

# Spiritual Care Course

**The purpose of this new course** is to enable you to pay attention to the deeper spiritual needs and 'inner life' of those you care for, and thus to be able to exercise that care with even greater compassion and confidence. It aims to help you build resilience in those approaching the end of their lives, helping them to be at peace at this important time. We also recognise the high emotional and spiritual demands placed on people in this caring role, and this course will help you look after yourself more effectively, affirm your own inner journey and needs, so that you better care for others.

## Why do this course?

The Course defines spirituality as *that which gives meaning and purpose to life and helps build resilience in the face of life's uncertainties*. It explores the difference between religion and spirituality. It aims to give confidence in our spiritual care so that those we care for can both live well and die well. It will help you care compassionately, pay attention to your own deeper needs and build up your own strength and resilience.



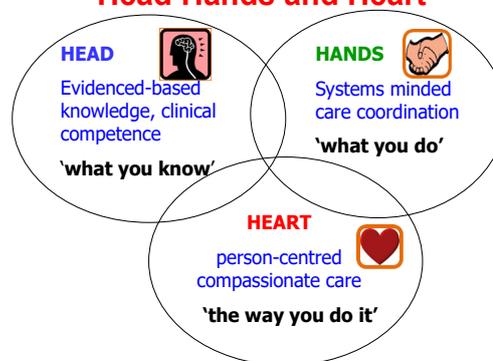
## Who is it for?

If you work in care homes, hospitals or primary care, and are responsible for those approaching the end of their lives, this course is for you. It would also be appropriate for others who visit care home residents or hospital patients on a voluntary basis, as well as members of chaplaincy teams or other volunteers.

## How does this fit with other GSF Programmes?

Improving End of Life Care with GSF

### 'Head Hands and Heart'



This is part of the 'head, hands and heart' approach of GSF in improving end of life care. The standard GSF Programmes enable quality improvements in the 'hands'-on organisation of care, others support your 'head' knowledge and clinical competence. This spiritual care course complements other GSF programmes and focusses on the way you care, nurturing person-centred compassionate care, the 'heart' of care, to meet peoples' deeper needs.

The Spiritual Care Course has been developed in partnership with Staffordshire University and will lead to a certificate of completion.

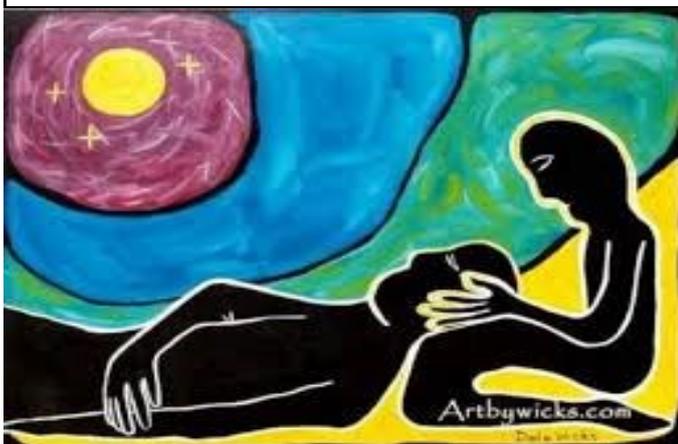
*"I don't think there's been enough emphasis placed on actually what the emotional, spiritual and value standards are of care homes – and that's why this (GSF) is so important ....and I think we should be celebrating it and shouting it from the roof tops!"* **Baroness Julia Neuberger**  
GSF Care Homes Award Ceremony June 2011

*"People, including those thought to be in their last days of life, should have their emotional, psychological, social and spiritual needs addressed. Appropriately trained health and social care staff should be confident in discussing spiritual needs."* **Leadership Alliance for the Care of Dying People 2013.**



## What does the course cover?

It will help you understand the difference between spirituality and religion. It explores spiritual assessment, introduces some spiritual tools and discusses Advance Care Planning. It discusses the role of religion, relationships and ritual, and the sources of hope and resilience. Paying attention to the inner life will help produce compassionate care and resilience.

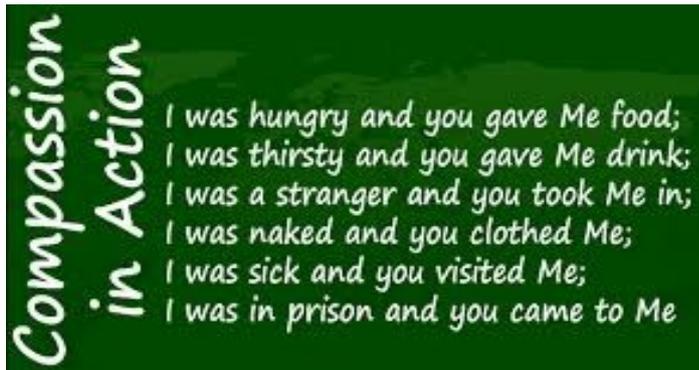


## How much will it cost?

On-line course: please contact us for details of costs and available bursaries from our Charity.  
Half-day/full day workshops – tailored and priced according to requirements, please ask for details.  
The course was developed originally in the UK for a UK audience.

### **‘The Four Things that Matter Most’**

*‘Please forgive me, I forgive you, Thank you, I love you’* are described by Ira Byock in his book as **‘The Four Things That Matter Most’**. This course will help you develop the capacity in those you care for to put their house in order, to make peace and to be thankful for their lives, as they near their end.



## How much time will it take?

The course comprises four modules of 45 filmed content per session (so with discussion about 90 minutes each) and can be accessed online through the GSF Centre Virtual Learning Zone. Telephone and online support is available and we can run workshops on request. We want the course to be available in whatever way is most helpful to you – please contact us for more details.

***“It is important to distinguish between spiritual care, which is the responsibility of all, and religious care which is more specifically the responsibility of the Chaplain.”***  
***(‘Life to be lived’ Proot & Yorke)***

## Who are the authors of the course?

The course has been produced in collaboration by **The Revd Mark Thomas**, former Parish priest and Development Director at The GSF Centre and **Professor Peter Kevern** of Staffordshire University, a well regarded expert in this field.

**Other contributors** are Professor Max Watson from Northern Ireland Hospice, Professor Wilf McSherry, from Staffordshire University, Dr Chris Absolon Somerset GP, Debbie Kerlake of CRUSE and staff from GSF Accredited care homes.

For more information please contact us at [info@gsfinternational.org.uk](mailto:info@gsfinternational.org.uk)

