



#### GREETINGS

Welcome to the final edition of the JF newsletter, in this format... We say goodbye to the old but welcome in a new name, together with a change in the way we convey news and a shift in the emphasis of our events for 2015.

The Janki Foundation will continue its current objectives of education and exploration in the field of spirituality in healthcare. A new website and further details will follow soon. In this issue, we report on exciting developments in India and Ireland, where Values in Healthcare has been run with nursing management, senior nurses and educators in this field. New presentations and workshops using Values in Healthcare: a spiritual approach (VIHASA) have been held in London, Dubai, Mauritius, Netherlands, Spain and India over the course of this year.

A promising development in India is that Annamalai University is offering a Post-graduate Diploma in Values in Healthcare from 2015. Course tutors and co-ordinators have already signed up for training tutorials and seminars to familiarise them with the teaching programme. Also VIHASA continues with success in Wales thanks to new projects and trainings being initiated. Regular meditations, retreats, training sessions for staff, patients and carers continue in a South-West Yorkshire NHS Trust, as portrayed on page two. Furthermore, Values in Healthcare continues to play an important role in lifting morale for healthcare workers in some countries, including South Africa.

Below please find a resume of an insightful lecture on spiritual care by Dr Janice Clark, who spoke at our Annual General meeting in summer 2014.

Read on! Editor: Dr Kala Mistry

## Spiritual Care in Every Encounter

Integrating Compassion into daily nursing practice

- August 2014



'Make sure we care for every part of every person' says Janice Clark, at the 2014 JF Annual Lecture.

**Dr Janice Clark**, nurse, midwife, and lecturer at the University of Worcester, gave this year's annual lecture on integrating compassion into daily nursing practice, a subject close to her heart. Around 200 people from various healthcare backgrounds attended and many tuned into the webcast.

Dr Clark, who is currently studying for a PhD on spiritual care in healthcare, suggested that the topic needs a re-think. Medical care is becoming sterile and systematic and so-called 'spiritual care' is little more than psychosocial care. It takes a problem solving approach, so making the patient into an object, with outcomes and goals that need to be achieved.

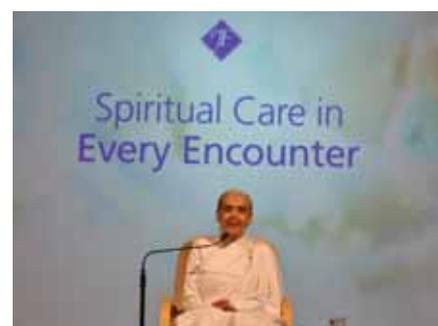
She feels what is needed is to "make sure we care for every part of every person – physically and spiritually". She sees the role of a nurse as advocate and guardian of the patient, being 'alongside' and looking after their needs, including all the physical needs that no other health care professional is willing to fulfill. She argues that despite the lack of confidence in nurses, who say they are unqualified to do this work, they spend extended periods of time with a patient and so who better to minister spiritual care?

Obstacles cited by nurses include a lack of time and that spirituality is perceived as esoteric, whereas nursing is practical. She responded to this by saying "We need to identify what is spiritual care as distinct from psychology and religion." She also quoted William Blake: *Man has no Body distinct from his Soul* (meaning the soul is visible through one's body) and emphasised that we are beings consisting of mind, body and spirit. When the spirit is affected, it has a ripple effect on the body, and vice versa. Therefore, spiritual wellbeing is needed as much as physical wellbeing.

On a practical level, how can we incorporate spiritual care? Dr Clark answered: Compassion. She asserted that an attitude of compassion is at the core of caring – and compassion is doing everything one can to improve a situation. Further, acting for someone else's good is invaluable for one's own spiritual growth and sustenance. We need other people in order to be ourselves, in others we see ourselves and this, she said, is practical spirituality.

Sister Jayanti, European Director of the Brahma Kumaris, in her address said she agreed with the sentiments shared by Janice Clark and illustrated applied spiritual care by talking about the JF president, 98 year old Dadi Janki. She mentioned that Dadi gives care, attention and love as she moves, wherever she is, including, as witnessed by very many, whenever she is in London.

Above: Sister Jayanti spoke of the importance of nourishing the mind with silence.  
Below: JF trustee and medical advisor Dr Sarah Eagger chaired the lecture.  
Right: Anne Malone soothed the audience with music and song.



Jayanti shared her insights into compassion and spirituality, defining spirituality as the study of the invisible part of the human being, our thoughts, feelings, memory, personality etc. She emphasized the importance of a daily practice of silence – a silence fed by elevated thoughts to nourish the mind - and the role of eye-contact in a caring relationship. Eyes are said to be the windows of the soul, and an exchange through the eyes can give a spiritual experience as well as a true human experience.

The audience asked specifically about giving care in mental health units, the importance of self-protection and taking care to treat ourselves well in order to treat patients in this way.

The evening was chaired by Dr Sarah Eagger, medical advisor and trustee to the Janki Foundation. International singer and songwriter, Anne-Malone, interspersed the event with music and song, creating a serene atmosphere for reflection. The event ended with meditation.



## RECENT DEVELOPMENTS in India and Ireland

### Ireland: Integrating Spirituality into Nursing by Creating Leaders of Conscious Care

Following a conference on Compassion in Healthcare in Cashel, County Cork, Dr Craig Brown, who was one of the presenters at the meeting, was invited to deliver the VIHASA facilitators' training to a group of senior nurses and nurse educators in Ireland. The purpose was to give an understanding to influential people, so that each delegate can facilitate the integration of spiritual care into nursing, in Ireland, through their own experience.

JF facilitators Chrissie McGinn and Richard Hewitt designed the training as two three-day modules, delivered in early 2014, three weeks apart and this worked well. The delegates reported significant changes in the way they had been thinking and feeling, and related how they had started making changes in their own work life, or in their specific areas of expertise in line with their values. The idea was to create to ripple effect

from each delegate - a new venture for JF yet completely in line with the ethos of VIHASA.

Chrissie and Richard had integrated material from their Conscious Leadership programmes with the

VIHASA programme and have continued to support the project with follow-up modules, phone calls and emails.



Dr Craig Brown (second row, right) Chrissie McGinn (first row, right) and Richard Hewitt (see below, pictured with Chrissie McGinn) led the VIHASA facilitators' training in Ireland. The event took place over two days, staggered over three weeks, so participants were able to report back changes they had begun to make in their work place.

### India: PG Diploma in Values in Healthcare

Nirmala Ragbir-Day has completed work on a one-year course, a Post Graduate Diploma in Values in Healthcare, for Annamalai University in Tamil Nadu, in collaboration with the Rajayoga Education & Research Foundation, India. The diploma comprising three study sections, is available from December 2014 and is based around the VIHASA training programme. Trainings on VIHASA for the co-ordinators and tutors of the course took place in May and October 2014, with around 80-90 coordinators and tutors from several states across India.

### India – UK collaboration

New initiatives for Global Hospital in Mt Abu are in gestation following visits from members of the South West Yorkshire Partnership NHS Foundation Trust (SWYPFT). The visitors included Steven Michael, chief executive of SWYPFT, Rev Mike Gartland, heading up the pastoral and spiritual care department and Spiritual Care Training Coordinator, Nirmala Ragbir-Day.

### South West Yorkshire: the Trust that cares!

In her capacity as Spiritual Care Training Coordinator, Nirmala continues to use JF publications such as VIHASA, The Heart of Well-being (HoWB) and Lifting Your Spirits (LYS) for training days and wellbeing sessions for staff, carers and patients. She also incorporates meditation into lunchtime breaks three days per week, for 30 minutes and their annual conference in June, on 'Mindfulness in Practice', attracted 60 delegates. Other ongoing initiatives include:

**Compassion in Practice:** this is a three-day study series for staff, service users and carers, focusing on the 6Cs of Compassion (recommended by the Francis report) and is now being run annually. The sessions incorporate VIHASA educational content and each day session focuses on two aspects: Compassion and Courage, Care and Commitment, Competence and Communication.

**Urban 1-day Retreats** – popular since its inception, Nirmala has been conducting these day retreats monthly since September 2013. Each retreat focuses on drawing out the 'hidden' inner resources of attendees and participants enjoy the practice of meditation and mindfulness and take away skills for everyday life.

**Lifting Your Spirits:** Enhancing Inner Strength & Wellbeing is run annually, as a series of seven sessions, varying from one and a half to three hours long. Staff, services users and carers attending the Bethany Centre, Dewsbury enjoy these educational sessions which give delegates time to experience each of the spiritual learning tools - meditation, visualisation, appreciation, creativity, listening, play and reflection.

LYS sessions have also been piloted on two secure wards at Fieldhead Hospital with positive feedback from service users and staff. Three further units (Appleton, Priestley and Bronte wards) are piloting these 30-minute sessions. Five to eight persons, including accompanying staff, attend each session.

**Residential Retreats for staff** – There are three residential retreats annually providing a therapeutic break for staff.

The latest project is the new A value a month initiative which started in September 2014. Mike

Gartland and Nirmala are part of the team to implement this initiative using JF resources including VIHASA, LYS and HOWB.

### South Ireland Conference on 'Sustainable Medicine'

*'The rebirth of wisdom and compassion in healthcare.'*

JF trustee, Dr Craig Brown, attended and presented at the sixth annual conference, jointly hosted by the Scientific and Medical Network and the British Holistic Medical Association, in Cashel in November 2013. The purpose was for delegates and presenters to explore how science supports the practice of compassionate care.

Four academics, all still working in healthcare, with a presence on the internet, shared their research. Craig reflected on it:

"In essence their extensive research and experience supports a reflective and spiritual approach, and the use of spiritual tools as described in VIHASA. Reflection alone benefits health care workers; specifically, positive thinking and appreciation reduce negative thinking, non-critical listening enhances therapeutic outcomes, and meditation brings calm and reduces burnout. Creativity is invaluable when seeking new solutions and playfulness raises morale. This is all relatively new research yet it is a wisdom that has been known for several thousand years."

The presenters included Chris Irons, a clinical psychologist, Dr Penny Campling the author of Intelligent Kindness; Dr Alastair Dobbin, now a retired general practitioner, who teaches positive skills in primary care and Dr Margaret Hannah, a consultant in public health in Fife, Scotland, an advocate for bringing relationships to the forefront of future health services.

The following year, JF publishing consultant Jan Alcoe addressed the conference which was entitled: 'Compassionate approaches to healing our inner pain and spirit'. She spoke to an enthusiastic audience about LYS exercises and the spiritual tools as a self-help resource for patients and staff.



Left: Nirmala Ragbir-Day, JF champion in South West Yorkshire.

Right: Relaxing at JF AGM, Richard Hewitt and Chrissie McGinn who, with Craig Brown, led the work with nurses and nurse educators in County Cork.

## NETHERLANDS

Nurse and facilitator Peggy Ong reports that there is an active workgroup in Holland who have been busy translating the VIHASA sessions into Dutch. They enjoyed the workshop on Resilience and one team member, Francis facilitated this for teachers of the Nursing Academy School in Utrecht, which was received enthusiastically.

They plan to run workshops for two hospitals, including for staff at the University Hospital in Nijmegen.

### London Hospitals

## King's College: Wellbeing at Work

Suja Chandran, Senior Social Worker at King's College Hospital, Denmark Hill, ran a series of six one-hour lunch time workshops monthly at King's College Hospital as a pilot project from December 2013-May 2014. The workshops, entitled Nurturing Resilience, Peace at Work, Valuing Yourself and Cooperation at Work, were attended by a floating group of up to 10 participants. Sessions started with the concept exercise, followed by a meditation or visualisation and finished with creating and sharing of action plans.

Suja reports: "I relied heavily on Dierdre O'Toole's sessions, previously held in Guys Hospital and small workshops designed within JF. As a fulltime employee, logistically it is always tricky to find time for busy staff to attend, as well as elicit interest from decision makers... but we made time and space to experience Spiritual Values in practice... I am now in the process of working on further sessions."

Some of the benefits reported: ...having a reflective space ...being able to focus on inner strengths ...taking structured time out to listen and reflect ...learning from others ...sharing experiences...

## Barking and Dagenham

Bhawna Babbar and Shirley Peters ran a workshop on the topic of Valuing Yourself, with 20 work-place colleagues from the speech and language Team, Barking and Dagenham, in January. Bhawna reports that her motivation was to give a gift to the team and the heart-felt appreciation from the team and her Manager strengthens her belief "in working for a good cause, with a good heart, with no expectations".

## Guy's Hospital Hospital explores Values and Compassion

In response to The Francis Report, an in-house team at Guy's hospital, including clinical governance facilitator Deirdre O'Toole, organized a half-day workshop on Values and Compassion in Healthcare, for nursing staff of the renal directorate. The aims of this workshop were met through guided and experiential sessions from VIHASA. Ten nursing staff attended from the renal & urology directorate and the workshop included presentations on aspects of safe working as well as experiencing Values and Compassion. Feedback included these comments:

...different from other study days ...Although the theme was basically around improving patient care, I felt that nurses' feelings, emotions and thoughts about ...their patients and working environment was considered ...good experience ...focuses one's attention on areas in personal and professional life that need improving!

The organisers concluded: 'The workshop seems to have been of value to staff. The format and content could be adjusted next time ... to further explore professional values.'

## Middle East Awakening the Spirit of Values

New Medical Center, Dubai and Abu Dhabi

New Medical Center healthcare [NMC] is UAE's largest private healthcare provider with nine hospitals across the region. Professional facilitators, Prakash Chugani and Deepti Serai, Associates of Ecube Training & Consultancy based in Dubai, conducted a VIHASA workshop as part of Corporate Social Responsibility for 25 professionals, including 19 doctors (Heads of Departments), the Group Medical Director, Vice

President of HR and a Founder & Managing Director of three businesses. The group explored core values and spiritual tools and incorporated an 'inside-out' approach to personal and professional development at this event: Awakening the Spirit of Values - Living with cooperation and synergy.

Deepti trained as a VIHASA facilitator in May 2013, and also ran a workshop on Valuing Yourself, for teachers and management staff at Manzil, a special needs school in Sharjah. This session focused on exploring ideas around self-care, tips for connecting with the self; and using reflection to nurture the mind at times of stress. The group of 18 participants found the session 'inspirational, engaging and energising' and stated that it brought them 'together as a family'.

Participants from both sessions felt that their learning would contribute to improving the quality of both personal and professional lives.

## Spain: Inter-faith conference, 29th March

The JF and VIHASA were spoken of at an Interfaith conference in Madrid in March, on the theme of Is another globalization possible? The presenters report that they talked about holistic health and GHRC in India as well as JF. There were requests for further information as many found the VIHASA project, its aims and values very interesting.

In Dubai, NMC doctors appreciated using the spiritual tools to explore values, and especially the manner in which this enabled an 'inside-out' approach to professional development, during the workshop on Awakening the Spirit of Values.



Bhawna Babbar (third from left, top row) and Shirley Peters (third from right, top row) with Speech and Language therapy team, of Barking and Dagenham NHS Trust, early 2014, after Values Workshop.



## MAURITIUS

Re-igniting his passion for Values in Healthcare workshops, pharmacist Dave Dyll has connected with a group of around 20 NGOs involved in healthcare. The team are planning to set up a website for Positive Approach to Total Health (PATH), the NGO founded a few years ago to facilitate delivery of VIHASA workshops and educate people on holistic health. We wish them all good speed.

## VIHASA India

VIHASA facilitators in India continue to use the Values in Healthcare training programme at different locations, running introductory sessions for professional groups, as well as delivering workshops and training new facilitators, now in Nepal and Mumbai as well as GHRC.



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

An introduction to VIHASA and regular modular values-based workshops are run annually with nursing students at the College of Nursing and the School of Nursing, Mt Abu. This has been the case for around 12 years. Currently, this includes 70 new students and 45 students in years two and three, who all attend sessions as part of their professional training.

Also, for around 10 years, an annual VIHASA facilitators' training takes place at the Gyan Sarover Academy, Mt. Abu, in August for around 30 healthcare professionals from all over India, all keen to take VIHASA forward in their own organisations.

The new Department of Spirituality and Wellbeing, at GHRC has been running informally since October 2012, and has now appointed a full time head of department (July 2014). The current activities of the Department, (some of them initiated around 20 years ago), include:

Positive Thinking and Stress Management courses daily over one to three hours; one-hour Raja Yoga Meditation sessions every weekday, with 10-12 diabetic inpatients; counselling support and introduction to meditation for patients suffering stress and hypertension, addictions and incurable illnesses like Friedreich's ataxia or cerebral palsy.

## Pune: Pharmaceutical company values Being Positive

Facilitator Sister Sarita from Pune conducted a full one-day event in February for 30 members, including the founder, of CIPLA (a global pharmaceutical company) near Pune, entitled the Joy of Working. They were delighted with the workshop, which was based on the Positivity module, and are planning similar sessions for other departments.

## Mumbai

Following on the success of two conferences: Rejuvenating Medical Minds (February 2013) and Values in Medical Education (September 2013), the Mumbai VIHASA team, including Dr Ashok Mehta, Dr Sachin Parab, BK Deepa and Dr Girish Patel have started training educators and medical professionals to take VIHASA workshops into their workplace. Facilitator Pooja Sharma reports that a total of 26 participants including doctors, professors and a counsellor have participated in pilot training weekends so far and further developments are planned.



Above: Those who joined the training at the Mumbai VIHASA weekend reflect on the learning achieved by the group.  
Below: Sister Sarita (front row right) with the Values Workshop group in Pune.



## WALES Values In Healthcare: Values In Self-Care

John Fleet, retired surgeon, pioneered a VIHASA programme for the elderly, calling it Values in Self Care in 2013. Initially starting with 12-20 people, John now runs a monthly meeting attended by 20-25 older persons, incorporating time for meditation and discussion.

In the first nine months, several social workers also attended out of interest. The group had a wide variety of temperaments and enjoyed open group discussions preferring to hear all the opinions expressed, rather than discussion in pairs and were keen on humour, music, singing, creative activities and interactions.

Many said the meetings had helped their wellbeing enormously: 'a life-line', 'essential', 'really important', makes all the difference', 'very grateful', and they loved the meditations. Topics put forward for 2014 included listening skills, courage, tolerance, gratitude and forgiveness. John commented: "In my experience, VIHASA is enormously adaptable and a workshop for older people is the area of growth!"

The Older Person's Commissioner for Wales went to one of their meetings and was encouraging Values in Self-Care to be 'spread' more widely. This co-incides agreeably with local council support for making communities more age-friendly!

John still runs VIHASA workshops for hospitals: for managers and for psychiatric teams looking at compassion and what we can learn from the Francis report. In the hospice setting, the focus has shifted from staff to carers on themes such as hope, resilience, compassion, coping with change, and care of the self.