

## 5-day Workshop on Religion, Spirituality and Health, August 10-14, 2026

### Schedule and Curriculum:

#### **Monday** (August 10) (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
- 4:15-5:00 Definitions
- 5:00-5:30 Justin Dyer, PhD, BYU report on *The Religion and Health Connection: What Does the Best Science Reveal?*
- 5:30 Adjourn

#### **Tuesday** (August 11) (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) via VIDEO (Dr. Koenig moderating)
- 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
- 5:00-5:15 Katherine Carroll Britt, PhD, MSN, RN, on “Spirituality & brain health: Emerging research on dementia & caregiving. cognitive impairment, dementia, and religious involvement”
- 5:15 Adjourn

#### **Wednesday** (August 12) (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 13) (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 14) (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.