
“Cassie”	39	Female	Heterosexual	Mixed Race
“Sarah”	40	Female	Heterosexual	White/Caucasian
“Elizabeth”	53	Female	Heterosexual	White/Caucasian
“Lorelai”	38	Female	Heterosexual	Black/African American
“Barbara”	65	Female	Heterosexual	White/Caucasian
“Samantha”	42	Female	Heterosexual	White/Caucasian
“Maggie”	43	Female	Gay/Lesbian	White/Caucasian
“Alice”	43	Female	Heterosexual	White/Caucasian
“Savannah”	30	Female	Bisexual	White/Caucasian
“Ella”	28	Female	Heterosexual	Asian/Pacific Islander
“Allie”	27	Non-Binary	Bisexual	White/Caucasian
“Allison”	38	Female	Heterosexual	White/Caucasian



# PROCEDURE

Tell me about your negative experience with religion. (If probing was needed I would ask what happened, when, how much, and in what way was this negative).



Please tell me more about your experiences with religion and how it impacted your well-being.



How have your experiences influenced you? (If probing was needed I would ask, about their choices, life, health-physical, mental, spiritual, emotional, and sexual). What denomination or religious institution were you in when this experience happened?



How do you relate to religion now?

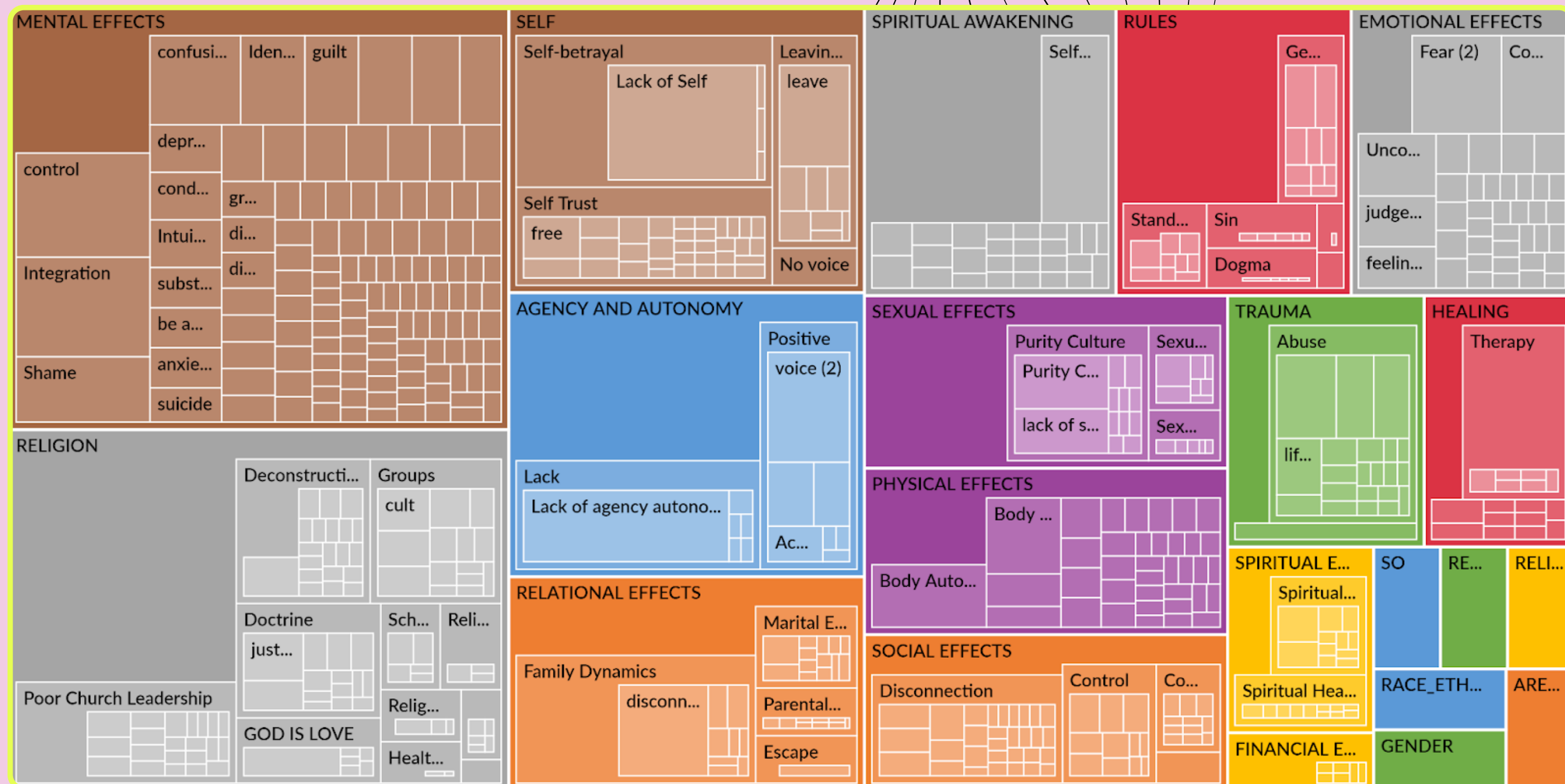


Is there anything else you would like to share about all of this?

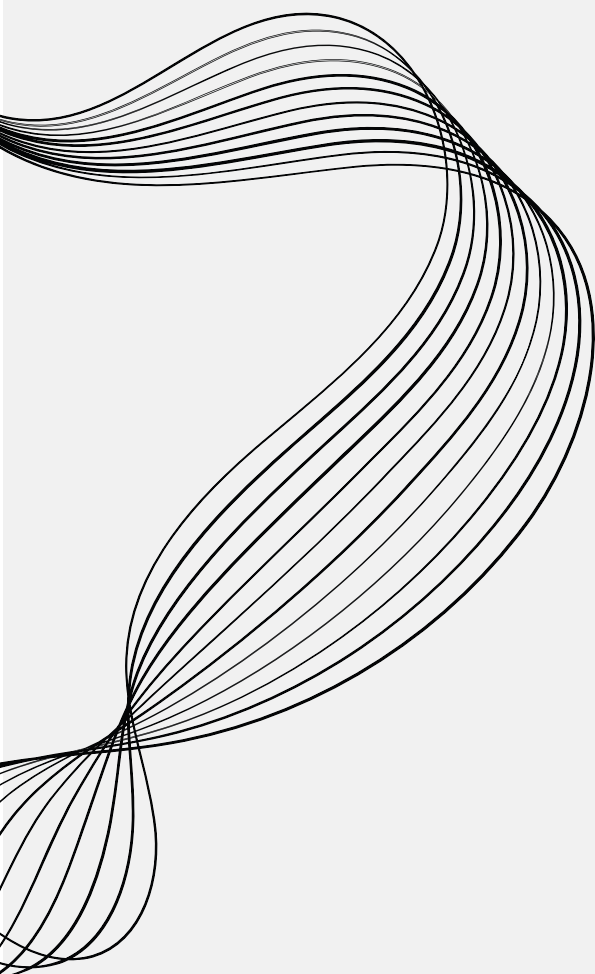




# Data Analysis



# DISCOVERING SELF--



LIVING  
WITH  
TOXICITY

Doctrinaire  
Lack of Knowledge and Confusion  
Patriarchal Structures  
Unhealthy Leadership  
Culture as Church  
Groups/and LGBTQ

LOSING  
SELF

Loss of Personhood  
Lack of Agency/Autonomy  
Self Betrayal

RECOGNIZING  
WOUNDEDNESS

Mental Health Effects  
Emotional Effects  
Physical Effects  
Sexual Effects  
Social/Relational Effects  
Financial Effects  
Spiritual Effects

LEAVING  
NEGATIVITY

Left Relationship  
Left Church or School

SEEKING  
RESTORATION

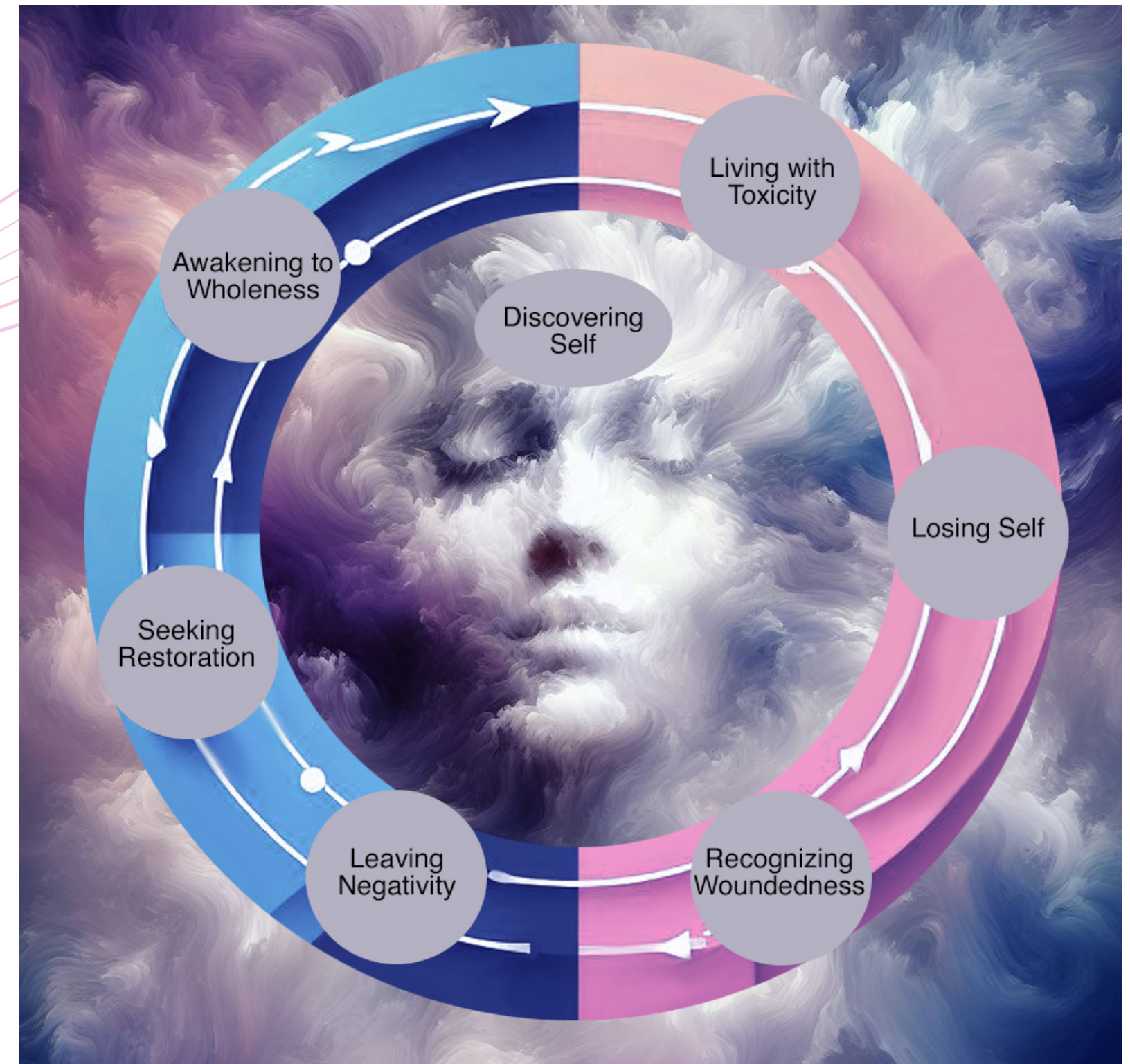
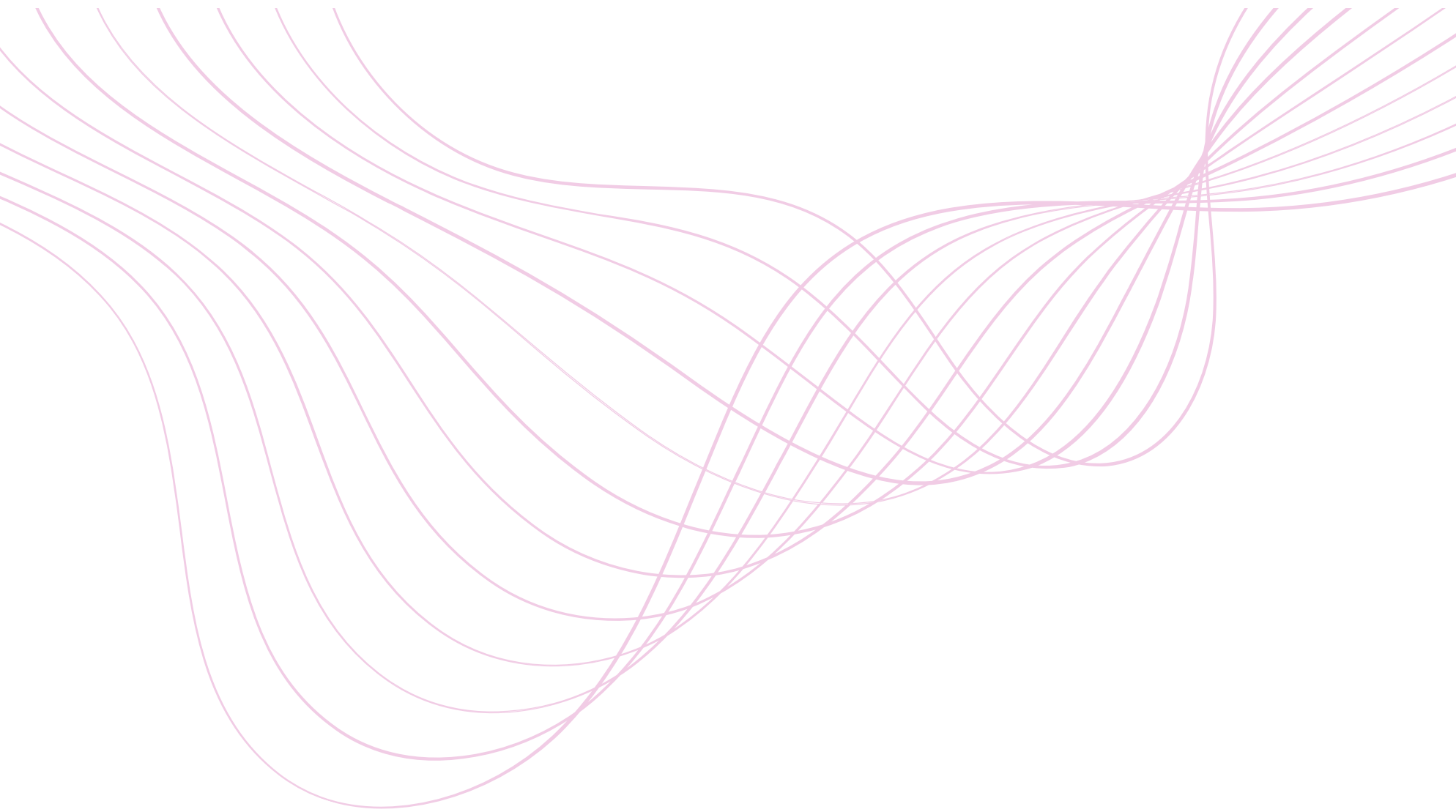
Gain Agency and Autonomy  
Therapy/IFS  
Listening to Body: Somatic Work  
Finding Voice  
Finding Self Trust  
Integrated Wholeness

AWAKENING  
TO  
WHOLENESS

Faith Shifting/Deconstruction  
Spiritual vs Religious  
God is love/Unconditional/Restored Sacred  
Develop Self  
Integration  
Finding voice  
Advocated/Activism/Help Others

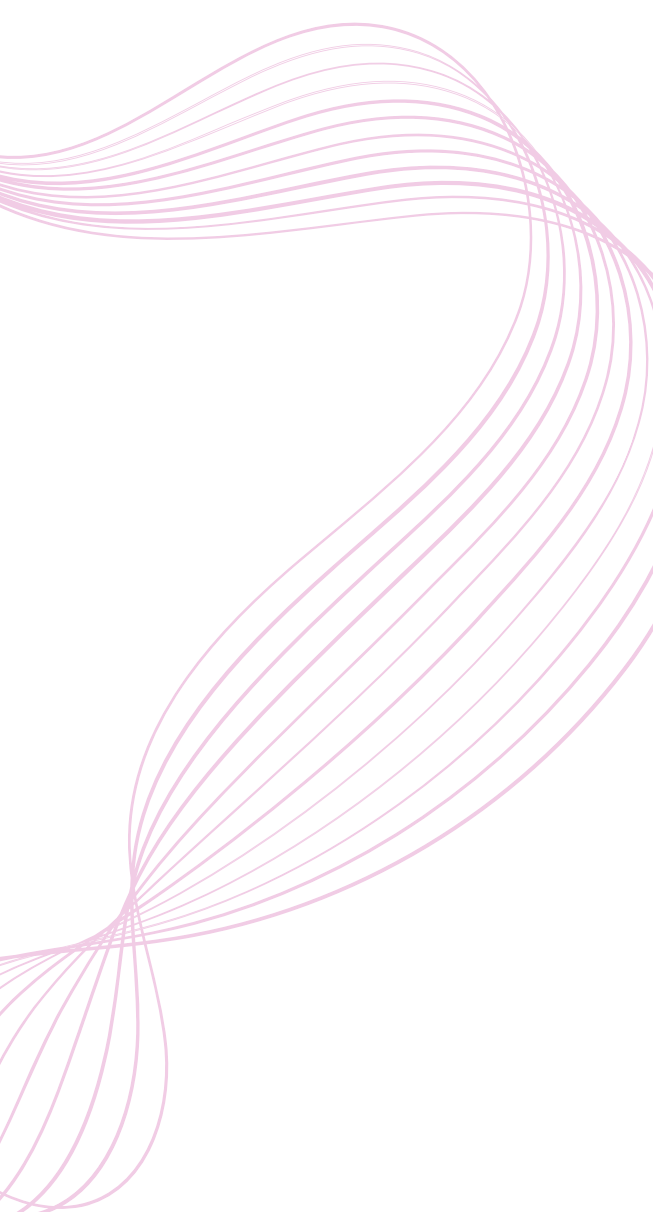


# INTERPRETATION OF FINDINGS





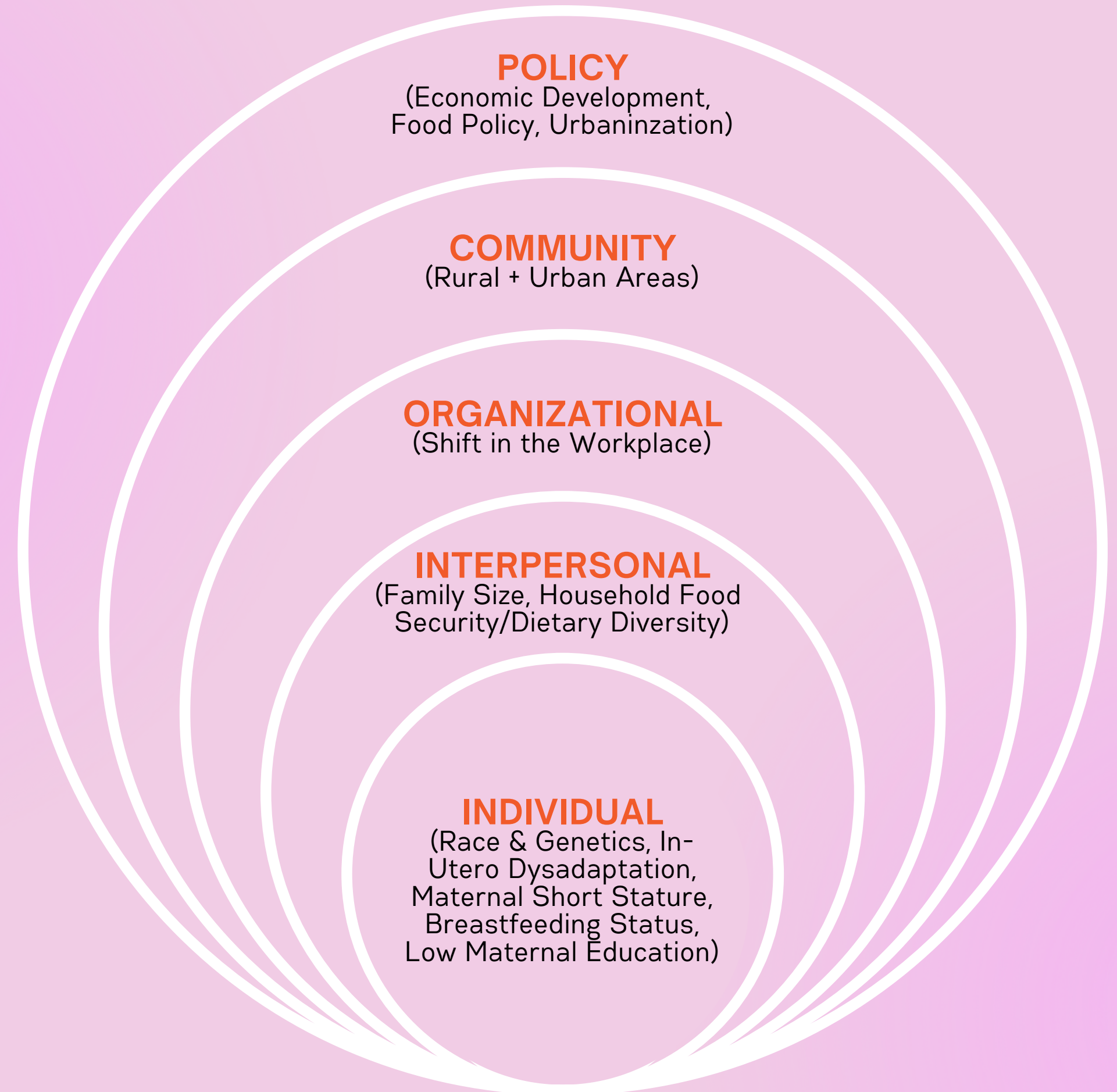
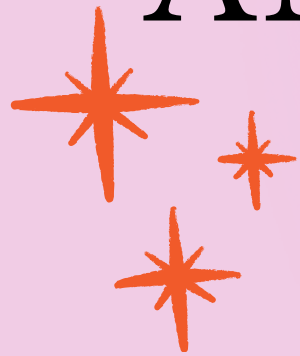
# STAGES OF FAITH



Level	~Ages	Name	Characteristics
Stage 1	3-7	Intuitive-predictive	Egocentric, becoming aware of time. Forming images that will affect their later life.
Stage 2	6-12	Mythical-literal	Aware of the stories and beliefs of the local community. Using these to give sense to their experiences.
Stage 3	12-	Synthetic-conventional	Extending faith beyond the family and using this as a vehicle for creating a sense of identity and values.
Stage 4	early adult	Individuative-reflective	The sense of identity and outlook on the world are differentiated and the person develops explicit systems of meaning.
Stage 5	adult	Conjunctive	The person faces up to the paradoxes of experience and begins to develop universal ideas and becomes more oriented towards other people.
Stage 6	adult	Universalizing	The person becomes totally altruistic and they feel an integral part of an all-inclusive sense of being. This stage is rarely achieved.

Source: [http://changingminds.org/explanations/learning/fowler\\_stage.htm](http://changingminds.org/explanations/learning/fowler_stage.htm)

# HEALTH CARE PROFESSIONALS AND AREAS



# IMPLICATIONS OF RESEARCH

## THEORETICAL

- *Less new Ph.D. theories are being generated d/t Less Ph.D. nursing students*
- *Women as vulnerable need studied: rise in fundamentalist*
- *TIC/Holistic models of care needed*
- *Person-centered care*
- *Cultural competence*

## PRACTICAL

- *Improving patient care/new clinical protocols*
- *Train healthcare/nursing staff on ARES*
- *Theory for adversity across sectors*
- *New technologies/social media utilized*
- *Influence women's health policy/train leaders to prevent ARES*
- *Nursing curricula*
- *Policy to protect against this type of trauma/abuse*



# PROVIDERS: COMPASSIONATE SELF CARE

1

Know your AREs or other Trauma

2

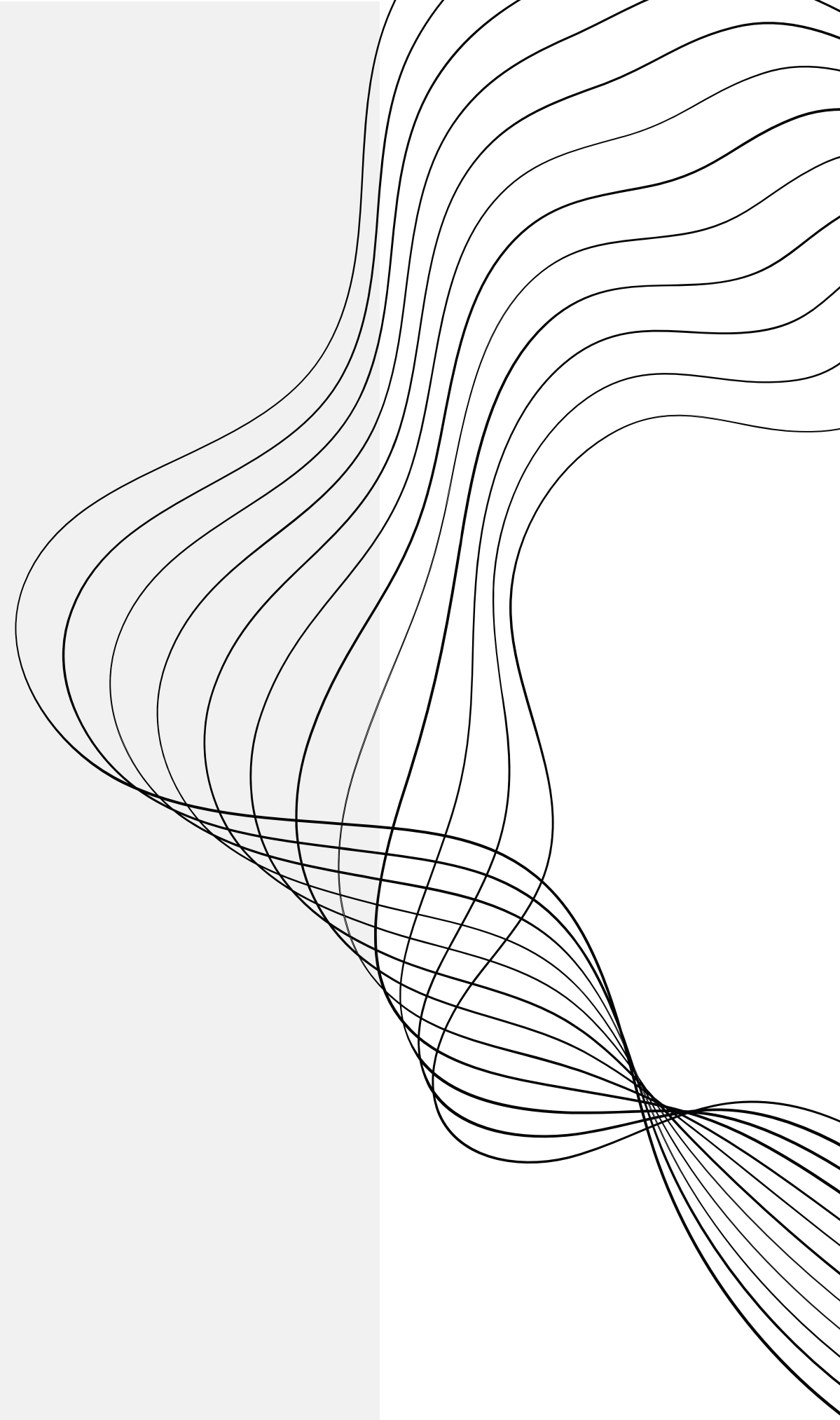
Know Yourself

3

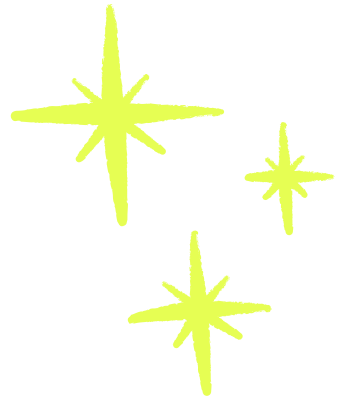
Know your Dissonance

4

Know your warning signs



# RECOMMENDATIONS FOR FUTURE RESEARCH



*Why did women not use the word trauma?*

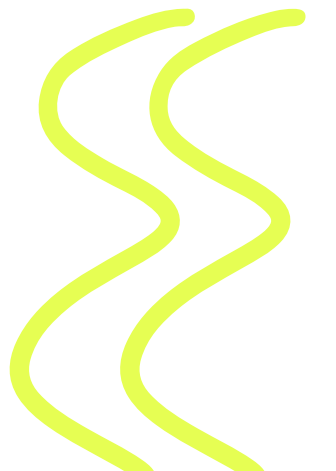
*Develop a quantitative ARE screening tool*

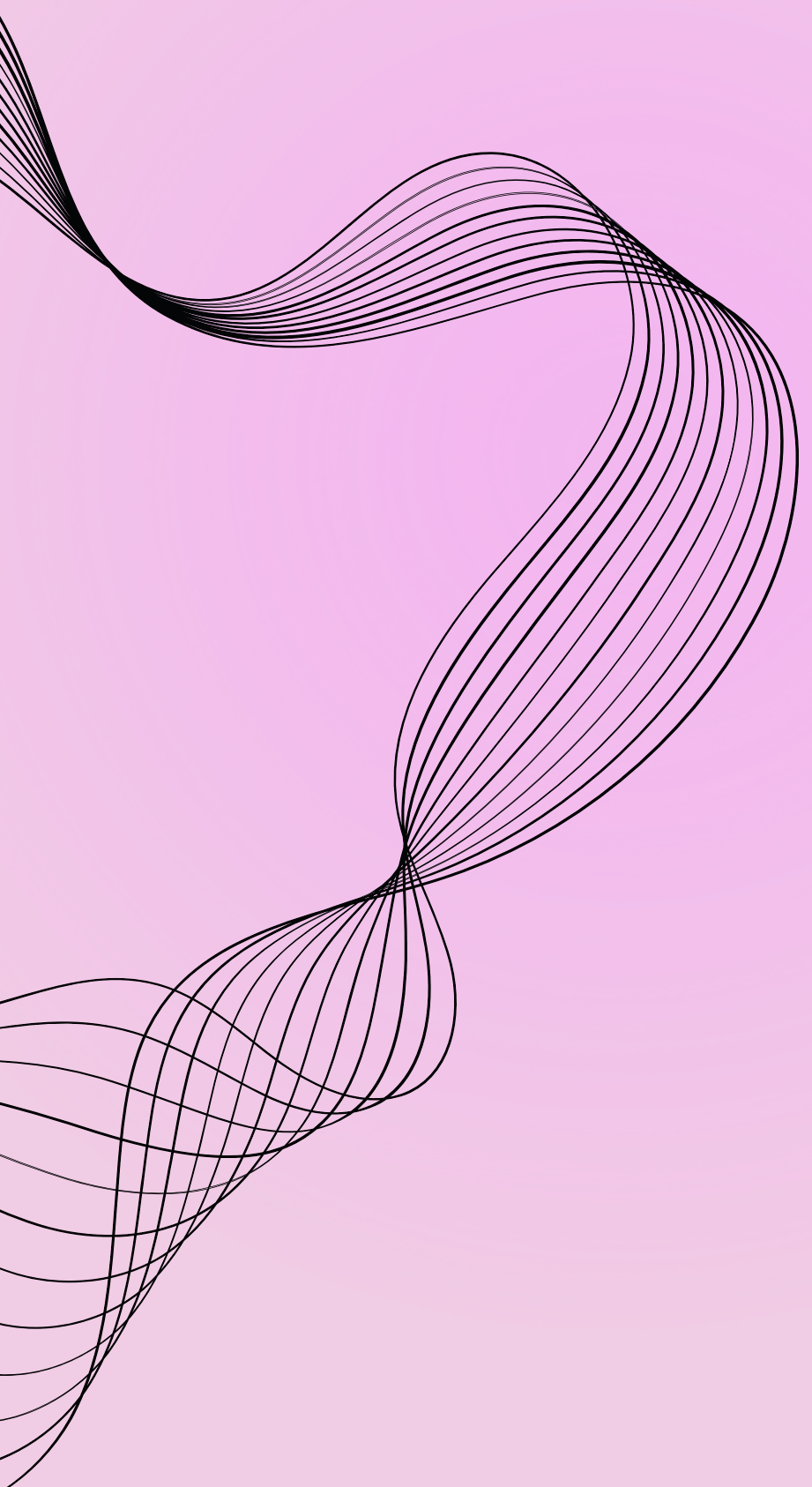
*Research should now go beyond North America*

*Global Health*

*Health prevention/disease prevention opps*

*Research AREs amongst nurses, faculty and students  
(nurse heal themselves)*





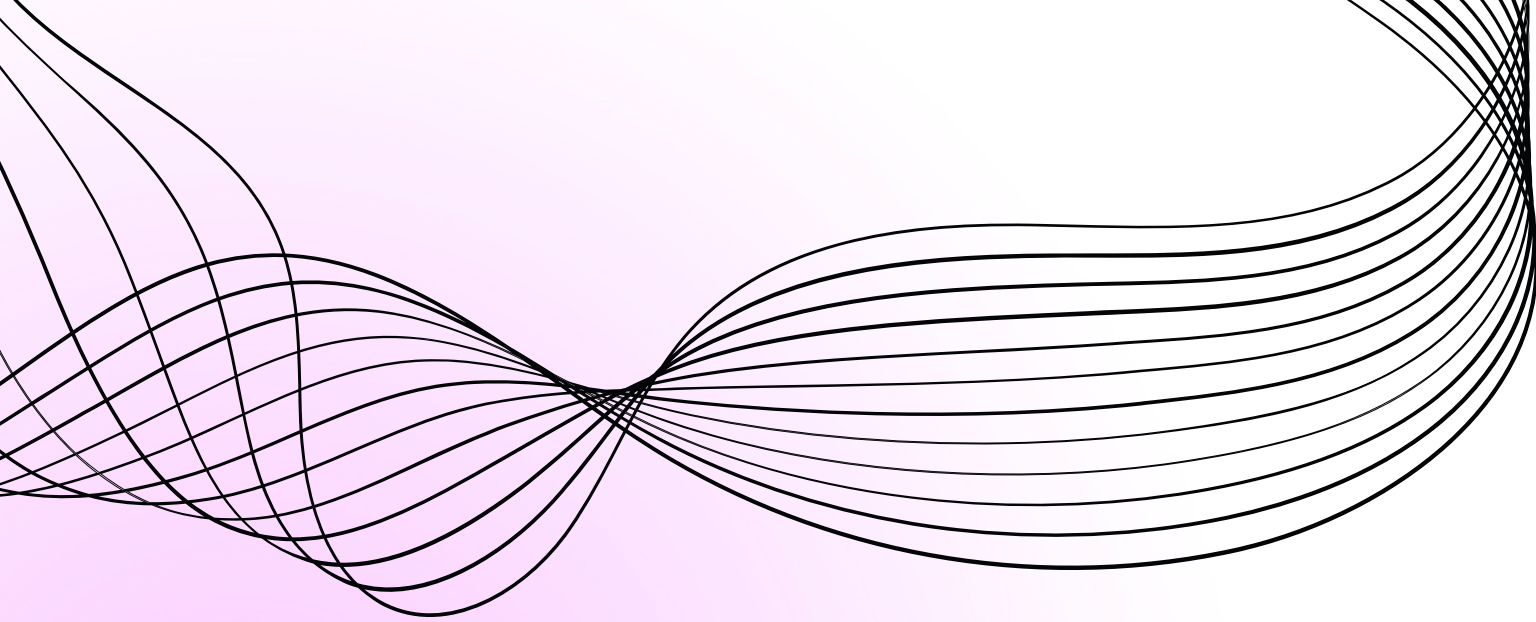
# Discovering Self

## FROM ADVERSITY TO AWAKENING

*An Emergent Grounded Theory Towards Wholeness*

*THANK YOU FOR  
ATTENDING.*





# REFERENCES

[HTTPS://DOCS.GO  
OGLE.COM/DOCUM  
ENT/D/1GZIJFBQY1  
EVI5YQD3CMWHIB  
5JW8RZ1VT/EDIT](https://docs.google.com/document/d/1GZIJFBQY1EVI5YQD3CMWHIB5JW8RZ1VT/edit)