

## 5-day Workshop on Religion, Spirituality and Health, August 11-15, 2025

### Schedule and Curriculum:

**Monday** (August 11) (5.75 hrs CE eligible, includes 30 min mentorship, if approved)

- 8:30-9:00A Registration
- 9:00-9:30 Introduction and review of schedule
- 9:30-10:30 Presentation by Dr. Dan Blazer on building an academic career
- 10:30-10:45 Break
- 10:45-11:30 Discussion of participants' interests
- 11:30-12:15 Sources of information on religion, spirituality and health
- 12:15-1:15 Lunch on your own
- 1:15-2:00 *Special Event:* The National Institutes of Health (NIH) Religion, Spirituality, and Health Scientific Interest Group (RSH-SIG): Overview and Aspirations (Joan Romaine, MPH, MS, LGPC, NCC, health specialist, NIAAA)
- 1:30-3:00 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 Adjourn

**Tuesday** (August 12) (5.25 hrs CE eligible)

- 9:00-10:30 Presentation by Dr. John Oliver on research by chaplains
- 10:30-10:45 Break
- 10:45-11:30 Review of previous research – mental health
- 11:30-12:15 Review of previous research - physical health
- 12:15-1:15 Lunch on your own
- 1:15-2:45 *Special Event:* Spiritually-Integrated Cognitive Processing Therapy for MORAL INJURY (Keisha O'Garro, PsyD, Duke University Psychology Outpatient Clinic and Chronic Pain Clinic)
- 1:30-3:00 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 Adjourn

**Wednesday** (August 13) (5.25 hrs CEU eligible)

- 9:00-10:30 Presentation by Dr. Warren Kinghorn on theological aspects of S & H
- 10:30-10:45 Break
- 10:45-12:15 Measures of religion and spirituality
- 12:15-1:15 Lunch on your own
- 1:15-3:00 Individual meetings with mentors or Track Meetings
- 2:00-2:45 *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 Adjourn

**Thursday** (August 14) (5.25 hrs CEU eligible)

- 9:00-10:30 Presentation by Allison Lewinski, RN, PhD, on qualitative research methods, health services research, mixed methods, implementation science
- 10:30-10:45 Break
- 10:45-11:30 Designing a study III: observational studies (epidemiology)
- 11:30-12:15 Designing a study IV: randomized clinical trials
- 12:15-1:15 Lunch on your own
- 1:15-3:00 Individual mentorship meetings (Lewinski, Koenig, & Doolittle or Track Meetings)
- 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 Adjourn

**Friday** (August 15) (8.0 hrs CEU eligible)

- 9:00-10:00 Presentation by Dr. Benjamin Doolittle on Burnout among Physicians and Clergy
- 10:00-10:45 Group mentorship by Dr. Doolittle
- 10:45-11:00 Break
- 11:00-12:00 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

**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. The time between 1:15 and 3:00P on Monday-Thursday is a free time to attend either the special guest lectures, participate in individual mentorship sessions, or engage in track sessions with colleagues. Friday will be a full day for everyone.