**SPIRITUAL CARE**

**SPIRITUAL CARE PRACTICES**

Chaplains provide spiritual care, seeking to support a person’s spirit or breathe of life in a variety of ways. This is regardless of whether a person is connected to a particular faith tradition. The person can be supported to “breathe easier” in joy and sorrow, reduce pain, navigate spiritual issues, seek meaning and purpose in life, receive encouragement and maintain harmony.

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| **Practice** | **Benefits** |
| **Ministry of Presence**: Includes Silence, Active Listening, Love, and Space  On a spiritual level, the patient is aware of compassion, even if they are not conscious. | Affirmation of Being  Connection with Divine/Holy/Sacred/Mystery  Creates Serenity/Tranquility  Sense of Being Cared For  Create Positive Energy Field  Decrease Anxiety |
| **Breath:** Breath work with or without the patient’s conscious awareness. In many languages and faith traditions the word for breath = wind = spirit. | Relaxation  Positive effect on organ systems  Positive effect on immune system |
| **Music**: Play music or sing. Music is soothing, provides a sense of connectedness, and may uplift the spirit. | Reduce Pain  Reduce Stress  Increase Mood and Positive Feelings  Release Emotions  Creative Healing effects  Coping skill |
| **Prayer**: Prayer is being in the presence of the Divine | Physical & Spiritual Improvement  Reduce Anxiety  Sense of Self  Sense of Being Card For  Reduction of Isolation  Coping skill |
| **Reading**: Stories, Poems, Sacred Literature, Scriptures, etc. | Relaxation  Positive spirituality  Connection with Divine/Holy/ Sacred Mystery  Antecedent to Reflection |
| **Loving Touch**: If it is comfortable for the patient – holding of one’s hands, stroke the hair, massage the feet, etc. | Balances the Energy Field  Increase Energy for Healing  Provides a Sense of Connectedness  Decrease Isolation |

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| **Guided Imagery**: Marjorie is a Certified Practitioner | Relaxation  Increase a sense of well-being  Healing effects  Connection with Divine/Sacred/Holy/Mystery |
| **Sacred Story** | Promote Insight for Self Awareness & Self Reflection  Affirming Life  Positive Spirituality  Serves as a Legacy Project Springboard |
| **Dream Work** | Promote insight for Self Awareness & Self Reflection  Healing Effects |
| **Pastoral Counseling:**  Explore Sense of Meaning and Life Purpose  Grief & Loss  Explore hopes and fears  Explore “why” questions in relation to life, death, suffering  Forgiveness  Reconciliation  Mindfulness | Increase Hope  Increase Gratitude  Live in the Present  Find Meaning  Use Inner Strengths  Appreciate Personal Value  Permission to Say Goodbye  Mend damaged relationships  Explore & Express Feelings |
| **Sacred Ritual:**  Confession  Baptism  Vigils  Meditation  Pray the Rosary  Anointing  Conduct Funeral/Graveside/Memorial | Connection with Divine/Sacred/Holy/Mystery  A Coping Resource |
| **Make Referral to Community Spiritual Care Leader:**  Pastor  Elder  Priest  Rabbi  Imam  Shaman |  |
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