

Post-Graduate Certificate in Psychospiritual Care

“Spirituality is part of health, not peripheral but core and central to it”

Tilley, S. (2006), Reflections on Spirituality and Health by Wright, S.G. *Sociology of Health & Illness*



The impact of the Covid 19 pandemic on individuals and on wider community and society has shown us (if any further proof were needed) just how important the spiritual and the psychosocial dimensions of healthcare are to so many people. Extraordinarily the subject is all too rarely addressed head-on in professional education. I am delighted that the introduction of this course – the first of its kind in the UK for health and social care professionals – will begin to address that gap.’ Stuart Bell CBE (former NHS Chief Exec)

Welcome to the **PGCert Psychospiritual care** taught by educators and leaders within Oxford Health NHS Trust in partnership with **Oxford Brookes University**. The content of this programme is aimed at registered health and care practitioners from a wide variety of health and care professions, including nursing, midwifery, allied health care, chaplaincy, psychology, and psychotherapy, psychiatry, and social work roles.

The evidence suggests that whilst there is a developing interest in the UK and elsewhere in incorporating spiritual understandings within health and social care and in counselling and psychotherapy contexts, in reality there is a gap between theory and practice.

The programme aims to bridge the gap between care disciplines to present a vision of wellbeing, enriched by a synthesis of psychological and spiritual approaches. This programme will support the development of an effective, holistic and inclusive cross-disciplinary approach to health and social care whereby practitioners are able to work collaboratively to understand the complex, significant relationships between their patients' and clients' medical, therapeutic and spiritual requirements.

By the end of the programme you will be able to:

- Describe and critically evaluate your understanding and practice of psychologically informed spiritual care;
- Understand the evidence base for the health benefits of psycho-spiritual care and the key elements of spirituality and faith that can benefit not only your clients and patient's health and wellbeing but your own;

The programme focusses on the development of yours and others' values, beliefs and faith and how this affects wellbeing and recovery. It promotes learning through self-exploration, peer and experiential learning as well as delivering core theory and skills-based workshops. Therefore, it is essential that each participant:

- Completes any preparatory work for timetabled sessions;
- Attends all timetabled workshops;
- Takes up learning opportunities in practice;
- Maintains a reflective log of personal development.

This is a partnership course delivered by Oxford Health NHS Trust and accredited by Oxford Brookes University.

Course Description:

Module 1

This module aims to ensure practitioners have the knowledge and skills to deliver personalised psychospiritual care to enhance service user and their carer's experiences and spiritual wellbeing throughout the healthcare pathway. It will encourage the practitioner to explore, analyse and evaluate theories about psycho-spirituality, and to understand and integrate their personal experience of meaning, faith, belief and spirituality. The module will also develop practitioners' understanding and ability to critique the relationship between culturally-sensitive spiritual care, pastoral practice and psychological wellbeing, and support the practitioner to analyse historical and contemporary understandings of psychologically informed spiritual care within a healthcare context.

Content

- What do we mean by Psycho-spiritual Care in Health and Social Care Contexts?
- Existential and Phenomenological Responses to Human Need
- Understandings of Spirituality, Faith and Belief;
- The Role of the Health and Social Care Chaplain: Historical and Contemporary Approaches;
- Mind/ Body Approaches to Psycho-spiritual Care: the role of embodiment;
- Lived Experience: Stories of Psycho-spiritual Care;
- The Power of Presence: Radical Presence as a Model for Psycho-spiritual Care.

Module 2

This module aims to equip practitioners with the knowledge and skills to ensure the psychospiritual needs of patients and clients are addressed. Existing models of psychospiritual care will be analysed and critically evaluated, alongside critical analysis of psychospiritual practice within differing contexts, through discussion and reflection. Learners will be empowered to apply a holistic approach to their understandings of psychospiritual care in health and social care settings, as well as understanding the elements, benefits and importance of cultural influences, reflexivity and self-awareness in the context of spiritual development.

Content

- Spirituality in Psychotherapeutic Work (1): Transpersonal, Existential and Jungian Approaches;
- Spirituality in Psychotherapeutic Work (2): Psychodynamic, Behavioural and Interpersonal Approaches;
- The Person-Centred Approach to Spiritual Care: From Theory to Practice;
- Living and Dying Well: Responding to Spiritual Need in Palliative and End of Life Care;
- Psycho-spiritual Care at times of Crisis and Trauma;
- Psycho-spiritual Care and Psychosis;
- A psycho-spiritual Care approach to Self-harm and Suicide;
- The Creative Arts and Psycho-Spiritual Care.

Course Dates, Costs and Accreditation

- **Module 1:**
 - 17th May - 1st August 2021
 - Cost £800
 - *Theory and Practice of psychospiritual care* (20 credits)
- **Module 2:**
 - 20th Sept -17th Dec 2021 and 24th Jan-8th April
 - Cost £1,600
 - *Therapeutic approaches to psychospiritual care* (40 credits)

Level: 7

Duration: 2 modules over 3 semesters

Start date: 17th May 2021

Study time: Up to 15 study days across the 2 modules

Qualification: PGCert Psychospiritual Care

Credits: **PG** 60 credits at master's level

Applications: Deadline 5th Feb 2021

*For more information and details about booking, please contact **Email:** Mastersmodule@oxfordhealth.nhs.uk, **Phone:** 01865 902777 or for an informal conversation the course leader Dr Guy Harrison can be contacted on guy.harrison@oxfordhealth.nhs.uk*