

Spirituality and Mental Health

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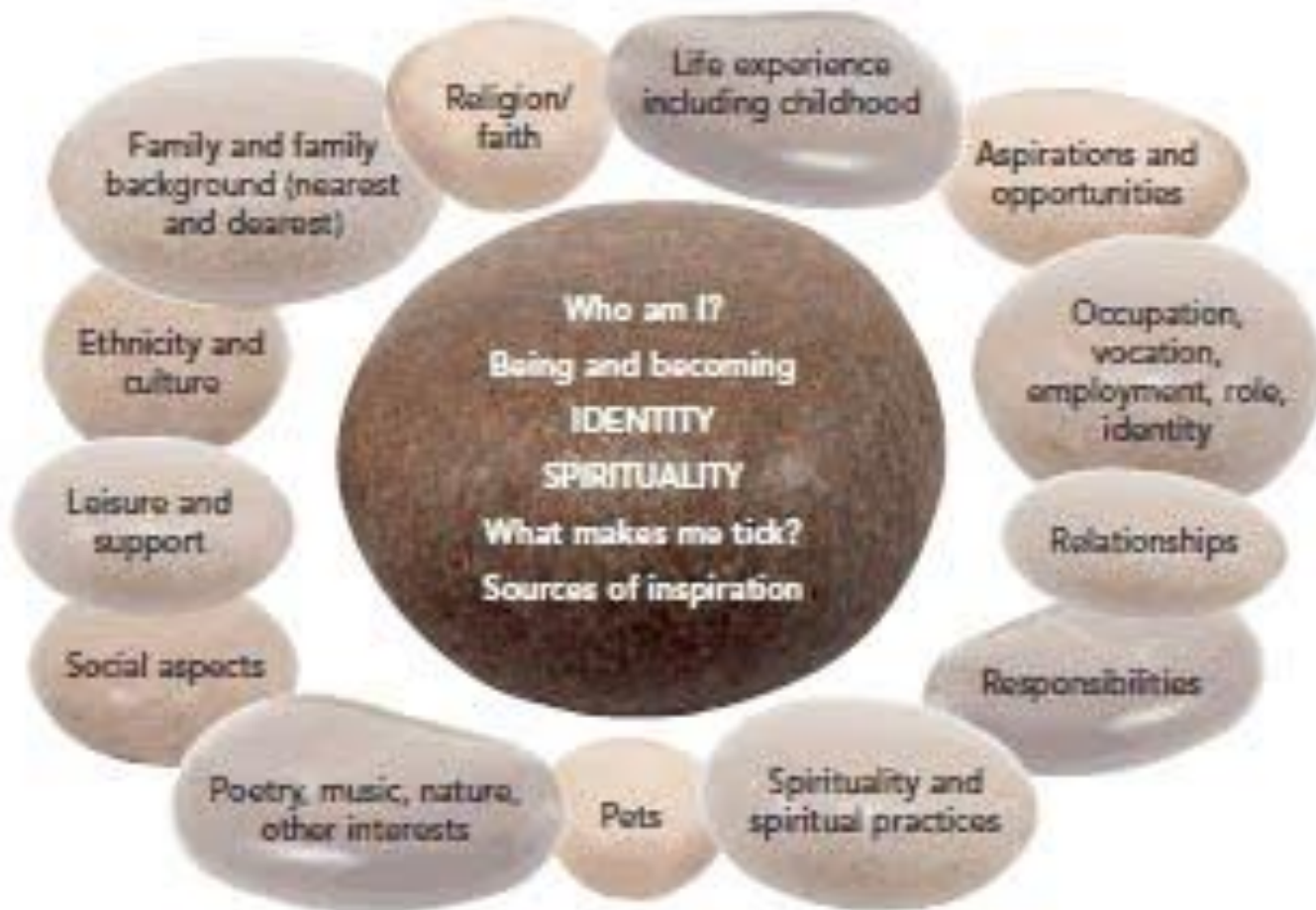
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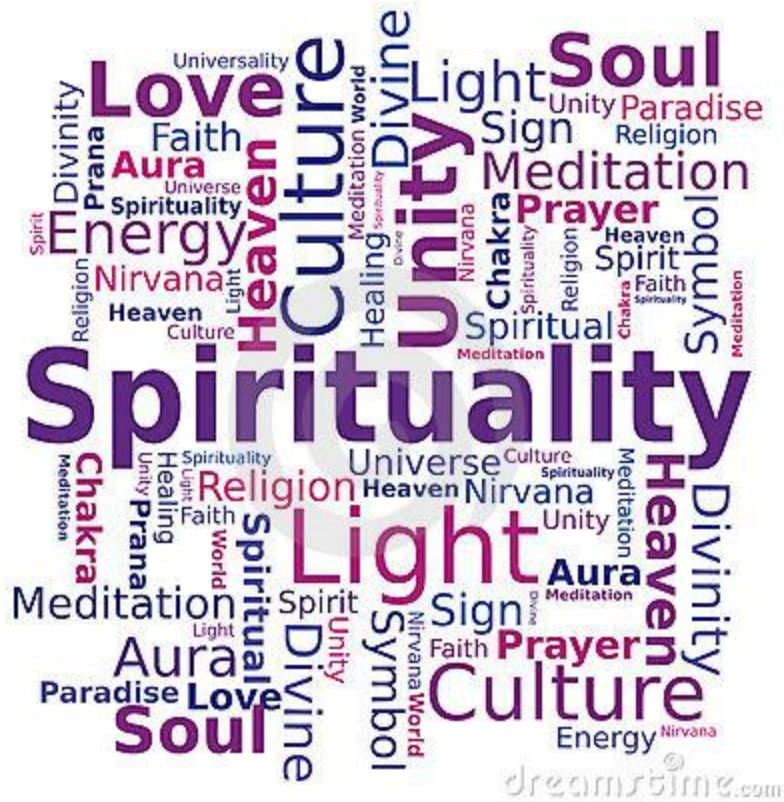
Presentation Objectives

- Common grounds for seeking help
- The pros and cons of spiritual healing of psychiatric issues
- Role of depression, anxiety, substance abuse and spirituality

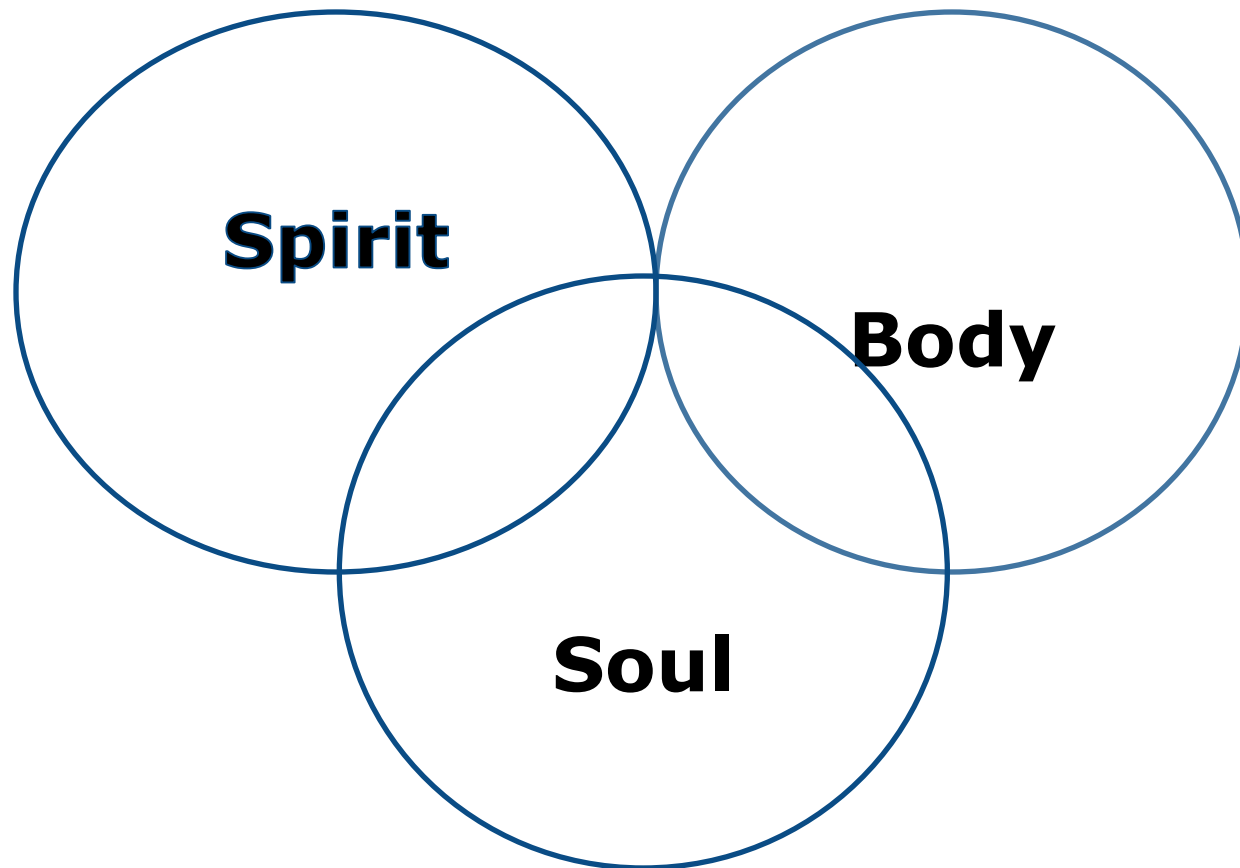


MENTAL	EMOTIONAL	SOCIAL
Knowing our interests Learning new things Taking responsibility Making good decisions Setting & achieving goals	Expressing feelings positively Dealing with stress, anger & other emotions healthily Respecting yourself	Respecting others Accepting differences Giving & asking for support Listening & bettering communication
SPIRITUAL	PHYSICAL	ENVIRONMENTAL
Connected w/self & world Sense of peace Awareness of purpose Unconditional Love Making a difference	Eating healthily Exercising Getting enough sleep Caring for our bodies Avoiding "risky" behaviors	Our relationship with surroundings... air, water, land, scenery, noise, etc. Taking care of our world

Spirituality



The Connection



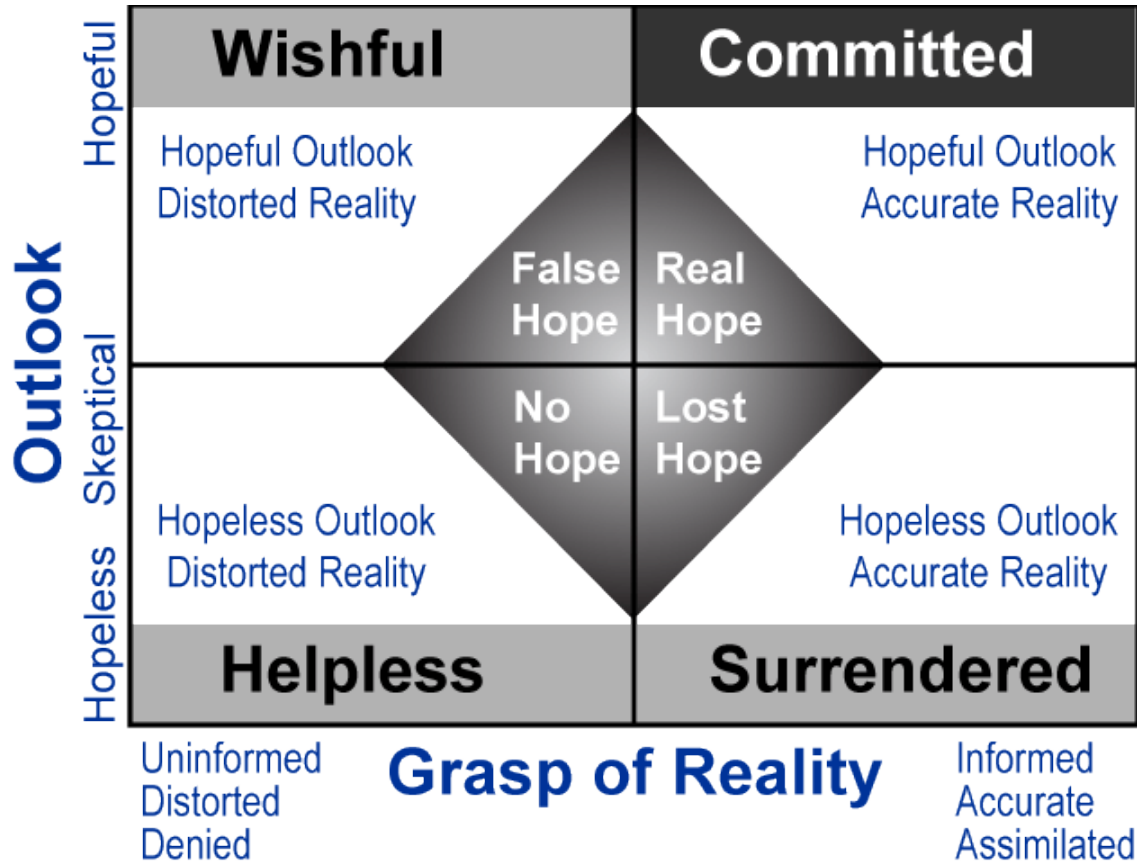
Religiousness

- Religiousness is a complex multidimensional phenomenon
- Psychiatry is the study of the mind

Hope

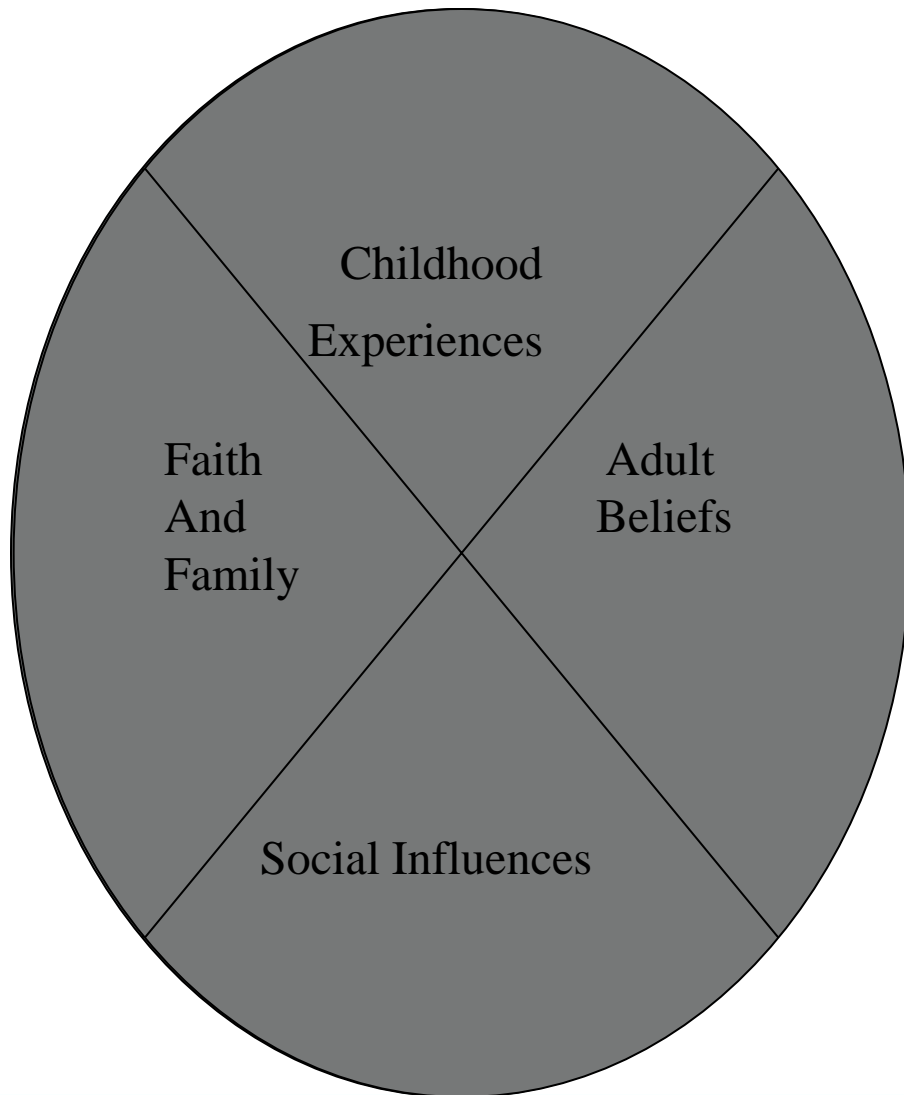
- Definition: Feeling of meaningful future despite obstacles
- Perseveration of hope
 - Improves adjustment to severe diagnosis
 - Changes focus to “ thankful for things I have.”

Hope

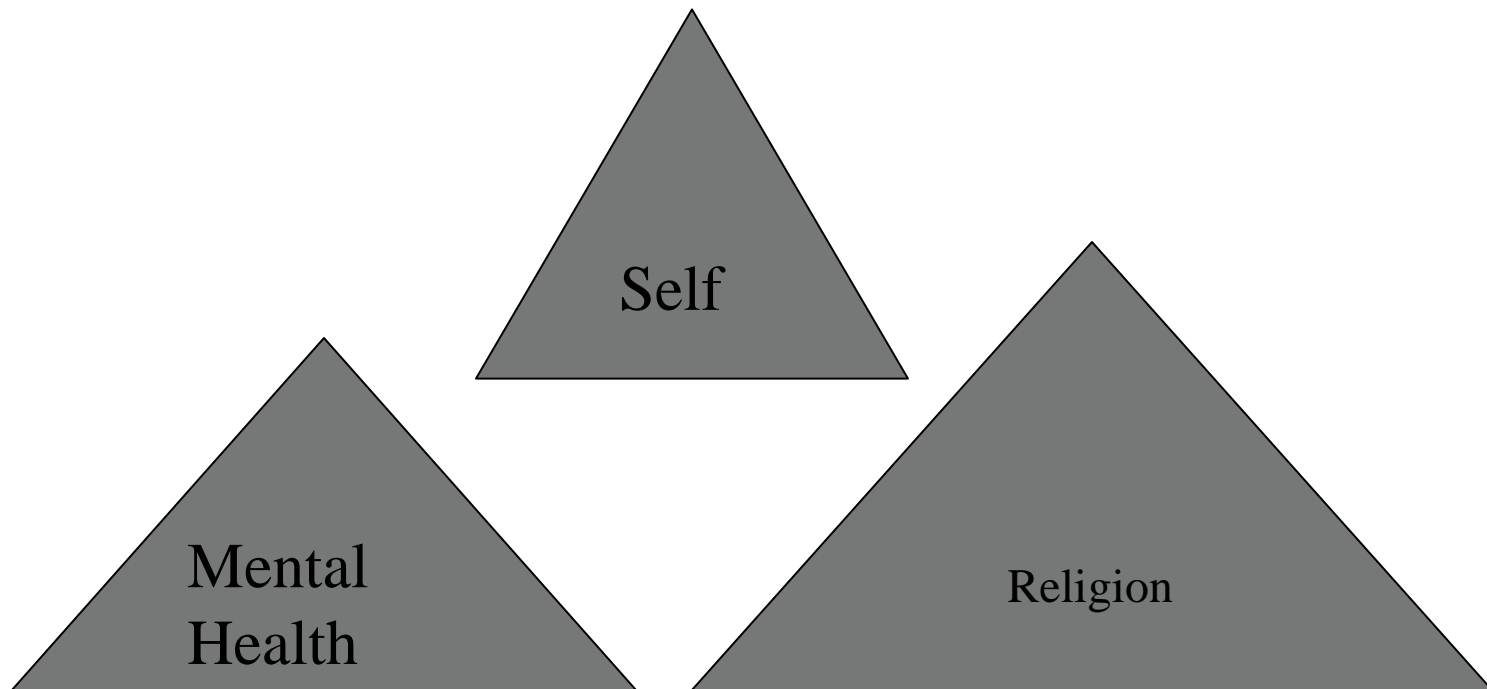


Prayer

- Latin word "Precari"
- " To entreat"
- Ask earnestly
- Pray
 - Because of routine
 - When feeling of loss of control occurs
 - Fear of future
 - Just grateful



Self awareness



Why is it relevant?

Spirituality has implications for

- Personal belief system -healing
- Deserving of healing
- Power of the Faith
- Mental Health: a young field with many unknowns

Why do we seek help?

- Rediscover the meaning of life
- Deal with the Struggle of life
- Hope in difficult situations

Why Faith?

- Lack of assertiveness
- Self doubt
- Perceived Powerlessness
- Lack of understanding of the situation

Religion and Psychological help

- Helpful
- Harmful
- Irrelevant

Changes in Psychiatry

- More science based
- More pharmacologically based
- New diagnosis: ADHD and Autism

Stigma of Mental Health

- Severe
- Crosses the barriers of education and money
- Religion can help or hurt the access to Mental Health

The Mental Health Arena

- Psychiatrists are generally more religious than their patients
- Religious teaching plays little part in psychiatric training
- There is some evidence that religious patients prefer religious therapists
- A significantly greater number of mental health professionals undergo religious conversion compared with the general population
- Hospital chaplains in the UK have no training in mental health problems.

Faith and Therapy

- Freud held a negative view of religion
- Jung held a positive view of religion
- Perceptions of God derive from early childhood relationships
- Perceptions of God never change during psychotherapy
- The addition of religious components to cognitive therapy may enhance efficacy for religious patients.

Religious Traditions

- Fasting rituals to create sacrifice in Hindu faith
- Animal sacrifice
- Asian culture: deprivation

Religious Traditions

- Provide self interpretations
- Provide coping strategies in new severe diagnosis

Official Links: Faith and Mental Health

- **The Mental Health and Faith Community Partnership** : Collaboration between psychiatrists and clergy aimed at fostering a dialogue between two fields
 - reducing stigma
 - accounting for medical and spiritual dimensions as people seek care.
 - The collaborating organizations are APA, the APA Foundation and the Interfaith the American Association of People with Disabilities.

Disease and Spirituality

- Become more involved or less involved
- Creates hope or become angry
- Higher power need to 'cure and save'
- Frequency of attendance of religious services

Morality

- Moral resilience important in Mental Health providers
- Faith leaders encourage morality
- Sincerity encourages patient engagement

Spirituality and Chronic Illness

- Hard to accept chronic illness
- Wearing down feeling due to lack of hope
 - Mourn the loss of old abilities
 - Do not accept the new self

Depression and Spirituality

- Depression is not a sin
- Getting help from the church
 - Important but not exclusive
 - Working with mental health providers essential
 - Hope and optimism increase with spiritual support
 - Better outcomes in patients with spiritual support

Suicide and Spirituality

- Suicide : protective in some religions
- Some cults support suicide
- Faith leaders in general provide excellent support to prevent suicide
- Faith based counseling lasts longer in people who believe

Psychosis and Spirituality

- Concept of Heaven and Hell
- Delusions of persecution by devil
- Spiritual relief with faith leaders

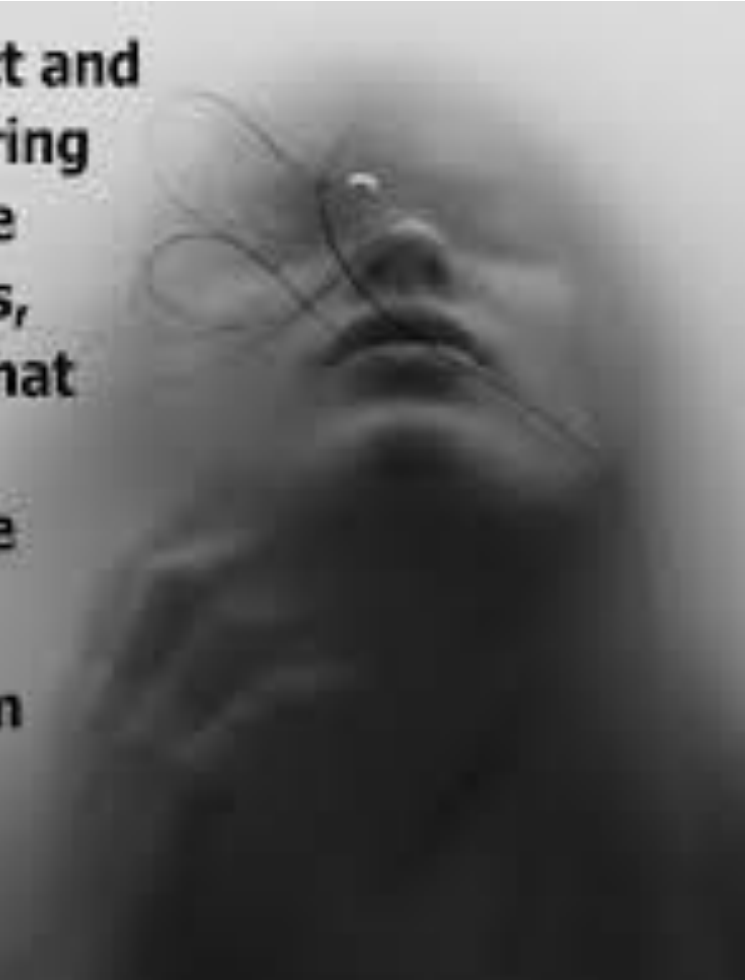
Spirituality and Resistance to Treatment

- Religious patients' reluctance to engage in psychiatric treatment may be overcome by:
 - Using a culture broker
 - Using religious symbols
 - Antipsychotic administration
 - Brief cognitive therapy
 - Using the Mental Health Act

We yell at the addict and alcoholic for not caring about what they are doing to themselves, while being upset that they don't care about what they are doing to us.

You see the problem there right?

Addictioninthefamily.com



Substance abuse and Spirituality

- Substance abuse and Mental Health Administration (SAMHSA) began an initiative with faith leaders
- Faith based Coalitions and collaborative partnerships (FBCI)

The Interdisciplinary Approach

- Include Faith Leaders in consultations
- Physicians should offer themselves to attend faith related meetings to understand the patients better

A Step Forward

- Include faith leaders in Mental Health
- Psychiatrist exposure to various faiths
- Collaborative model to integrate care with other specialty physicians

Conclusions

- Religious faith increases optimism
- Delegates responsibility to faith leaders to help patients
- Helps collaborate together with physicians
- Decreases stigma