

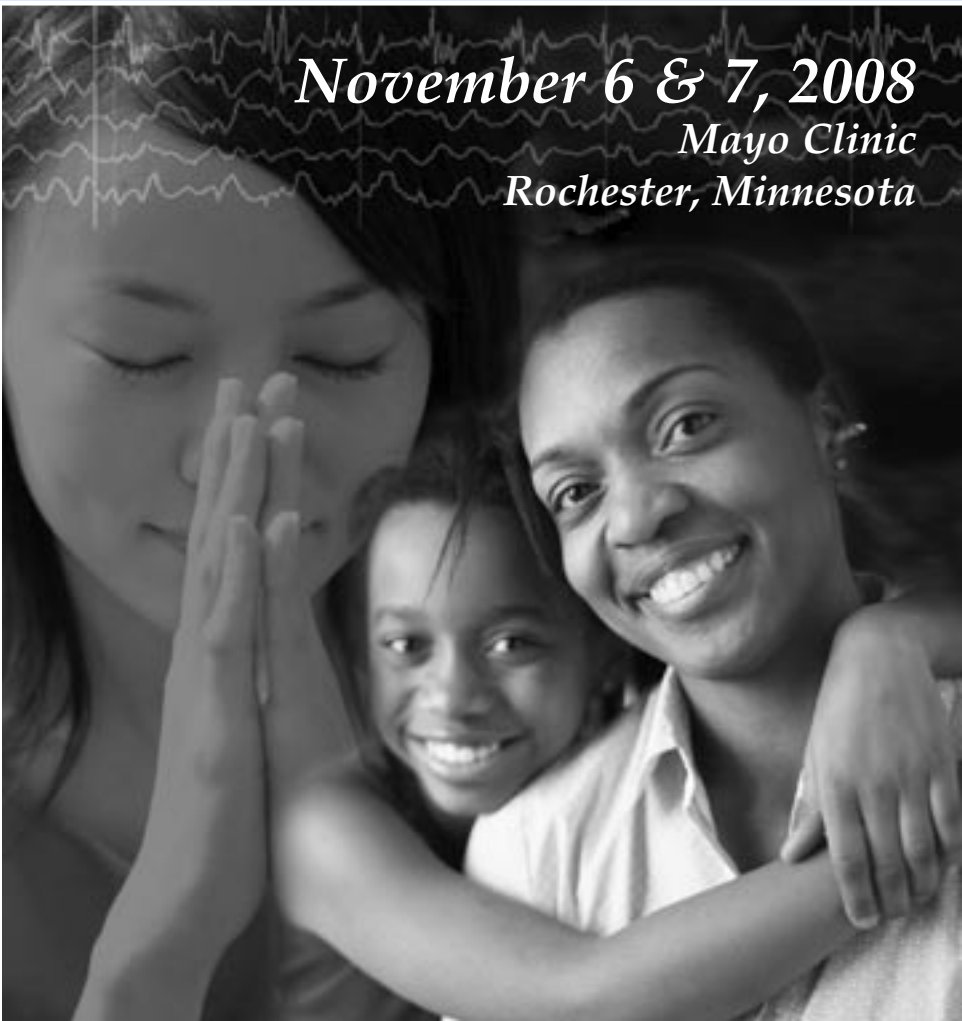
2008 Spiritual Care Research Conference

*Spirituality and the  
Mind: Investigation  
and Application*

*November 6 & 7, 2008*

*Mayo Clinic  
Rochester, Minnesota*

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# 2008 Mayo Spiritual Care Research Conference

## Description and goals

The 2008 Mayo Spiritual Care Research Conference, *Spirituality and the Mind: Investigation and Application* will be held November 6 and 7, 2008 at Mayo Clinic in Rochester, Minnesota. This conference provides a forum for discussion of spiritual research, particularly as it relates to the interface between spirituality and the mind; for example, research focusing on spirituality and recovery, survival, coping, resilience, self-transcendence, and other health outcomes. Conference attendees will have the opportunity to be a part of an international audience and interact around common spiritual research interests.

### The goals of the conference are to:

- Promote the conduct of spiritual research across populations.
- Encourage a multidisciplinary dialogue around how the worlds of science and spirituality inform each other.
- Present research methodologies that further our understanding of the mind-body-spirit connection and its relevance across populations.
- Provide a forum for the presentation of spiritual research findings.

## Featured faculty

**Andrew B. Newberg, MD**, is associate professor in the Department of Radiology and Psychiatry at the hospital of the University of Pennsylvania, staff physician in Nuclear Medicine, and director of the University of Pennsylvania Center for Spirituality and the Mind. Newberg's research has been performed in collaboration with the Departments of Neurology and Psychiatry and has focused on various activation studies designed to explore how brain function is associated with various mental states. Newberg has been particularly involved in the study of mystical and religious experiences, as well as the more general mind/body relationship in both the clinical and research aspects of his career. His research also includes understanding the physiological correlate of acupuncture therapy, meditation, and other types of alternative therapies. Newberg has published numerous articles and chapters on brain function, brain imaging, and the study of religious and mystical experiences. He is the author of a new book entitled [Born to Believe: God, Science, and the Origin of Ordinary and Extraordinary Beliefs](#) (Free Press), and co-author of the best selling books, [Why God Won't Go Away: Brain Science and the Biology of Belief](#) (Ballantine), and [The Mystical Mind: Probing the Biology of Belief](#) (Fortress Press).

**Crystal Park, PhD**, is associate professor of clinical psychology at the University of Connecticut, Storrs, Connecticut, an affiliate of the University of Connecticut Center for Health, Intervention and Prevention. Her research focuses on multiple aspects of coping with stressful events, including the roles of religious beliefs and religious coping, the phenomenon of stress-related growth, and the making of meaning from highly stressful life events. In recent years, she has been examining these issues in the context of traumatic events and life-threatening illnesses, particularly cancer and congestive heart failure. Park is currently principal investigator of studies of mediators of the effects of spirituality on well-being in congestive heart failure patients and of a meaning-making writing intervention in people with post-traumatic stress disorder. She is co-editor of [The Handbook of the Psychology of Religion and Spirituality](#) (Guilford) and the forthcoming [Medical Illness and Positive Life Change: Can Crisis Lead to Personal Transformation?](#) (APA).

**Ann Vincent, MBBS, MD**, is an assistant professor of medicine, medical director of the Fibromyalgia Program, and director of clinical practice of the Complementary and Integrative Medicine Program at Mayo Clinic, Rochester, Minnesota. Her clinical focus is the education of patients on the use of complementary therapies and wellness-promoting activities that are not typically part of conventional medical care to enhance

## 2008 Mayo Spiritual Care Research Conference

symptom management, reduce stress associated with illness, and improve quality of life. Vincent's research focus is acupuncture and Ayurveda, and its applicability to symptom management of chronic conditions.

**Robert J. Wicks, PsyD**, is a professor at Loyola College in Maryland. He has taught in universities and professional schools of psychology, medicine, social work, nursing, and theology including Bryn Mawr's Graduate School of Social Work and Social Research and Princeton Theological Seminary. His two major areas of expertise are the prevention of secondary stress (the pressures encountered in reaching out to others) and the integration of psychology and spirituality from a world religion perspective. He has addressed audiences on these topics in the United States, Canada, Paris, China, and Vietnam. In his clinical practice, Wicks focuses on working with psychotherapists, physicians, nurses, educators, relief workers, and persons in full-time ministry. In 1994, he was responsible for the psychological debriefing of relief workers evacuated from Rwanda during their bloody civil war. In 1993 and 2001, he worked in Cambodia with professionals from the English-speaking community who were present to help the Khmer people rebuild their nation following years of terror and torture. Wicks has published over 40 books for both professionals and the general public. One of his latest works is entitled Riding the Dragon. His most recent books for professionals, Overcoming Secondary Stress in Medical and Nursing Practice and The Resilient Clinician have both been published by Oxford University Press.

### Poster session and reception

Posters will be presented at a gala reception on Thursday, November 6, 2008 beginning at 6:00 p.m. Colleagues will share their research related to the conference theme.

### Evening Oasis: Harp Music for Relaxation, Reflection, and Rejuvenation

This unique Thursday evening session will nurture the human spirit of caregivers. After a full day of conference learning and participation, you can retreat to an oasis of relaxation, featuring beautiful harp music by Tami Briggs, Therapeutic Harpist.

Self-care, including relaxation, is vitally important to healthcare professionals. The harp, as one of the most relaxing instruments, has been called "the perfect instrument" for self-care. In this experiential session, you will enjoy a musical journey where you can reflect and rejuvenate, focusing on your personal healing journey and self-care. You will leave the session in a mellow state, ready for a good night's sleep....guaranteed!

There is a \$15 fee to attend this extraordinary event. Pre-registration is suggested.

### Conference headquarters

Conference headquarters will be located at Phillips Hall, first floor, Siebens Building, 100 Second Avenue SW, Rochester, Minnesota. It is easily accessible by skyway and pedestrian subway to Mayo Clinic, shops, restaurants, and conference hotels.

*Note to Travelers: Nearly the entire Rochester downtown area is connected by pedestrian subway and/or skyway.*

### Target audience

This program is designed for nurses, physicians, chaplains, pastors, social workers, and other healthcare providers who work in direct patient care, research, management, education, and administration in a variety of settings and are interested in spiritual care research.

### Parking

Visit [www.visitrochestermn.com](http://www.visitrochestermn.com) for a map indicating the location of downtown parking facilities. The cost of parking is not included in the registration fee.

# Conference schedule

## Thursday, November 6, 2008

- 12:30 p.m. Registration and Light Refreshments
- 1:30 p.m. Welcome and Introductions
- 1:45 p.m. What We Believe: How Beliefs Affect Our Health  
*Andrew B. Newberg*
- 2:45 p.m. Break
- 3:00 p.m. **Concurrent Session I**
- 11 An Experiential Theory of Spiritual Care in Nursing Practice: Promoting the Provision of Spiritual Care  
*Lisa Burkhart*
  - 12 Being Delivered: Spirituality in Survivors of Sexual Violence  
*Gregory Knapik*
  - 13 Chronic Pain Management: Impact on Spiritual Functioning and Quality of Life  
*Barbara Elliott*
- 3:45 p.m. Break
- 4:00 p.m. **Concurrent Session II (Repeat of Concurrent Session I)**
- 21 An Experiential Theory of Spiritual Care in Nursing Practice: Promoting the Provision of Spiritual Care  
*Lisa Burkhart*
  - 22 Being Delivered: Spirituality in Survivors of Sexual Violence  
*Gregory Knapik*
  - 23 Chronic Pain Management: Impact on Spiritual Functioning and Quality of Life  
*Barbara Elliott*
- 4:45 p.m. Break
- 5:00 p.m. **Concurrent Session III**  
**Ask the Experts**
- 31 Doing Spiritual Research: Methods and Approaches  
*Pamela J. Nelson, Sharon J. Tucker, Marianne E. Olson*
  - 32 Doing Spiritual Research: Additional Considerations  
*Teresa B. Pipe, Ann M. Harris, Katherine M. Piderman*
  - 33 The Nurse-Chaplain Research Collaboration  
*Marlene Frost and Mary E. Johnson*
- 6:00-7:30 p.m. Poster Session and Reception
- 7:15-8:45 p.m. Evening Oasis: Harp Music for Relaxation, Reflection, and Rejuvenation  
*Tami M. Briggs*

## Friday, November 7, 2008

- 7:00 a.m. Registration and Breakfast
- 8:00 a.m. Welcome and Announcements
- 8:15 a.m. Reciprocal Influences of Religiousness and Trauma: Resilience, Restoration, and Transformation  
*Crystal L. Park*
- 9:15 a.m. Break

# Conference schedule

- 9:30 a.m.      **Concurrent Session IV**
- 41 The Spiritual Care Inventory: Measuring Spiritual Care in Nursing Practice  
*Lisa Burkhart*
  - 42 The Spiritual Crisis of Infertility: Women’s Experience in the Aftermath of Unsuccessful Medical Treatment  
*M. Patrice McCarthy*
  - 43 Meaning of the Experience of Spirituality at the End of Life  
*Ann Marie Dose*
- 10:15 a.m.      Break
- 10:30 a.m.      **Concurrent Session V (Repeat of Concurrent Session IV)**
- 51 The Spiritual Care Inventory: Measuring Spiritual Care in Nursing Practice  
*Lisa Burkhart*
  - 52 The Spiritual Crisis of Infertility: Women’s Experience in the Aftermath of Unsuccessful Medical Treatment  
*M. Patrice McCarthy*
  - 53 Meaning of the Experience of Spirituality at the End of Life  
*Ann Marie Dose*
- 11:15 a.m.      Lunch (on your own)
- 12:30 p.m.      Spirituality and the Mind: Where Does Serenity Come From?  
*Ann Vincent*
- 1:30 p.m.      Break
- 1:45 p.m.      **Concurrent Session VI (Repeat of Concurrent Session III)**  
**Ask the Experts**
- 61 Doing Spiritual Research: Methods and Approaches  
*Pamela J. Nelson, Sharon J. Tucker, Marianne E. Olson*
  - 62 Doing Spiritual Research: Additional Considerations  
*Teresa B. Pipe, Ann M. Harris, Katherine M. Piderman*
  - 63 The Nurse-Chaplain Research Collaboration  
*Marlene Frost and Mary E. Johnson*
- 2:45 p.m.      Break
- 3:00 p.m.      Riding the Dragon: Psychological and Spiritual Approaches to Secondary Stress  
*Robert J. Wicks*
- 4:00 p.m.      Summary and Evaluation

## For more information

Contact Mayo Continuing Nursing Education at 800-545-0357 or 507-266-1007, fax 507-266-6910, or e-mail [cne@mayo.edu](mailto:cne@mayo.edu). Visit our website at [www.mayoclinic.org/jobs-nursing-rst/cne.html](http://www.mayoclinic.org/jobs-nursing-rst/cne.html).

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## Conference registration

<b>Fees:</b>	\$250	Entire Conference Registration
	\$165	Single Day Registration ( <i>*One-day rates are on a space-available basis. Requests will be processed after October 16, 2008.</i> )
	\$15	Evening Oasis: Harp Music for Relaxation, Reflection, and Rejuvenation
<b>Student fee:</b>	\$135	Entire Conference Registration
	\$85	Single Day Registration ( <i>*One-day rates are on a space-available basis. Requests will be processed after October 16, 2008.</i> )

**Note:** Students must bring proof of student status (for example, copy of student identification card) to the conference.

Conference enrollment is limited; early registration is advised. Pre-registration is required. Refunds minus an administrative fee will be given upon notification of cancellation received prior to October 16, 2008. Mayo Continuing Nursing Education reserves the right to cancel this conference.

Registrations cannot be shared.

Out of respect for all conference participants, children are restricted from the conference.

Visit [www.mayoclinic.org/jobs-nursing-rst/cne.html](http://www.mayoclinic.org/jobs-nursing-rst/cne.html) or call 1-800-545-0357 either to register or with questions about registration or the conference.

## Continuing education credit

Mayo Continuing Nursing Education is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

Participants can earn up to 9.0 accredited nursing contact hours for the conference and 1.5 accredited nursing contact hours for the Evening Oasis presentation.

College of Medicine, Mayo Clinic is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

College of Medicine, Mayo Clinic designates this educational activity for a maximum of 9.0 AMA PRA Category 1 Credit(s)<sup>TM</sup> for the conference and 1.5 for the Evening Oasis. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Mayo Clinic has been designated by the Minnesota Board of Social Work as an approved continuing education provider. This conference fulfills requirements for 9.0 continuing education hours.

This conference has been designed to provide 9.0 CCE for the conference and 1.5 for the Evening Oasis by the Association of Professional Chaplains, Inc.

## Travel

Rochester, Minnesota greets thousands of visitors from around the world each year. A modern international airport services Rochester with multiple flights daily from Chicago and Minneapolis via American and Northwest Airlines. Access to and from the airport is provided by taxi and shuttle service. The airport is located approximately 10 miles from downtown Rochester and the Mayo Clinic campus.

To schedule shuttle service to and from the Twin Cities (70 miles) using Rochester Direct, call 507-280-9270 and indicate that you are a Mayo Continuing Nursing Education conference attendee to receive the discounted price. Shuttle service to and from the Minneapolis airport is \$25 one way and \$49 round trip.

There are multiple flights out of Rochester and Minneapolis/St. Paul airports in the afternoon and evening. We encourage participants to make travel arrangements which allow them to stay for the entire conference.

# 2008 Mayo Spiritual Care Research Conference

## Lodging

Rooms have been reserved for conference participants and their guests at The Kahler Grand Hotel (800-533-1655 or 507-280-6200) and Marriott Hotel (877-623-7775 or 507-280-6000). To book a room, please call the hotel directly or visit our web site at [www.mayoclinic.org/jobs-nursing-rst/cne.html](http://www.mayoclinic.org/jobs-nursing-rst/cne.html). To ensure accommodations, please make your reservation by Thursday, October 16, 2008. Reservation requests received after this date will be accepted on a space available basis.

Visit [www.visitrochestermn.com](http://www.visitrochestermn.com) for additional accommodations.

## About the sponsors

Mayo Clinic is the first and largest integrated, not-for-profit group practice in the world. Doctors and nurses from every medical specialty work together to care for patients, joined by common systems and a philosophy of "the needs of the patient come first."

Mayo is committed to advancing the knowledge and skills of healthcare professionals. **Mayo Continuing Nursing Education** conducts educational conferences that will advance nursing practice.

**Mayo Chaplain Services** promotes the spiritual healing and growth of patients, families, and staff. Mayo chaplains are committed to working as peers within the healthcare team and contributing a pastoral voice to the multidisciplinary conversation.

The Research Committee of the **Saint Marys Hospital Sponsorship Board, Inc.** facilitates, supports and provides consultation for research, and establishes priorities for research efforts, which are directed at strengthening sponsorship values. Their goal is to disseminate research findings to the broader healthcare community. Specific areas for initial consideration include ethics, values, and spirituality.

## Faculty

*Tami M. Briggs, MBA, CHP*  
Musical Reflections, Inc.  
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*Crystal L. Park, PhD*  
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Akron, Ohio

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*Marianne E. Olson, PhD, RN*  
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Loyola College  
Columbia, Maryland

## Conference planning task force

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*Diane M. Wroblewski, PhD,*  
APRN, BC, CEN



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Rochester, Minnesota 55905

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