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HIV CARE & TREATMENT

What Do You Believe?

How Spiritual Health Plays an Essential Part in
Addressing Trauma and Improving Wellness

Deborah Borne, MD, MSW, Medical Director Transitions Care Coordination,
San Francisco Department of Public Health

Matt Bennett, Bennett Innovation Group & Optimal HRV

Disclosures



Neither presenter has relevant financial or non-financial interests to disclose.

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Learning Outcomes



At the conclusion of this activity, the participant will be able to:

- Define Spiritual Health
- Understand the connection between Spiritual health, wellbeing, and trauma recovery
- Examine ways that we can incorporate spiritual health into our health care practice

Who we are



- Matt Bennett, Bennett Innovation Group, L3C & Optimal HRV
 - matt@BIGL3C.org
 - Trauma-informed Lens Podcast: www.connectingparadigms.org
 - www.optimalhrv.com – Free book!

- Deborah Borne, MD, MSW,
 - San Francisco Department of Public Health
 - deborah.borne@sfdph.org



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What is Spirituality?



spir·it·u·al·i·ty
,spiriCHōō'alədē/
noun

noun: spirituality; plural noun: spiritualities

the quality of being concerned with the human spirit or soul as opposed to material or physical things.

"the shift in priorities allows us to embrace our spirituality in a more profound way"



What is Spirituality (cont)



Spirituality is a broad concept with room for many perspectives. In general, it includes a sense of connection to something bigger than ourselves, and it typically involves a search for **meaning** in life. As such, it is a universal human experience—something that touches us all

Spirituality

Where do I find meaning?

How do I feel connected?

How should I live?

Religion

What practices, rites,
or rituals should I follow?

What is right and wrong?

What is true and false?

belief
comfort
reflection
ethics
awe



Emotional vs Spiritual Health

- Spirituality is about seeking a meaningful connection with something bigger than yourself, *which can result in positive emotions, such as peace, awe, contentment, gratitude, and acceptance.*
- Emotional health is about cultivating a positive state of mind, *which can broaden your outlook to recognize and incorporate a connection to something larger than yourself.*

Why Spirituality?



“the aspect of humanity that refers to the way individuals seek and express meaning and purpose and the way they experience their connectedness to the moment, to self, to others, to nature, and to the significant or sacred.”

Christina Puchalski, MD, Director of the George Washington Institute for Spirituality and Health,



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The Connection Between Spiritual, Biological, and Psychological Health and Trauma Recovery

The Journey to Post-Traumatic Growth



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NORMAL LIFE

NORMAL LIFE

TRAUMA

LIGHT

POST TRAUMATIC

SUFFERING

DARKNESS

GROWTH

CHALLENGES

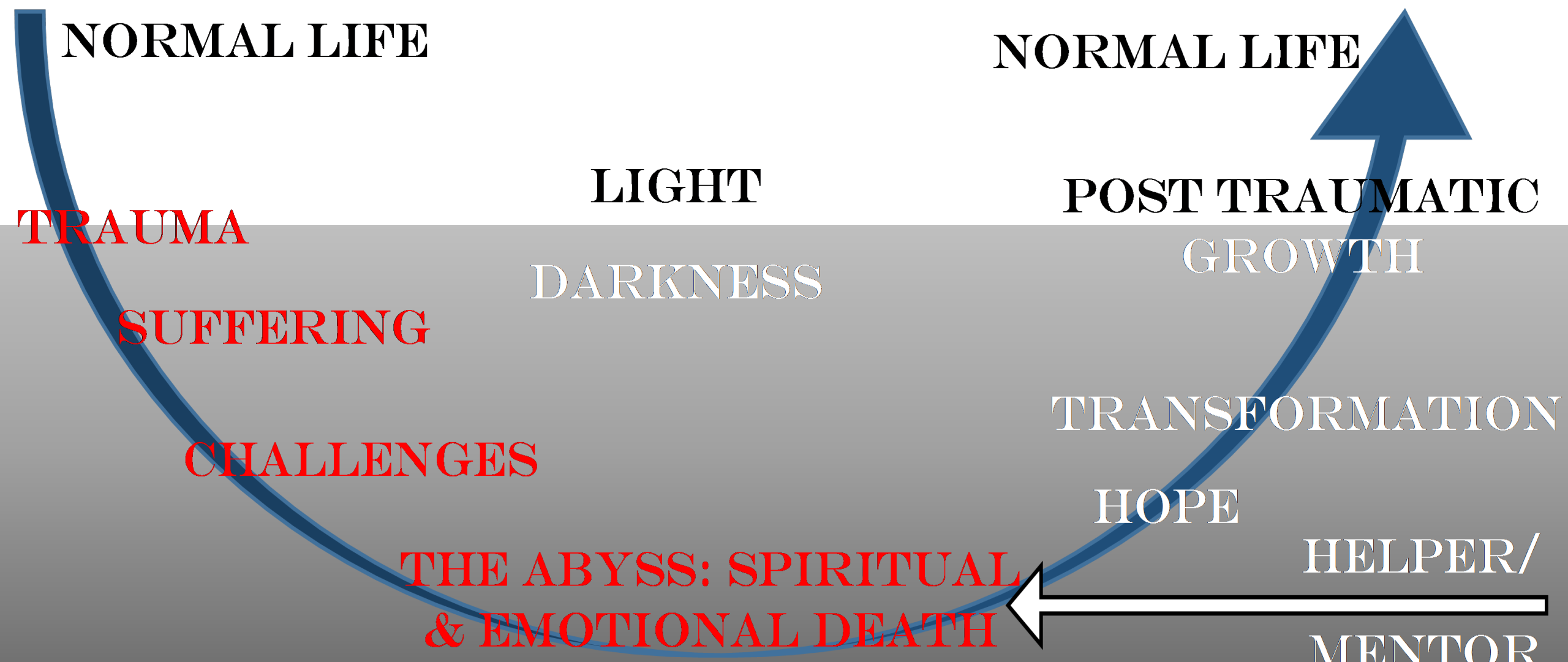
TRANSFORMATION

HOPE

**THE ABYSS: SPIRITUAL
& EMOTIONAL DEATH**

**HELPER/
MENTOR**

MENTOR



Trauma & Spirituality



- Religious Trauma
 - More frequent and powerful than we realize
 - Loss of faith can be a consequence of trauma
 - Loss of faith community
- Spirituality and Personal Narratives
 - Why did God let this happen to me?
 - Loss of connection to self, others, and spirit

Spirituality, Resiliency, & Post-traumatic Growth



- “Jesus and a case manager!”
- Next chapter of their narrative story
- Reconnecting to spirit
 - Changes social networks
 - Provides role models
 - Pathways to forgiveness and reclaiming self-worth
 - Mindfulness practice
 - Rediscovering values



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How do we acknowledge & talk
spirituality?

For many, spirituality is connected to large questions about life and identity:



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- Am I a good person?
- What is the meaning of my suffering?
- What is my connection to the world around me?
- Do things happen for a reason?
- How can I live my life in the best way possible?

What brings you awe?



- Nature
- Animals
- Music
- Sanctuary

FACT- Assessment



- **F**— Faith (and/or Beliefs, Spiritual Practices)
- **A**— Active (and/or Availability, Accessibility, Applicability)
- **C** – Coping (and/or Comfort); Conflict (and/or Concern)
- **T** –Treatment Plan

Contact Information



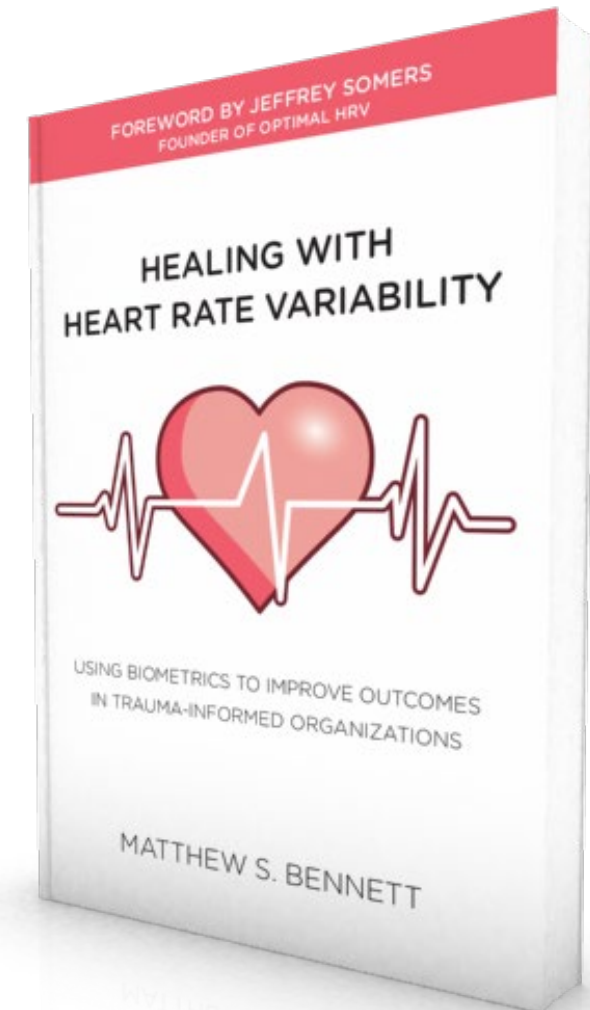
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San Francisco Department of Public Health
deborah.borne@sfdph.org

Matt Bennett, MBA, MA
Bennett Innovation Group
matt@BIGL3C.org

720.635.5504

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ryanwhite.cds.pesgce.com

Resources



- The George Washington Institute for Spirituality & Health
 - 2600 Virginia Avenue, NW Suite 300
Washington, DC 20037
 - caring@gwish.org
- <http://www.takingcharge.csh.umn.edu/enhance-your-wellbeing/purpose/spirituality/what-spirituality>