



Greetings! Welcome once again to news on activities and developments within the Foundation. In this issue we report on the launch of *The Heart of Well-being* and cast the net a little wider to see how the flagship training programme *Values in healthcare: a spiritual approach* (VIHASA) is breaking new ground.

I would like to take this opportunity to thank all my JF colleagues (you know who you are) for their contributions to the production of these newsletters and also designer George Edwards in Australia.

With best wishes for 2011, happy reading!

Editor: Dr Kala Mistry



## Launch of The Heart of Well-Being

Dadi Janki, president of The Janki Foundation for Global Health Care (JF) and 250 guests assembled in Global Cooperation House, North London in August to celebrate the publication of *The Heart of Well-being*, a product designed and written by writer, trainer and hypnotherapist, Jan Alcoe.

on CDs that accompany the book and highlighted how pivotal the holistic approach is. "When our well-being is compromised, we can feel isolated ... When our well-being is being attended to, we experience being more aware of the needs of others."

Dadi Janki reaffirmed how profoundly health is related to mental and spiritual well-being. She shared three simple but far-reaching tools for experiencing wellness, and to supplement this inner work counselled: "Sit quietly and teach yourself to smile."

### Dadi's three tools for well-being:

First stop the trait of worrying or causing others worry. Fear is at the root of worry, causing confusion and stress. Instead, 'simply have pure feelings and good wishes' and others will cooperate as we create a renewed atmosphere of patience and peace.

Second, Dadi advised: 'Make tolerance your friend'. Rather than feeling forced to endure, we will experience that nothing is difficult and be able to develop more positive feelings of trust.

Third, she asked everyone to 'eliminate desires'. When our desires are not fulfilled, we get upset. Desires also escalate and prevent us from being contented. 'Contentment means that one doesn't need anything, or need to ask for anything.'

With practice, Dadi said, these tools become powers that allow us to use our time and energy in a worthwhile way.



**Above:** Author Jan Alcoe enlivened her talk with visualisations from the CDs.



Dr Craig Brown, a trustee of the Janki Foundation and Chair of the British Holistic Medical Association, invited the audience to contemplate the meaning of well-being and its place in healthcare. "Research is now beginning to support the view that health promotion rather than illness prevention is at the heart of well-being", he said. He described this change in current thought as 'a move from reductionist values to positivism' – that is, a look at what creates wellness and encourages people to take responsibility for their health.

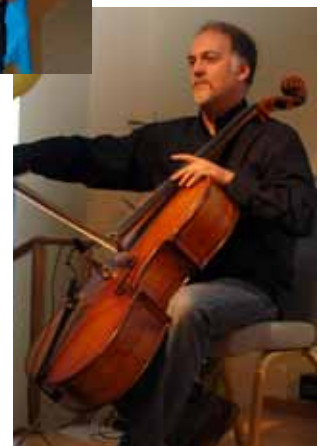
Jan described several different dimensions of well-being, including mental - the ability to think more clearly; emotional, environmental, social and spiritual. She read excerpts from visualisations recorded



**Above:** Singer, musician, nurse, healer, Lou Beckerman enchanted the audience with her ethereal voice.

**Top left:** Dadi Janki, 94 year old president of JF, who travelled from India for the launch, accepts her copy of the new publication.

**Far left:** Dr Craig Brown, who worked closely with Jan on the book, welcomes the audience.



**Right:** Cellist Jonathan Hughes played melodious interludes throughout the evening.

# VIHASA facilitator trainings

JF facilitators ran trainings for new VIHASA facilitators in June and September this year, at the Lighthouse Retreat Centre, Worthing, which previous experience revealed as an ideal setting for reflections, discussions and small group work. Many attendees this year, as in the past, were there due to their deep interest in taking spirituality into healthcare, as evidenced by new developments in UK and abroad.

The June participants were mostly from mainstream healthcare in the UK, two were from abroad. The training team: Su Mason, Tricia Griffin, Bhavna Patani and Craig Brown worked well together to set the tone, valuing the ethos of the learning community while sharing the 'nuts and bolts' of VIHASA, the seven spiritual tools and facilitation skills unique to the programme. Some of the 11 participants have already run modules at their workplace (see UK news).

A truly international and diverse group attended in September. The facilitators Bhavna Patani, Lizzie Hopthrow, Samixa Shah and Dr Craig Brown noted how easily the group came together and there was a natural openness, lightness and co-operation throughout the weekend. New events have already been planned since the training which we will be following over the near future.

**Right:** Participants and trainers at the Worthing Retreat Centre in June.



**Below right:** Three group members share their thoughts on the values underlying co-operation and how they may illustrate these.



**Above:** Some create montages to portray their vision of a healing space.



**Left:** The September training in Worthing welcomed guests from all over the world.



**Right:** Values, qualities and skills are transformed literally into a basket of virtues.

## North Wales: A tale of four VIHASA sessions

John Fleet, retired oro-maxillary surgeon, who has enjoyed running VIHASA sessions in North Wales since piloting began in 2002, wrote in to share some reflections on his latest 'adventures' using the modules over a four-week period this summer. John has run modules with hospices, social workers, emergency service workers and students and says of it: 'Running VIHASA modules is a privilege, a great interest of mine and a chance to maintain contact with the 'medical' world with its challenges, opportunities and changes.'

In July, John facilitated a Values in Healthcare session with a group of Roman

Catholic priests, nuns and lay people at a two-day conference looking at safeguarding vulnerable people attending Catholic schools, youth groups and Church activities. 'A lovely group but convinced that I needed a religious faith in order to connect with my spiritual core and hence my values.'

Later the same month, invited by the matron and the chaplain of a local hospice, John ran VIHASA with 16 chaplains from different faiths on staff training. He reflected on it, 'It was one of the warmest, kindest meetings I have ever facilitated. A total openness ... Does dealing with end of life issues in daily life enable them to get

away from attachment to any one image, any one belief and to get to the essence of people and their own life experience?'

John used 'being positive' as the theme for a meeting of 70 nursing staff from across Wales, looking at a campaign to save a thousand lives a year by good leadership, values, and physical, mental, emotional and spiritual care of patients and staff. Participants appreciated the process and the meditations. Finally John ran an intimate workshop with six hospice staff, exploring personal experiences of values at work and how individual inner values can shape or map one's eventual career choice.

# News from the UK

## London, Guy's and St Thomas' Hospital

### Well-being at Work

Following the VIHASA facilitator training in summer, Deirdre O'Toole, Clinical Governance Facilitator at the Renal & Urology Directorate of Guy's and St Thomas' Hospital, offered a series of lunchtime workshops for clinical and administrative staff on well-being. Four JF facilitators offered to run four sessions from September - December, each of 1-1½ hours duration, on 'core' well-being topics. These were Nurturing resilience – exploring ways to draw on our inner strength; Peace at work - benefit from being calm and staying cool; Positivity - creating a positive workplace and Caring for patients - caring for yourself.

The sessions were advertised on a trust-wide intranet and leaflets were emailed to 500 local staff, 20 chaplains and managers and placed on notice boards. Those who attended enjoyed the experience. They included medical secretaries, a palliative care counsellor, clinical governance manager, nurse, chief renal technologist, IT business relationship manager, two office managers, dental programme manager, interpreter, pharmacist and a team from the Patient Information and Knowledge and Information Centre. Further sessions have been requested. A selection of their comments is below.

*I really enjoyed it, thank you.*

*Longer workshops? More of the same please.*

*Re-affirmation of core values and beliefs and that they make you stronger in everything you do.*

*Little bit of Peace! Beautiful workshop.*

*Time to reflect on ways that I can increase resilience that I forget to use.*

## East Kent Hospitals University NHS trust

Nannette Jackson, a counsellor, Rev Lizzie Hophrow, Chaplain at the Pilgrims Hospice and Dr Julia Ronder, Consultant Child & Adolescent Psychiatrist, facilitated a pilot module on Resilience with a group of child and adolescent mental health service professionals, including team leaders, in East Kent in October. This was as part of an introduction to values workshops for NHS Management in Kent, with an eye to integrating such sessions for staff care. Some feedback from attendees:

*It helped me reflect on my strength and weaknesses & share with others & learn from them.*

*....enabled me to be honest and open among colleagues about the difficulties I experience.....and to acknowledge that I am not alone in these experiences.*

Team leaders are individually planning implementation for frontline staff.

## JF office

JF facilitators continue to run weekend VIHASA workshops on a monthly basis. Joy Rendell, occupational therapist, and Meena Sharma, chronic health management tutor, started the autumn series with a workshop on Self-care – dealing with stress.

Joy writes, 'With so many books and seminars on managing stress, what could we



**Above:** November workshop in JF office on Caring for patients, caring for yourself.

**Below:** Joy Rendell (right) introduces the September workshop - first of a series.

do in two and half hours that is meaningful and productive? We used appreciative inquiry in a contemplative setting; it reinforced confidence and produced excited "ahas"! The group was supportive and a treat to facilitate.'

## Highbury Hospital, Nottingham

Following the success of an introductory presentation on VIHASA last December, Katja Milner, spirituality healthcare worker with the Spiritual and Pastoral Care Service, arranged a well-attended half-day session on Building Resilience for mental health workers in June. Dr Craig Brown, JF trustee and medical advisor, opened the event by discussing burnout and resilience before taking the group through a variety of exercises to explore self-care, well-being, listening and support, including visualisations from LYS. The participants remained engaged, enthusiastic and interested, and the immediate evaluation was positive. Katja Milner now plans to run further workshops with another JF facilitator working nearby.

## Telford and Wrekin NHS Community Health Services

Mel Parker, Senior Health Improvement Services Manager and Tricia Farley, who both attended the November 09 Facilitator training, have incorporated some VIHASA exercises into their staff wellbeing programme. Tricia has also run most of the modules with her team who have received it very well. Further plans are in the pipeline.

## Stafford

Rev Capt Keith Shaw, Lead Chaplain at South Staffordshire and Shropshire Healthcare NHS Foundation Trust, organised pilot workshops over May-June for trust staff to explore their understanding of spirituality in healthcare. Some of the attendees were inspired to do the VIHASA facilitator training themselves and all seemed to enjoy the relaxed atmosphere, the discussions and

the time for meditation. Rev Shaw reports: The sessions especially enabled attendees to think about how they express their views and many requested regular access to this training. One person commented, 'this material provides an essential resource for the motivational aspects of training'.

**Below:** Emmanuel Chan shares his 'healing space' montage with others in the Worthing group.



## Lifting Your Spirits

June Jan Alcoe gave an hour's experiential presentation of *Lifting Your Spirits* (LYS) to people attending the well-being open day at the Hary Edwards Healing Sanctuary, Surrey which is dedicated to promoting health and well-being through spiritual healing service and ensuring professional standards of healer training and practice. Audience feedback was very positive.

*Jan's talk was well presented and the slides were particularly informative. She talked about her own experience with cancer in detail... and her reflections were inspiring.*





# Global News

## Gibraltar

**May:** Dr Craig Brown ran an interactive whole day seminar entitled: 'Surviving and thriving: supervision, well-being and self-preservation for health care professionals' for 40 participants at the Europa Retreat Centre, Gibraltar when he visited earlier this year. This was an important milestone as healthcare professionals there lack any formal or informal Continuing Professional Development. He was invited by Mark Montovio, a school teacher, counsellor



The rock of Gibraltar forms a dramatic backdrop for JF facilitator, Maryam Taheri (left), a panel member at the Building Resilience event, and Gibraltar's JF co-ordinator, Ingrid Arnold, strolling on the marina.

and trainer, founder and trustee of the JM Memorial Foundation in Gibraltar, who opened the discussions by emphasising the value of supervision and support. Craig introduced *Values in Healthcare* and gave a taster of its reflective and experiential learning style, which many stated as a highlight of the day. He also spoke about the seven spiritual tools for self-care in a presentation on LYS.

Later, Craig gave an evening talk and chaired a discussion on Building Resilience at the John Mackintosh Hall to an audience of 35. Elsewhere during his visit he met the Director of Public Health and several doctors for lunch and spoke to the media about burnout and support in healthcare systems. A follow-up visit was requested.

**October:** Dr Kala Mistry led a discussion on spirituality and psychiatry with professionals from two Gibraltar hospitals, focusing especially on the role of meditation as a personal practice and as a tool in modern treatment programmes.

## Chennai, India

Dr Vishwanathan, medical superintendent and director of the Yoga Centre at Annamalai University Hospital, arranged a launch for *Values in Healthcare* in South India at

Chettinad University in November. He had attended a *Values in Healthcare* training in Worthing when visiting the UK. He introduced VIHASA to an audience of 200, including 100 doctors, the university Vice-Chancellor and the Dean of the Medical School.



Dr Vishwanathan reports back on his Worthing experience to colleagues in Chennai.

## Global Hospital and Research Centre (GHRC), Mt Abu

### An observation of integrated health in Rajasthan, India

Dr Victoria Burrows, Bristol University, visited GHRC to explore how complementary therapies may usefully integrate into modern medical care. She has shared her findings in the *Journal of Holistic Healthcare*, September 2010 and chose to investigate holistic medicine 'as it looks beyond the disease, further than management guidelines'.

As part of her elective medical studies, she takes a look at the organisation of GHRC, its relationship to other healthcare providers in the area and the professional and patient perspectives of integrated health, and considers the potential for this model in the UK.

## Victory for VIHASA tour in Johannesburg, Pretoria and Botswana

The *Values in Healthcare* South Africa team had a good run over the first week in July in five scheduled sessions for health professionals in Johannesburg and Pretoria, and three unexpected new 'innings' in Gaborone, capital of Botswana.

With the maxim of providing 'care for the carers', which health professionals in South Africa appear keen to support, the *Values in Healthcare* South Africa (VIHSA) team broke new ground on their visit to the Ministry of Health in Gaborone. Dr Raksha Balbadur, coordinator of VIHSA, said: 'We were so warmly received and such interest was shown by the ministry ... the Wellness HIV/AIDS department had recently initiated a care for the caregiver programme.'

They also met the matron and manager of Princess Marina Hospital and Gaborone Private Hospital and set up introductory sessions for each staff group. This included a workshop with over 30 nurses from

Princess Marina Hospital, a presentation to 15 staff from the Wellness division of the HIV/AIDS sector of the Ministry of Health and a session with 15 unit managers, Life Gaborone Private Hospital.

Other highlights of the values tour included two full-day sessions for 60 nursing lecturers, on Inner values and Posivity, at the Anne Latsky College Of Nursing, Johannesburg; a Peace at work session for 20 healthcare workers including clinicians, trainers and directors for Ndawo, Houghton, Johannesburg and the first Values in healthcare workshop in Pretoria at the Little Company of Mary Life Hospital on Inner values. Feedback included:

*I have learnt that I can complete all the 'To Do Items' in a more meaningful way. I have learnt more about myself. I can improve teamwork by acknowledgement and appreciation of my colleagues.* Joy Hawkins

*Gaborone: This workshop has made me look at my life. What have I been doing all these years if I have not taken care of myself? I need to now make time for myself so that I can truly support my clients.*

## Kandy, Sri Lanka

Dr Kala Sivayoganathan, consultant eye surgeon, has introduced the VIHASA programme to senior doctors in Sri Lanka as part of their sessions in Continuing Medical Education.



Dr Sivayoganathan presents VIHASA to her consultant colleagues in Kandy, November 2010.

She has also presented VIHASA to medical students, following a session with hospital doctors, including consultants and university professors, of the Jaffna Medical Association in June.

## Northern Territory, Australia

Gopi Elton and Maureen O'Connor, Melbourne facilitated three day modules - Compassion, Cooperation and Being positive - over a three day period, to groups of 14-15 staff from Allied Health, Mental Health, Community Health and Royal Darwin Hospital and Darwin Private Hospital acute services in August this year. Participants came with their own realistic objectives, as revealed in their evaluations, and found exercises such as compassionate listening, discussions on values or attitudes underlying cooperation and most of the visualisations and positive self-questioning particularly effective.

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