

resilience • values • peace • positivity • compassion •  
co-operation • valuing yourself • spirituality in healthcare

# Values in healthcare

*a spiritual approach*



A personal and team  
development programme  
for healthcare practitioners



**The Janki Foundation**  
for Spirituality in Healthcare

## Thrive and survive?

With today's emphasis on quality of service, how can healthcare professionals deliver the best possible care to patients and at the same time feel enriched and supported by their work? How can they thrive, rather than just survive?

*Values in Healthcare:* a spiritual approach addresses an important gap in personal and team development for healthcare professionals today by taking a fresh, values-based approach to their learning and practice.

## Values in a pack?

Values in Healthcare is a modular development programme which will help healthcare professionals and teams to support themselves and their patients. Through experiential exercises and opportunities for reflection and self-enquiry participants can identify their own core values and discover how their insights can enhance and revitalise their work.

The programme is delivered via a pack of materials which introduce values such as compassion, co-operation, peacefulness and self-care, and encourage participants to explore using them in their personal lives and professional practice.

The learning outcomes will enable professionals in all settings to cope better with their work, raise morale and restore a sense of purpose, helping to prevent problems of burnout, sickness absence and staff retention.

## A spiritual approach

Spirituality is the act of using our inner resources of peace, love, positivity and compassion for the benefit and healing of ourselves and others. A spiritual approach is one that enhances, reconnects and rejuvenates these qualities in our thoughts, feelings, attitudes, beliefs and actions.

Values in Healthcare emphasises this essential relationship through a number of learning tools. These include reflection, listening, appreciation, meditation, visualisation, creativity and play.

# Contents

*Values in Healthcare* comprises seven one-day modules, each of which will help groups of healthcare professionals to explore values in depth, as they relate to their personal lives and professional practice:

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Introductory Module: **Building Resilience** - a response to stress & burnout

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Module 1: **Values** – gain strength through motivation

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Module 2: **Peace** – benefit from being calm

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Module 3: **Positivity** – harness the power of thoughts

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Module 4: **Compassion** – release healing energy

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Module 5: **Co-operation** – appreciate the wisdom of teams

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Module 6: **Valuing yourself** – sustaining the Carer

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Module 7: **Spirituality in healthcare** – spiritual care in practice

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The modules are adaptable to an organisation's training needs. The programme can run in a sequence of eight days, or as one-day stand-alone workshops, or as two half-day workshops. Specific exercises and workshops can also be abstracted from the modules and incorporated into an organisation's wider development programme.

## Who can benefit from the programme?

- Practising professionals at all levels, including doctors, nurses, professions allied to medicine, social workers, managers, support and administrative staff
- Practitioners in a wide range of settings including hospitals, hospices, general practice, health centres, clinics
- Staff groups and teams, including multidisciplinary teams, primary health care teams, outpatient teams, departmental teams
- Qualifying and undergraduate teaching programmes as part of, or as elective elements of, curricula
- Postgraduate and postqualifying courses
- A range of professionals in their Continuing Professional Development

# The pack

The *Values in Healthcare* pack contains detailed guidance and all the necessary materials to run the programme, including:

- guidelines for facilitators on preparing for and running each session
- information about the learning tools employed in the sessions
- background information on each module topic which can be provided as a reading handout to participants
- timed programmes for each session, each comprising exercises, feedback, review, action planning and evaluation
- exercise sheets and handouts
- warm-up exercises, movement exercises and closure exercises
- action planning and evaluation proformas
- CDs containing meditations and music to be used during some of the exercises

## To Purchase

- The printed (approx 500 pp) pack comes as a ringbinder with two CDs, at a very reasonable cost. The pack can also be downloaded free of charge. Both are available from the website.

## About The Janki Foundation

**The Janki Foundation** (previously known as The Janki Foundation for Global Health Care) is a UK charity promoting spirituality in healthcare. Great advances in the field of medicine on the physical level have led to ever-increasing demands on the health services, but at the expense of a more human-centred ethic and practice.

The Foundation acknowledges the central role of positive thoughts and feelings, compassion and kindness in maintaining wellbeing and preventing illness. Through publications, experiential learning, talks, and networking, the Foundation provides opportunities to further such approaches among individuals and professionals.

A core group of concerned healthcare professionals have written and designed *Values in Healthcare* by drawing on their personal experience and teaching within their specialties (general practice, psychiatry, nursing, medical education, surgery, occupational therapy, complementary therapy, and organisational consulting).

The programme has been used in the UK and internationally by individuals involved in the medical and nursing professions, as well as by educational establishments.

## What can I do?

If you would like more information about Values in Healthcare and want to be kept informed about the programme please Join our Mailing List'

## Further information

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# Health and Healing

Spiritual awareness is an energy that transcends religion, culture, possessions, social status and language. It strengthens our self-image, such as to enable the mind to become steady in the face of life's challenges, and the body to stay within the limits of healthy function.

We are more vulnerable to suffering and disease when we identify ourselves with the physical aspects of reality, including the body, relationships and the actions we perform. This is because everything of the physical world is in a state of constant flux. Faced with loss (or the threat of loss) of external support over which we have little or no control, we are liable to become fearful and defensive. People and situations then weigh heavily upon us. Prolonged negative feelings drain us of confidence and strength and are a common cause of many types of illness.

When we focus on the positive side of what it means to be human, experiencing shared values such as love, peace and joy, we move towards a state of resilience and strength which promotes healing and health.



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