

Key Elements in Facilitating Spirituality

We all have something inside us which makes us tick and grounds us.

This is our spirituality. Like empowerment, facilitating spirituality amongst others is a challenging and ongoing collaborative exercise. Many individuals are however uncertain of how the process can be undertaken. It should begin when you first meet a service user and last for the duration of your therapeutic relationship. Whilst doing so, consider how spirituality may facilitate, maintain or even hinder mental health. So, how can you create an environment where this is a possibility? The following diagram summarises the key elements in facilitating spirituality.

Environmental considerations

Create a culture that is: facilitative, supportive, recognises diversity and other fundamental principles. It should be one that communicates that it is OK to think about and practice spirituality.

Create areas for practice and reflection.

Increase awareness of formal and informal possibilities and opportunities.

Knowing yourself

Reflect: Develop your own confidence in facilitating spirituality and have an awareness of your own spirituality.

Important principles

Inclusive: do not exclude those identifying themselves as without spirituality.

Encourage: Positive beliefs and values, respect and grounding. Work with the whole person.

Facilitate: empathy, hope and meaning.

Be: Person centred and individualised.

Evolving, not static.

Working with Individuals



Many interlinked factors play a role in spirituality

Assess: Assessment tools – explore locally what would best suit the needs of the service.

Embrace diversity: recognise differences (Keeping the faith), respect perspectives.

Ask about spirituality: encourage talking about it – when initially meeting and on an ongoing basis.

Encourage: identification of the important elements of life.

Signposting

Identify and foster potential partnerships. Facilitate links with user groups, organisations, and practice initiatives.

Include: Faith organisations, pastoral care and other organisations such as voluntary contacts.

Be creative and think about opportunities such as art, music, volunteering, peer support, sport.

Know the available resources and make national and local links with them.