Spiritual Distress; what is it all about?

Slide # 1 Oregon Hospice Association Presentation

Slide # 2 Why?
To share ideas
Deepen our practice
Open dialog about our work
Inspire creativity
Encourage and promote spiritual care

Slide #3 What?
To provide the best quality health care, hospice offers support for the mind, body and spirit. Our specially trained staff recognizes the importance of supporting you as a whole person and your family through this phase of life. Our experienced spiritual care professionals can provide either religious or non-religious support to maintain or improve your and your family’s quality of life.

Slide #4 Learning objectives
Define Spiritual Distress
Identify the cause of Spiritual Distress
Scale the intensity of Spiritual Distress

Slide #5 What is Spiritual Distress?

Spiritual distress is the process of avoidance, attachment, resistance, attachment, wanting or desire for change that causes the disharmonious or discontented state of mind and body.

Slide # 6 The origins of the definition of Spiritual Distress

Words of Gautama The Buddha

1. All sentient being suffer from old ages, sickness and death
2. The cause of suffering is attachment, desire and ignorance
3. There is a way to transcend suffering
4. The path out of suffering is the 8 fold path
Slide #7 Spiritual Distress Presuppositions

Is a process not subject
Is universal and subjective
It can be chronic or situational
Can be reduced or resolved
Variable and impermanent
Caused by desire/avoidance to meet needs

Slide # 8 Human Needs Theory

Maslow- Theory of Human Motivation
Max-Neef-Fundamental Human Needs
Burton-Conflict: resolution and prevention
Rosenberg-Non-Violent Communication

Slide #9 Human needs categories

Physical Mental
Emotional Moral/Value
Safety and Security Existential

Slide #10 Human needs

“All human actions are an attempt to meet needs” ~ Marshall B. Rosenberg PhD ~

Feelings and Needs
Center for Nonviolent Communication
~Marshall Rosenberg

The following list of needs is neither exhaustive nor definitive. It is meant as a starting place to support anyone who wishes to engage in a process of deepening self-discovery and to facilitate greater understanding and connection between people.
acceptance
affection
appreciation
belonging
cooperation
communication
closeness
community
companionship
compassion
consideration
consistency
empathy
inclusion
intimacy
love
mutuality
nurturing
respect/self-respect

safety
security
stability
support
to know and be known
to see and be seen
to understand and
be understood
trust
warmth

PHYSICAL WELL-BEING
air
food
movement/exercise
rest/sleep
sexual expression

safety
shelter
touch
water

authenticity
integrity
presence

PLAY
joy
humor

PEACE
beauty
communion
ease
equality
harmony
inspiration
order

AUTONOMY
choice
freedom
independence
space
spontaneity

awareness
celebration of
life
challenge
clarity
competence
consciousness
contribution
creativity
discovery
efficacy
effectiveness
growth
hope
learning
mourning
participation
purpose
self-expression
stimulation
to matter
understanding

The following are words we use when we want to express a combination of emotional states and physical sensations. This list is neither exhaustive nor definitive. It is meant as a starting place to support anyone who wishes to engage in a process of deepening self-discovery and to facilitate greater understanding and connection between people.

There are two parts to this list: feelings we may have when our needs are being met and feelings we
may have when our needs are not being met.

Feelings when your needs are satisfied

<table>
<thead>
<tr>
<th>AFFECTIONATE</th>
<th>CONFIDENT</th>
<th>GRATEFUL</th>
<th>PEACEFUL</th>
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<tbody>
<tr>
<td>compassionate</td>
<td>empowered</td>
<td>appreciative</td>
<td>calm</td>
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<tr>
<td>friendly</td>
<td>open</td>
<td>moved</td>
<td>clear</td>
</tr>
<tr>
<td>loving</td>
<td>proud</td>
<td>thankful</td>
<td>headed</td>
</tr>
<tr>
<td>open hearted</td>
<td>safe</td>
<td>touched</td>
<td>comfortable</td>
</tr>
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<td>sympathetic</td>
<td>secure</td>
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<td>centered</td>
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<tr>
<td>tender</td>
<td></td>
<td></td>
<td>content</td>
</tr>
<tr>
<td>warm</td>
<td></td>
<td></td>
<td>equanimous</td>
</tr>
<tr>
<td>ENGAGED</td>
<td>EXCITED</td>
<td>INSPIRED</td>
<td>fulfilled</td>
</tr>
<tr>
<td>absorbed</td>
<td>amazed</td>
<td>amazed</td>
<td>mellow</td>
</tr>
<tr>
<td>alert</td>
<td>animated</td>
<td>awed</td>
<td>quiet</td>
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<tr>
<td>curious</td>
<td>ardent</td>
<td>wonder</td>
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<tr>
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<td>aroused</td>
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<tr>
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<td>dazzled</td>
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<tr>
<td>fascinated</td>
<td>eager</td>
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<td>equanimous</td>
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<tr>
<td>interested</td>
<td>energetic</td>
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<td>fulfilled</td>
</tr>
<tr>
<td>intriqued</td>
<td>enthusiastic</td>
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<td>mellow</td>
</tr>
<tr>
<td>involved</td>
<td>giddy</td>
<td></td>
<td>quiet</td>
</tr>
<tr>
<td>spellbound</td>
<td>invigorated</td>
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<td>relaxed</td>
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<tr>
<td>stimulated</td>
<td>lively</td>
<td></td>
<td>relived</td>
</tr>
<tr>
<td></td>
<td>passionate</td>
<td></td>
<td>satisfied</td>
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<tr>
<td></td>
<td>surprised</td>
<td></td>
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</tbody>
</table>

<p>| JOYFUL             | EXHILARATED      | REFRESHED       |
| amased             | blissful         | enlivened       |
| awed               | ecstatic         | rejuvenated     |
| wonder             | elated           | renewed         |</p>
<table>
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<th>rested</th>
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<td>exuberant</td>
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<td>radiant</td>
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<td>optimistic</td>
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<td>rapturous</td>
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<td></td>
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<td>thrilled</td>
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Feelings when your needs are not satisfied

<table>
<thead>
<tr>
<th>AFRAID</th>
<th>CONFUSED</th>
<th>EMBARRASSED</th>
<th>TENSE</th>
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<td>ambivalent</td>
<td>ashamed</td>
<td>anxious</td>
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<tr>
<td>dread</td>
<td>baffled</td>
<td>chagrined</td>
<td>cranky</td>
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<tr>
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<td>bewildered</td>
<td>flustered</td>
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<tr>
<td>frightened</td>
<td>dazed</td>
<td>guilty</td>
<td>distraught</td>
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<tr>
<td>mistrustful</td>
<td>hesitant</td>
<td>mortified</td>
<td>edgy</td>
</tr>
<tr>
<td>panicked</td>
<td>lost</td>
<td>self-conscious</td>
<td>fidgety</td>
</tr>
<tr>
<td>petrified</td>
<td>mystified</td>
<td></td>
<td>frazzled</td>
</tr>
<tr>
<td>scared</td>
<td>perplexed</td>
<td></td>
<td>irritable</td>
</tr>
<tr>
<td>suspicious</td>
<td>puzzled</td>
<td></td>
<td>nervous</td>
</tr>
<tr>
<td>terrified</td>
<td>torn</td>
<td></td>
<td>overwhelmed</td>
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<tr>
<td>weary</td>
<td></td>
<td></td>
<td>restless</td>
</tr>
<tr>
<td>worried</td>
<td></td>
<td></td>
<td>stressed out</td>
</tr>
<tr>
<td>ANNOYED</td>
<td></td>
<td></td>
<td>VULNERABLE</td>
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<tr>
<td>aggravated</td>
<td>alienated</td>
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<td>dismayed</td>
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<td>disgruntled</td>
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<td>displeased</td>
<td>bored</td>
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<tr>
<td>exasperated</td>
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<td>frustrated</td>
<td>detached</td>
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<tr>
<td>impatient</td>
<td>distant</td>
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<td></td>
<td>distracted</td>
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<td>indifferent</td>
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</tbody>
</table>
irritated
irked

ANGRY
enraged
furious
incensed
indignant
irate
livid
outraged
resentful

AVERSION
animosity
appalled
contempt
disgusted
dislike
hate
horrified
hostile
repulsed

numb
removed
uninterested
withdrawn

DISQUIET
agitated
alarmed
discombobulated
disconcerted

disturbed
perturbed
rattled
restless
shocked
startled
surprised
troubled

turbulent
turmoil

uncomfortable
uneasy
unnerved
unsettled
upset

bereaved
devastated
grief
heartbroken
hurt
lonely
miserable
regretful
remorseful

SAD
depressed
depressed
despair
despondent
disappointed
discouraged

disheartened
forlorn
gloomy

heavy hearted

hopeless
melancholy
unhappy
wretched

sensitive
shaky

YEARNING
envious
jealous
longing
nostalgic
pining
wistful

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Slide # 11 Intensity of Emotion

Moving away ←→ Allowing ←→ Moving towards

Slide # 12 Spiritual Distress Scale

**Spiritual well-being:** Exhibiting little or no signs of spiritual and emotional distress, willingness to surrender worldly affairs, demonstrates ability to sustain or move forward with support, quickly resolve problems, readiness, expressions of completeness, open and willing to maintain and/or enhance feelings of connectedness, acceptance, love and peace.

**Mild spiritual distress:** Mild spiritual distress is generally situational, intermittent and contextual. There can be a slight impact on physical discomfort or pain.

Identifiers:

* Mild heightened sense of distressed emotion or behaviors.
* Patient remains open and responsive to interventions
* Mostly positive perspective of life
* Mild resistance to change
* Demonstrates the ability to take responsibility for actions
* Shows ability to change or move forward with support.
* Exhibits the ability to identify and express areas of distress.

Response:

1. Provide spiritual counsel to address issues
2. Incorporate spiritual practices
3. Collaborate with IDT
4. Evaluate the effectiveness of interventions.

**Moderate spiritual distress**: May result in increased physical pain. Elevated distressed emotion or disruptive behaviors affecting daily function.

Identifiers:

* Frequent intrusive or ruminating thoughts.
* Moderate resistance to change or difficulty finding acceptance.
* Expressions of anger, fear and judgments of self and others.
* Negativity, loss of hope or pessimism
* Limited ability to resolve or move forward without recurrent support
* Inability to identify areas of disharmony without assistance.
* Externalization and can exhibit difficulty engaging in introspection
* Difficulty in accepting personal responsibility.

Response

1. Increase frequency to effectively address issues
2. Provide spiritual counsel and incorporate spiritual principles
3. Encourage spiritual practices
4. Collaborate and coordinate visit schedule with IDT
5. Evaluate effectiveness and retention of interventions

**Severe spiritual distress**: Significant effect on physical discomfort and pain and exhibits intense emotion with significant impact on daily function.
Identifiers:
* Intense intrusive or ruminating thoughts.
* Strong resistance to change
* Inability to accept the current situation
* Despondence and discord
* Expressions of hopelessness and apathy, increased pessimism
* Strained and stressed relationships
* Limited or compromised coping skills
* Inability to resolve or move forward without continuous support.

1. Increase frequency to effectively address issues
2. Collaborate and coordinate schedules with IDT
3. Coordinate visits times with medication related interventions
4. Provide spiritual counsel and encourage spiritual practices
5. When appropriate introduce new spiritual practices or coping tools

**Slide #13**

“Although the world is full of suffering, it is also full of overcoming of it”

~ Helen Keller~

**Slide #14 Practice**

Enhance Virtues

Identification of Feelings and Needs

Presence/Empathy

Increase Self-Awareness
Utilization of Belief System

Rituals/Ceremonies

**Slide #15 Learning Objective review**

Define Spiritual Distress

Identify the cause of Spiritual Distress

Scale the intensity of Spiritual Distress

**Slide # 16 Discussion**