

5-day Workshop on Religion, Spirituality and Health, August 13-17, 2018

Schedule and Curriculum:

Sunday (August 12, 7:00P)

Informal get-together at the Quality Inn & Suites (3710 Hillsborough Rd, Durham, NC 27705)

Monday (August 13) (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
- 9:00-10:30 Presentation by Dr. Dan Blazer on building an academic career
- 10:30-10:45 Break
- 10:45-11:30 Discussion of participants' interests
- 11:30-12:00 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
- 4:15-5:00 Definitions
- 5:00-5:30 Individual meeting with Dr. Koenig

Tuesday (August 14) (5.25 hrs CEU eligible)

- 8:30-10:00 Presentation by Dr. John Oliver on research by chaplains
- 10:00-10:15 Break
- 10:15-11:00 Review of previous research – mental health
- 11:00-12:00 Review of previous research - physical health
- 12:00-1:00 Lunch on your own
- 1:00-2:30 Individual meetings with mentors
- 1:00-3:00 *Special Event: Burnout among Physicians and Clergy* (Ben Doolittle, MD)¹
- 3:00-3:30 Review of previous research – use of health services
- 3:30-4:00 Mechanisms – why and how
- 4:00-4:15 Break
- 4:15-5:00 Highest priority studies for future research; lowest priority studies & dead ends
- 5:00-5:30 Individual meeting with Dr. Koenig

Wednesday (August 15) (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

¹ 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 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).

2:30-3:00 *Special Event: The View from a 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
4:30-5:00 Designing a study II: Qualitative research
5:00-5:30 Individual meeting with Dr. Koenig

Thursday (August 16) (5.25 hrs CEU eligible)

8:30-10:00 Presentation by Dr. Jill Hamilton 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 or Track Meetings
3:00-3:45 Designing a study V: randomized clinical trials (examples R/S-health research)
3:45-4:00 Break
4:00-5:00 Statistics and modeling
5:00-5:30 Individual meeting with Dr. Koenig

Friday (August 17) (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
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
4:30-5:00 Final thoughts on career development
5:00 Adjourn
5:00-5:30 Individual meeting with Dr. Koenig

Track Meetings (*need to sign up for on Registration/Tuition form*)

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.