



Instructions for use



Select MUTASPIR Card for:

- Spiritual impulse in the team meeting
- Starting a conversation with patients, confidants ...
- Preparation of a training course
- Literature search
- Networking with others

If the correct card is missing, please create. →

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Categories



Definition



Other



Prayer



Spiritual break



Impulse for discussion



Wisdom



Humor



Tool



Personalities



Quote



Florence Nightingale (12.05.1820-13.08.1910): British nurse, statistician,
Founder of modern nursing care in
the English-speaking countries and an influential reformer of
healthcare in Great Britain.



Dame Cicely Saunders (22.06.1918 - 14.07.2005): English nurse, social worker and doctor. She is the founder of both the modern hospice movement and→ palliative care and is considered a pioneer of palliative medicine.

"I realized that we needed not only better pain control but better overall care. People needed the space to be themselves. I coined the term total pain, from my understanding that dying people have physical, spiritual, psychological, and social pain that must be treated."

Saunders CM (2000/2006) The evolution of palliative care. In : Cicely Saunders: Selected writings 1958-2004. New York: Oxford Univ. Press. 220



The most important hour is always the present, the most important person is the one sitting opposite you, the most necessary work is always love.



Candle prayer



My light should be a THANK YOU that I am and that I enjoy life.

And a PLEASE that YOU help me with my problems, when I am afraid or when it is dark inside me.

Show me the path I can take. Let me dare to take the path of peace.

Let me also be a light for others. God the Father,
eternal light, thank you.

Jesus Christ, light for the world, I trust in you. Holy Spirit, be a
light to me in my ways and give this world and me your peace.
Amen.



Hope in difficult times



He heals the brokenhearted and binds up their wounds.

(Psalm 147/3)



Before I die



Speak again
of the warmth of life so that some
know:

It's not warm
but it could warm.

Before I die
Speaking of love once again

some say:
There was
that must exist.

Speak again
of the happiness of hoping for happiness:
What was that
When will it come back?

Erich Fried



There are two main approaches to introducing spiritual care to support all employees:

- 1. Top-down:** management / medical management / nursing management decides.
- 2. Bottom-up:** The grassroots have a desire for change and are networking.

Both approaches are needed for success!

Top-down and bottom-up

Both!





Internet resources 1



www.nes.scot.nhs.uk/our-work/spiritual-care/

The National Health System in Scotland provides information in English on spiritual care in the health service.

Demoralization



The term **demoralization** means "attrition",
"Discouragement", "depression".

This refers to an emotional state in which positive prospects
can no longer be seen, coping mechanisms fail and hope is no
longer felt.

Demoralization occurs in people in prolonged, hopeless situations, in prisoners, victims of violence or severe strokes of fate, but above all for seriously ill people who are at the end of their lives.

* moral distress

Eckhard Frick



Rest



When a person has come to rest, then he works.

Francesco Petrarch

Rest

The art of resting is part of the art of working.

John Steinbeck



Finding silence



My soul is silent to God, who helps me. For he is my rock,
my help, my protection, so that I will certainly not waver.

Psalm 62:2
Luther Bible 2017

Find peace

Come to me, all you who labor and suffer under your burden! I will give you rest. Entrust yourselves to my guidance and learn from me, for I treat you with care and look down on no one. If you do this you will find peace for your life.

Matthew 11:28

Spirituality



Spirituality [is] a person's living relationship with what sustains their life.

It encompasses the question of finding meaning, the search for identity, the reflection of existential life questions, the connection to fellow human beings and to nature, logotherapeutically speaking: A sense of values and openness to transcendence.

Spirituality is linked to very personal experiences and questions, but is not absorbed by them.

Schmohl C (2015) Oncological palliative care patients in hospital. Pastoral care and psychotherapeutic support.



Green light for spirituality (V & VI)



We have now talked about the treatment plan. Your self-healing powers are just as important as medical therapies. That is why I would like to ask you about your spiritual resources, your sources of strength.

Everyone has personal sources of strength, e.g. a religious belief, a spiritual conviction, a helpful world view. People express this differently. What is your attitude to this?
Would you like to tell me briefly which resources / sources of strength are important to you?



Green light for spirituality (III & IV)



Research on coping with illness shows how important existential, religious and spiritual sources of strength are.
May I ask what its like for you?

Now I have another question,
and specifically your spiritual resources: What personal
sources of strength do you have to cope with your illness /
get well again?



In the broadest sense of the word: would you say that you are a believer?

We have known each other for a long time now. So far, we haven't talked about what gives you the strength to cope with your illness.

How do you see it: what do you draw strength from?



Dealing with suffering



After all, the conscious confrontation with mortality, illness and suffering is systemically relevant, not only for the healthcare system and the healers and carers working within it, but also for the immune system of society as a whole.

Not avoiding suffering and the painful questions about the meaning and nonsense of suffering strengthens the powers of love and mutual understanding. This reduces fear.

from Mertes SJ, Stimmen der Zeit, 2020, p. 585



If only you wanted to LISTEN
RIGHT!

Because you could REALLY
COMFORT me with that!

In conversation with the seriously ill

- Donate time
- have an open EAR
- be at your side and accompany you
- we search with you for what carries you
- You determine space in complete freedom
- You can tell us if you don't want to see us



Karl Valentin once walked across Marienplatz and asked complete strangers he met:
"Excuse me, could you tell me where I was going?"



Dignity Therapy (H. M. Chochinov): Brief psychotherapeutic intervention for patients in the final stages of a life-threatening illness. It aims to reduce the psychosocial, spiritual and existential burdens of patients and to strengthen their sense of dignity, meaningfulness and purpose.

Patients are instructed to look back on their lives and a summary is written.

"Generativity document" created.



Harvey Max Chochinov



H. M. Chochinov (born 1958):

Is Professor of Psychiatry at the University of Manitoba and Director of the Manitoba Palliative Care Research Unit in Canada. He is the founder of dignity therapy.

His publications on psychosocial aspects of progressive life-threatening illnesses have helped to define core competencies and standards in palliative care at the end of life. Dignity therapy is now used worldwide.

various texts

Euthanasia



Ambiguous term that must be explained when used. It is usually understood to mean

- End-of-life care ("help in dying"), or
- homicide on demand, or
- Assisted suicide



Etymologically, **wholeness** can be traced back to the adjective ganz with the meaning "'whole, intact, complete, entire' [...]. Ahd. (8th century), mhd. ganz 'unharmed, whole, healthy, complete'". In nursing (and healthcare), this is generally understood to mean the unity of the body, psyche, soul and sociality of people and their interactions.

The blending of systemic, religious, spiritual or philosophical approaches, for example, into an undifferentiated, unreflected concept of holism is problematic. When using the term in healthcare, the context and usage situation should therefore always be clarified.

DWDS Digital Dictionary of the German Language <https://www.dwds.de/wb/ganz> (29.09.21); Wied; Pschyrembel Online (2016)

Palliative care



Palliative care is an approach to improving the quality of life of patients (adults and children) and their families who are confronted with problems associated with a life-threatening illness. This is done by preventing and alleviating suffering through early detection, careful assessment and treatment of pain and other problems of a physical, psychosocial and spiritual nature.

WHO 2020

Palliative care regards spiritual needs as an integral part of care and therefore works with a bio-psycho-socio-spiritual ("holistic") concept. All members of the palliative care team have the task of recognizing spiritual needs and incorporating them into the treatment - in different ways and according to the level of professional competence.

Anneser J (2021): Palliative care. In: Frick & Hilpert: Spiritual Care from A to Z. De Gruyter :247f



Pause for thought



Allow yourself a moment of silence and you will realize how foolishly you have been rushing around. Learn to be silent and you will realize that you have been talking far too much.

Be kind and realize that your judgment of others has been overly harsh.

Chinese wisdom

Doing nothing

Doing nothing at all is the most difficult activity and at the same time the one that requires the most spirit.

after Oscar Wilde



Break



The only thing I regretted was not taking breaks from time to time, I would have been more for my own, for myself and for others.

Paul Keller

Rest breaks

What happens without rest breaks is not permanent.

Moral injury



Moral injury refers to the syndrome that arises when one is involved in (observes, performs or fails to prevent) actions that violate one's deeply held moral convictions. Moral injury is the result of→ moral distress.

The symptoms of moral injury include social withdrawal, feelings of guilt and shame, negative thoughts, substance abuse, depression, → demoralization, anxiety and sleep disorders as well as self-harming behaviour. These are psychological injuries that are painful and persistent.

various texts



Moral distress was first described by Andrew Jameton in the mid-1980s and describes the burden that arises when professional carers are prevented by institutional guidelines and other external conditions from doing what they feel is ethically and morally right. This dilemma cannot or can hardly be resolved.

The literature on moral distress has since expanded beyond the care sector, but still mainly relates to staff in healthcare facilities. The focus is always on a conflict of values.

- * Demoralization

various texts



Healing through compassion



"The heart of healing lies in cultivating compassion for self and others."

The heart of healing lies in cultivating compassion for yourself and others.

Saki Santorelli, Director of the Stress Reduction Clinic at the University of Massachusetts

Healing

Healing means that people experience what supports them when everything else stops supporting them.

W. Eschenbach, around 1200



Support needs of employees in the healthcare sector



Existing studies show the need for support for healthcare staff with regard to spiritual care. This includes not only raising awareness of the spiritual needs of sick people, but also caring for employees with regard to their spiritual needs, resilience and commitment to their professional role and the institution's objectives. →

Beivers A, Frick E (2019) Spiritual care in the healthcare and hospital market: an important element of change and a return to the origins of care.

In: Büssing A, Warode M, Bolsinger H (eds.) Spiritualität in der Managementpraxis. Freiburg i. Br: Herder

Experience of pain



Cicely Saunders observed that the experience of pain in palliative situations depends on very different factors, not all of which can be influenced by medication.

Where pain occurs in complex end-of-life situations, this complexity migrates into the experience.

Pain becomes a conglomerate in which physical, psychological, social and even spiritual distress merge.

Peng-Keller (2017) Spiritual Pain. Approaching a key concept of interprofessional spiritual care. *Spiritual Care* 6:297.



The silence in the room



The silence in the room

Your breath that shows us that you are still there. The silence
in the room

Premonitions of what is come.

We are there for you and yet we can do so little for you.

We will walk this path with you step by step and yet you have
to walk it alone.

Your dreams cannot be seen by us Your fear can
only be guessed at
Our hope that our love will carry you and make it
easier for you.

The silence in the room
We can still hear your breathing and
now it is completely silent.

Angela Mall



Semi-structured clinical interview to take a "spiritual history" Spiritual and religious beliefs Place and

influence of these beliefs in the patient's life

Integration into a spiritual, religious, church community/group

Role of the healthcare professional: How should they provide spiritual help/support?

Questions to be adapted to the situation:

S: Would you consider yourself a believer / religious / spiritual person in the broadest sense?

P: Are these beliefs important for your life and for your current situation?

I: Do you belong to a spiritual or religious community (parish, church, spiritual group)?

R: How should I (as your caregiver, doctor, etc.) deal with these questions?

Frick, Weber, Borasio (2002)



Five resolutions for the day



I want to stick to the truth.

I will not bow to injustice. I want to be free from fear.

I don't want to use violence.

I want to see the good in everyone first.

Mahatma Gandhi

Henry Dunant



Henry Dunant (08.05.1828 - 30.10.1910): During a business trip in June 1859 near the Italian town of Solferino, he witnessed the appalling conditions of soldiers following a military conflict. He spontaneously began to care for the wounded and dying. He published his experiences in 1863 and began looking for like-minded people to found aid organizations for the wounded.

The International Red Cross and Red Crescent Movement developed from this commitment. It is committed to the prevention and alleviation of human suffering in war and emergencies such as epidemics, floods and earthquakes. The seven guiding principles are: Humanity, Impartiality, Neutrality, Independence, Voluntariness, Unity and Universality.

Containment



Containment means that something is brought under control and negative effects are reduced or contained. Above all, containment is about preventing the spread of something (bad).

According to W. R. Bion, containment also means absorbing (containing), carrying, transforming, detoxifying what is difficult, burdensome, toxic and pointless.



In the smallest things



My religion consists of a humble relationship with an unlimited spiritual power that manifests itself even in the smallest things.

Albert Einstein



Encounter with God



God can appear to me in every person.

Novalis



Patience



The strength of the soul grows and strengthens to the extent that one endures the discomfort with patience.

St. John of the Cross



Martin Luther King



When our days are darkened and our nights are darker than a thousand midnights, let us always remember that there is a great, blessing power in the world.

Martin Luther King

I will not leave any money behind. I won't leave behind any posh or luxurious things. I just want to leave behind a committed life.

Martin Luther King

Spirituality



"Spirituality" is formed from the Latin *spiritus* (spirit, breath, wind) and takes up the New Testament term *pneûma*.

By *pneûma*, Paul means the inner person who has an "antenna" for transcendence, who is open to the divine *pneûma*, the Holy Spirit.

Spirituality

Spirituality is exactly - and exclusively - what the patient thinks it is.



"One of the most important messages of spiritual care is that what we all need is a sober and serene view of finitude. This requires calm and repeated reflection on our priorities, our values, our beliefs and our hopes, preferably in dialog [...] Let us take the time to do this here and now."

Borasio GD (2011) On dying. Munich: C.H. Beck. S. 98.

Telling each other



"Without people telling each other what they are experiencing and have experienced, there is no communication about existential questions, and consequently there is also no communication about questions of faith."

Schori K (2020) Understanding faith traditions. An introduction to the subject area of religions and the didactics of sacred scripture. Stuttgart

Resilience



Resilience is a person's ability to act adaptively and proactively even in the presence of extreme stress factors and unfavorable life influences.

(Wittchen & Hoyer 2021)

Spiritual resilience:

A person's dynamic (evolving) ability to process and utilize spiritual crises and inner struggles as well as inner or outer resources.

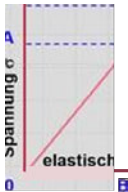
Counter term:→ Vulnerability / vulnerability



Resilience



(from Latin *resilire*: to spring back): The ability of a tensed and stretched material to return to its original state (reverse). Skin, muscles and bones, for example, are resilient if they are stressed appropriately without tearing or breaking (point X). In a figurative sense, resilience means the ability of the psycho-somatic organism to withstand and recover, i.e. a characteristic of the individual



Elongation c



How do I ground myself after a sad experience?

- Feel the ground
- Breathe
- Pause for a moment
- Letting them take me in their arms
- Move me
- Crying
- Find someone to talk to

Vulnerability

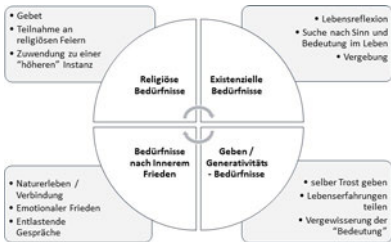


(from Latin *vulnus*: wound): Vulnerability (counter term: resilience).

Resilience and vulnerability are internal factors that interact with external risk-protection factors: Housing situation, poverty/wealth, level of education, country of origin...

The following are considered vulnerable: Infancy and toddlerhood, illness and dying, pregnancy, disability, old age, frailty, positions of inferiority, independence or dependence. Vulnerability is part of human dignity and makes real solidarity and *compassion* possible in the first place.

Spiritual needs



Main categories of spiritual needs that can be recorded with the SpNQ (see Büssing 2021)



Whoever is at the end can start all over again,
because the end is the beginning from the other side.

Karl Valentin



In front of the San Damiano cross



Most high, glorious God, enlighten the darkness of my heart and grant me true faith, steadfast hope, perfect love and profound humility. Give me, Lord, the sensitivity and knowledge to fulfill your holy mission, which you have given me in truth.

Saint Francis of Assisi

What shadow fell on my heart today? How am I using my virtues today to improve my life and the lives of others? Do I have an idea of or a feeling for the mission I am supposed to fulfill in my life today? Even if it is only today.

Thoughts from Stefan Theierl (Allgäu Hospice)

In praise of serenity



Give me the serenity to accept things that I cannot change, the courage to change things that I can change and the wisdom to distinguish one from the other.

Reinhold Niebhuhr (US-American priest)



Breath poem Rose Ausländer



The past has written me. I have inherited the
future.

My breath is called NOW.

from: R.A.: Motherland. Poems, 1978



Good fairy question



a fairy godmother gave you new strength, how would it feel, what would change?



From the music booklet of Anna
Magdalena Bach



If you are with me, I will go with joy. To my
death and to my rest.

Oh, how happy my end would be, your dear
hands would press my eyes shut.

BWV 508

Systemic questions



If I could ask your great-great-great-grandmother what she is particularly proud of in her great-great-great-grandson, what do you think her answer would be?



Stone and marble. Both are part of my life/everyday life



Exercise: Participants receive a stone in one hand and a glass marble in the other.

Instructions for feeling, looking, remembering with 2 questions: What was/is difficult in my life/professional everyday life? (stone)

What was/is successful/gives hope? (marble)

In individual or team discussions, both questions can be used as a conversation starter and/or at the beginning of a gratitude ritual.

In every personal (professional) everyday life there are stresses and times of crisis. As humans, we tend to associate such experiences with stressful feelings such as fear, powerlessness and being overwhelmed.

They lead to stress. It can also be helpful to review our lives (daily review) by remembering both poles and practicing the marble perspective. (For example, by having a marble jar ready for marble experiences or keeping a gratitude journal).

Barbara Thon, practice, employee chaplain in care facilities



Life is transition



"The beginning of life is a phenomenon to be thanked to the origin,
The end of life is the end of the earthly pilgrimage, the time in between is the secret of constant transition." ergo: life is transition

Homework for further training in the palliative care of
children and adolescents



Door handle meditation



In the rush of everyday working life, every door handle I pick up reminds me to pause for a breath, perhaps close my eyes, consciously take a deep breath in and out and realize that I am about to enter someone else's world. The first step through the open door is already much slower and I allow myself to enter into a real encounter.

We will not be able to abolish the lack of time in the healthcare sector any time soon. But moments of interruption, no matter how brief, give us the presence we need to really meet another person, even in tight time slots.

Thoughts from Stefan Theierl (Allgäu Hospice)



Helen Adams Keller was born on June 27, 1880 in Alabama (USA) as a healthy child. She lost her sight and hearing at the age of 19 months due to meningitis. Unable to with the world around her, she learned to read and write through her teacher Anne Sullivan, then went to university and became an important and impressive writer and human rights activist.

<https://www.taubenblindenwerk.de/hellen-keller/>

Helen Keller's impairment made normal development as a child almost impossible. What source of strength might she have used to not only accept her fate, but to stand up for the weak and become a source of inspiration and courage for many others?

Towards the end of her life, she is said to have said:
"I am blind, but I see; I am deaf, but I hear."

Thoughts from Stefan Theierl (Allgäu Hospice)



Realizing spiritual connectedness



When you visualize your own spiritual connection - how does that make itself for you in this moment?

By consciously remembering our own spiritual resources, we can regain strength and courage and experience a sense of purpose.

Ursula Kreis-Schaffert



My spiritual biography



Which spiritual sources of strength have accompanied and supported me in the various phases of my life?

What carries me now?

Biography work recalls the past, integrates the present and provides orientation for the future. It is always resource-oriented. The aim of biography work is empowerment and appreciative life balancing.

LebensMutig Society for Biography Work e. V.



Singing in pairs



Rabbi Pinchas spoke:

"If a man sings and cannot raise his voice, and another comes to sing with him and raises his voice, then he too can raise his voice. That is the secret of the clinging of spirit to spirit."

Martin Buber



It's dark inside me,
but with you is the light; I am
lonely,
but you do not forsake me; I am
fainthearted,
but you have the help;

I am restless,
but with you there is peace;
There is bitterness in me,
But you have patience;
I don't understand your ways, but
you know the way for me.

Dietrich Bonhoeffer



The leaves fall, fall as if from far away, as if
distant gardens were wilting in the heavens; they
fall with a unifying gesture.

And in the nights the heavy earth falls
from all the stars into solitude.

We all fall. That hand there is falling. And
look at others: it's in all of them.

And yet there is One who holds this fall infinitely gently
in His hands.

Rainer Maria Rilke



I asked the almond tree: Tell
me about God.
Then it began to blossom.

Chinese proverb



Gratitude



What can you grateful for today?

Be grateful for the little things too

- a good cup of tea
- a ray of sunshine
- a friendly look that I have already encountered today
- ...



God is joy,
that's why he put the sun in
front of your house.

Francis of Assisi



