



The Janki Foundation for Global Health Care (JF), a UK-based charity, is committed to enabling spirituality in healthcare to become more accessible to healthcare workers. Offering lectures, seminars, trainings and workshops, teams of healthcare professionals and volunteers have introduced and implemented the vital training programme Values in healthcare: a spiritual approach (VIHASA) around the world.

It has been translated into Italian and Portuguese and other translations are underway. The programme provides an opportunity for healthcare practitioners, managers, trainers, carers and administrators at all levels to explore personal and professional spiritual values. Based on the principles of small group experiential learning, VIHASA embraces reflection, group discussion, and creative expression as well as

action-planning to inspire new ideas about the workplace experience.

You can read here news of what has been happening in the UK and world-wide. This year's lecture The Science of Well-Being is reported below. For more information on the JF or its projects please visit [www.jankfoundation.org](http://www.jankfoundation.org).

*Dr Kala Mistry*

## THE SCIENCE OF WELL-BEING

Former Times columnist Dr Nick Baylis ('Dr FeelGood') spoke about the science and art of well-being to an audience of 250 in NW London on 3rd July 2007. Dr Baylis is a lecturer in positive psychology and co-founder of the Well-being Institute in Cambridge.

Dr Baylis explained that studies into modern psychology do not yet offer extensive insights into the notion of 'joie de vivre' or positive human emotions. He however identified three seminal factors that characterise beautiful and joyful lives: a sense of adventure, good-heartedness and creative partnerships, and for this to happen there needs to be harmony of feelings, thoughts and actions.

Nick had, during the course of his studies, interviewed many people, seeking evidence for his theory. He discovered that science must work with the arts much more to transform ideas into visible acts.

As a society, perhaps we are distracted and driven by subconscious fears and insecurity—advertising, for example, often plays on these feelings, and these militate against positive human emotions.

Baylis also emphasised the idea that the whole is more powerful than the sum of the parts.

At times it seems we are being misled by technology (and medical science) and its tendency to deal with parts.

'Beauty in our lives is really a sign of wholesome, healthy relationships between you and me, us and nature, our mind and body and so on. Science shows that exercise is as good as drugs or talking therapy to alleviate depression. The arts of living allow us to express the science.' It is not about denying bad feelings so much as how we ride the emotion. Nick gave an example, 'If I feel lonely and I choose to apologise to someone, this can dissolve barriers and open up another door... it is seeing fear as an amber light, signalling us to exercise caution, rather than as a red light, closing down any options for change. It is seeking solutions through building creative partnerships.'

In richly-lived lives, there is also resilience and the capacity to find benefit or learning in the face of adversity. In fact, many good things only come into being when conflict exists; new opportunities often arise out of adversity.

Activities that help translate the science of well-being into living include eating well, singing, dancing, 'nutritious' social contact and learning the skills of well-being, such as gentleness. If we don't learn these we learn instead the skills of ill-being, and this can lead us from one addiction to another. Dadi Janki, president of the Janki Foundation for Global Health Care, joined



*Italy celebrates the production of the translated Values in healthcare.*

Baylis for a conversation at the end of the talk. Dadi followed Baylis' theme closely and advised the audience to banish difficulties by smiling! We were reminded of the maxim hear no evil, see no evil and speak no evil... and Dadi added, think no evil. All these are skills for well-being. It is important to be entertained by life and its changes, rather than being wedged in the hopelessness of sorrow or worry.

Well-being depends on being stable-minded in victory or defeat, praise or defamation, good times or challenging times. Dadi proposed a partnership of science and spirituality, with three medicines - patience, peace and love - working synergistically. These, she said, included all the 'vitamins' and should be given to the self, even if others don't offer them to you. Then she asked the audience what the results would be if people looked at themselves more deeply instead of listening so much to what other people said about them.

### FURTHER WELL-BEING TIPS FROM DADI JANKI

- Speak sweetly, softly and honestly, especially to yourself.
- Being lonely is being afraid, ask yourself, who are you afraid of?
- Become 'fearless' spiritually, free from animosity and revenge.
- Change others' attitudes or behaviour through your own peace-giving thoughts, rather than through tears or aggression.
- Be truly appreciative of others by focussing on peace, happiness, love, self-respect, freedom.
- Share goodwill - it is closely connected to keeping thoughts pure and powerful rather than wasteful.
- Be carefree and not careless.



# 'Who should provide spiritual care in Hospices?'

'Who should provide spiritual care in Hospices?' asks GP tutor Dr Craig Brown, previously chair of the National Federation of Spiritual Healers and author of Optimum Healing.

Spiritual care has long been considered the remit of the chaplain. Today, it is increasingly seen as something every practitioner attending the dying could be offering as part of a holistic care package. Proponents of this approach have held conferences and written articles; the question remains, 'How do you teach it?'

Craig uses module 7 of the VIHASA training programme, Spirituality in Healthcare, which he has run with three hospices in West Sussex, as a full-day educational session. On being invited up to central Scotland, in June, he facilitated a similar session with Strathcarron Hospice staff.

## Untraditional

'Spiritual care is not something that can be taught in the traditional way', says Dr Brown. 'The workshop format and facilitation style of VIHASA makes it a winning tool for introducing spiritual care into the professional curriculum.'

A diverse group of 20 senior hospice nurses, two doctors and three chaplains attended the event, with four VIHASA facilitators Erna Haraldsdottir, Craig, Margaret McCathie and Cathy Rowan. The response was positive; everyone seemed to appreciate the time to reflect and share in a supportive non-judgemental environment

## Assessing the need

Dr Brown has also used the workshop format to look at assessing a patient's spiritual needs with community nurses in West Sussex, who are using the Liverpool

Care Pathway. 'In other areas of medical practice, standard questions are used to formulate a diagnosis and treatment plan. Assessment of spiritual needs is about exploring with patients their spirituality.' The group of 15 evidently agreed, as they came up with one pertinent question to ask patients. 'What is important to you?... Is it music, family, nature, God, values?' At times, a dying wish can be fulfilled, such as when one patient asked 'to sit on the beach once more before I die.'

## Reflection works well

The group valued the time to reflect and appreciated that understanding one's own spiritual values and beliefs is crucial to listening to another's. Ultimately, 'It is about giving comfort at all levels of being.'

For more information please contact: Dr Brown on [CBrown9811@aol.com](mailto:CBrown9811@aol.com)

## NURSING CONFERENCE VALUES NURSES!

'Values underpin everything we say and do in our work and life as healthcare professionals.' Dr John Fleet and trainer Ian Govier, ran workshops for 90 participants at the Conwy and Denbighshire NHS Trust nursing conference on 10 May 2007, which also included a pampering session. The Chief Nursing Officer for Wales attended one session. The aims of the forum were to explore, experience and reflect on personal and work-based values, and how these bring new vitality to practice.

**North England** In May, the Northern group ran a day workshop, Positivity at Work, at the postgraduate centre, Manchester Royal Infirmary. It was instigated, planned and facilitated by a group of health professionals who had attended a similar event in Manchester last year and subsequently trained in VIHASA at Oxford a year before. One facilitator commented: 'Planning and preparing was great; nice to work with a team that is so positive and co-operative. I think our enthusiasm, honesty and sensitivity with each other made it enriching.'

## Spiritual Tools Retreat: the tools included



movement



listening



play



creativity



relaxing

At the UK retreat, The Seven Tools of Self-Discovery, in Oxfordshire, last April, Jan Alcoe (pictured far right) shared how she had explored the VIHASA spiritual tools to aid in her recovery from serious illness. A booklet and CD containing these and other reflections, illustrating how spiritual tools can help when undergoing treatment or recovering from ill health is now underway. Watch this space!



reflection



and time out!

# First VIHASA facilitators training in Europe

16th – 20th May 2007, Sardinia

The first bilingual *Values in Healthcare* facilitators training (in Italian and English) took place in Sardinia in May, led by an international team of facilitators from Holland, France, England, Scotland and Italy.

Monica Tyler, VIHASA co-ordinator in Italy, commented: 'At last things are beginning to move for VIHASA in Italy.'

Joy Rendell, VIHASA co-ordinator in London, enthused: 'I have just come back from an idyllic island in the Mediterranean. The sea is as blue as the postcards, everything flowed amazingly well, expectations were met and faces blossomed!'

They stayed at the Cala Mirto Hotel about 300m from the sea, near Budoni, Sardinia. The group, mostly Italians, included delegates from Germany, France, Holland and Israel. The Under-Secretary of the Minister of Health for the Armed Forces, who was studying the programme to consider using it in their curriculum, visited the retreat as did the local Mayor and others to offer support. Joy reported:

'Facilitators for the programme were busy professionals taking time out from their work: Dr Herve Foulot, surgeon, Dr Astrid Bendorir, Occupational Health, Dr Luigi Carratelli, retired pharmaceutical research consultant, and Roos Nabben, nurse. Margaret Barron, freelance trainer guided us through the process. Everyone arrived tired, yet dedicated and focussed, and all left revitalised and balanced, appreciating the harmony present in the team.'

'The concept of the Adult Learning Community seemed to crystallise further in my mind this time. Margaret focussed on the nurturing role of the spiritual tools, and the participants picked up on this in the open space discussion. Typically Latin, they favoured the tools of play, appreciation and creativity, but were aware that reflection, listening, visualisation and meditation needed more focused attention. I wonder what the balance would be in other cultures?'

Margaret Barron, who supervised the process, reflects: 'I think it is the seven spiritual tools, skilfully woven through each

module, that allow participants to explore values afresh and provide a method to apply new and old ideas in different ways.' Creativity and play make learning fun and bring a renewed hope that change is possible. The other tools enhance learning and communication and help set the tone. She suggested 'Everyone benefits if facilitators experiment with and incorporate the tools into each stage of the learning process.'

A final word from Monica: 'We have printed the 'kit' in Italian, along with 3 CD's (Italian is more lengthy than English!) and this is now on sale. Since the training, Dr Paola Lagorio ran the module Valuing Yourself at the Centro Armonia- a retreat house near Turin for a group of 25; this was a follow-up to a presentation we gave in March at one of Turin's main hospitals to more than 110 people. We will keep you updated as events unfold.'

## Participants' comments on play

- Play opens gates and doors that weren't open before. It relaxes us and is an important part of this process.
- Play is healing – in all aspects of life even those that are hurtful. I think the greatest gift is to make people laugh even those that are dying.
- Play brings out the child in me and spontaneously bursts into song and dance and lightens up where I am.
- Play means to be without burden of responsibility and because of this we can feel tireless.
- Helps to communicate where there are different languages.



Dr Astrid Bendorir in Italy

## NEWS FROM LONDON

Maryam Taheri, VIHASA facilitator, attended a conference on 'Spirituality and the Art of Caring in Cancer' at the Royal Marsden Hospital, July 25th and introduced the VIHASA programme to medical and hospice staff.

**NORTH WALES** John Fleet continues to offer VIHASA workshops on Compassion and Values to nurses, hospice staff, care workers, advocacy teams and social workers, and also for team building days to charities such as Mind and NSPCC.

## MSc IN VALUES ARRIVES IN SCOTLAND

Three modules (Valuing Yourself, Working Together and A Spiritual Approach) adapted from VIHASA have been submitted for final approval as part of a Master of Science (MSc) programme at Robert Gordon University (RGU), Aberdeen. Each module has a taught component, a research element and application in the work setting and promotes reflection within practice. For further details contact Stephanie Morrison on [s.morrison@rgu.ac.uk](mailto:s.morrison@rgu.ac.uk)

Dr Astrid Bendorir and Stephanie Morrison are planning a module on resilience, having actively promoted the VIHASA modular programme at RGU over 2005 - 2007 with occupational therapy students. This comes at a time when there are many media reports on patients' discontent with health services and health professionals' unhappiness with working conditions.

**BECOMING RESILIENT** Resilience is the ability to 'bounce back' from adversity by maintaining a positive attitude and developing strategies to reduce stress. They write: 'Can we, as healthcare professionals thrive, provide the best service to patients, and feel happy and satisfied whilst at work? We need resilience for the wounded and resilience for the healers.'

Students show greater compassion, understanding of self and resilience since taking part in the VIHASA programme, say Stephanie and Astrid. It all adds up to a more mature professional approach.

# NEWS FROM AROUND THE WORLD

## TASTERS IN EAST ASIA

### SMILES for Davao City, Philippines

Dr Honey Abarquez was inspired to run the Values module for a cancer support group over two days in Davao City soon after attending VIHASA facilitators training in February. The theme was 'enjoying where you are on the way to where you are going'. SMILES, a group for patients in remission, those undergoing treatment, relatives and volunteers, was holding its annual event 'Celebration of Life' over March 31-April 1. Partnering with Celia Castillo, also based at Davao Doctors' Hospital, Honey shared module 1 and 2 with the nursing service in August and introduced VIHASA to some medical consultants and all resident physicians in training in the department of internal medicine.

## THAI SPIRIT UNWAVERING

Facilitators in Thailand ran modules 6 and 7, Valuing Yourself and Spirituality in healthcare, over 22 - 25 July, for a group at Sethunya Hospital. These are some of their reflections:

'From this program we can improve ourselves and know our own value and others' value.'

'I understand myself more spiritually and have more courage to discuss this with others.'

The core team meets monthly and translation of the VIHASA programme is underway. Individual exercises from these modules have also been run with healthcare students and during training at smoking cessation programmes.

## CONFERENCE CALLS: NEW DELHI,

Nirmala Ragbir-Day and Robert Day, both VIHASA facilitators, are offering a pre-workshop at the Ninth International Conference, on "Management of Transformation" in January 2008. Nirmala last presented her research paper on VIHASA *Investing in People Through a Values-Based Approach: Are Organisations Coping with Work-Related Stress?* at the University of York, March 2007.

## VIHASA HOMES IN, GURGAON, INDIA

Dr Seema has facilitated at most of the five VIHASA courses arranged for health practitioners at nursing homes in the Gurgaon area since the facilitator training in February. A trainer at the last event, she commented that workshops are well accepted and inspire attendees to learn more about the tool of meditation.

## AUSTRALIA, MELBOURNE

Dr Sarah Egger, Arnold Desser, Dr Roger Cole and Dr Russell De Souza all contributed their wisdom and experiences to the VIHASA taster retreat held in August at the Baxter Retreat Centre south of Melbourne. A VIHASA interest group has been set up.

## SOUTH AFRICA

The growing team of VIHASA facilitators based around Durban continues to offer workshops for hospices, clinics, hospitals and homes, embracing healthcare practitioners, managers, counsellors and carers alike. A fuller report will follow in the next issue.



*'It is a unique experience, to discuss an issue which is often not acknowledged.'*

*'For me, it is the sense of togetherness that I am attracted to. I work in the NHS, on wards that are very busy and if we all worked with these values, I know it would make it easier, more enjoyable and more effective. Often on the wards now, I wish other people knew about the values.'*



## FAR OUT IN SOUTH AMERICA

### Chugging out to Curacao and Bonaire

Dr Loes Bommel has introduced VIHASA to health care staff in the Dutch Antilles islands of Curacao and Bonaire. She reports: 'This VIHASA thing is running like a superfast intercity train! ...and we are enjoying the ride! In July, staff from the Elisabeth hospital, Curacao attended a day workshop and all expressed their gratitude for the introduction. They felt inspired to continue and invited us to return to the island, an invitation echoed a day later, when a group of 20 health professionals in Bonaire surrendered their lunch-break to be part of a two hour workshop and were very touched.'

'In SURINAME, nurse facilitator Angele continues with the Diakonessen hospital group, offering weekly sessions with four modules per group. We also inspire others to co-facilitate and they really fall in love with the program.'

## ARGENTINA

Dr Bommel also introduced the VIHASA program to the directing staff of Sirio Libanese hospital in April.



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For information on the activities of Global Hospital & Research Centre, Rajasthan, India, which the Janki Foundation supports, visit [www.ghrc-abu.com](http://www.ghrc-abu.com)