



# Spiritual Care Course

**The purpose of this new course** is to enable you to pay attention to the deeper spiritual needs of those you care for, and thus to be able to exercise that care with more compassion. It aims to help you build resilience in those approaching the end of their lives, but also to look after yourself more effectively—to exercise self-care.

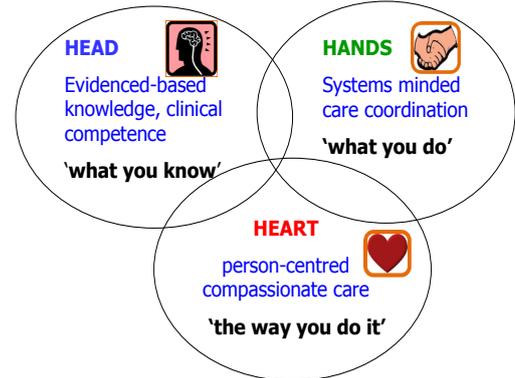
**Who should attend?** If you work in care homes, hospitals or primary care, & are responsible for those approaching the end of their lives, this course is for you. It would also be appropriate for hospital chaplains and members of chaplaincy teams, and others who visit care home residents or hospital patients regularly on a voluntary basis.



**Why would you want to do it?** The Course defines spirituality as that which gives meaning and purpose to life and helps build resilience in the face of life's uncertainties. It explores the difference between religion and spirituality. It aims to give confidence in our spiritual care so that those we care for can both live well and die well. It will help you care compassionately, pay attention to your own self-care and build up your resilience.

## Improving End of Life Care with GSF

### 'Head Hands and Heart'



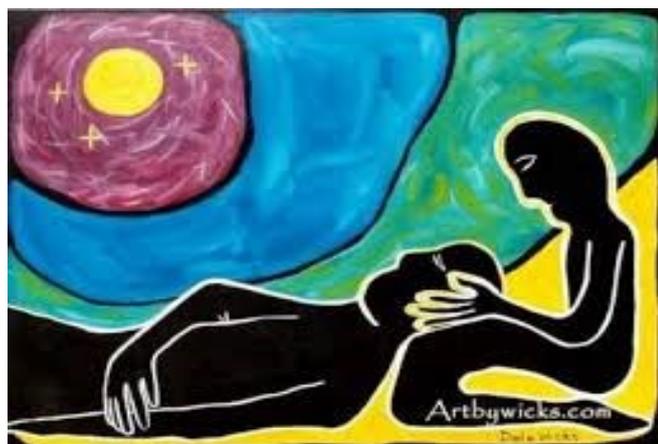
This course complements the 'head, hands and heart' approach of GSF in improving end of life care. It has been developed in partnership between The GSF Centre and Staffordshire University, will lead to a certificate and will contribute to other GSF training programmes.

*"It is important to distinguish between spiritual care, which is the responsibility of all, and religious care which is more specifically the responsibility of the Chaplain." ("Life to be lived" Proot & Yorke)*

*"People, including those thought to be in their last days of life, should have their emotional, psychological, social and spiritual needs addressed. Appropriately trained health and social care staff should be confident in discussing spiritual needs." (Leadership Alliance for the Care of Dying People) 2013)*

*"Please forgive me, I forgive you, Thank you, I love you.", known as the 'Four Things That Matter Most' (Ira Byock.) This course will help you develop the capacity in those you care for to put their house in order, to make peace and to be thankful for their lives, as they near their end.*

**What does the course cover?** It will help you understand the difference between spirituality and religion. It explores spiritual assessment, introduces some spiritual tools and discusses Advance Care Planning. It discusses the role of religion, relationships and ritual, and the sources of hope and resilience. Paying attention to the inner life will help produce compassionate care and resilience.



**How much will it cost?** The course can be delivered in a number of ways, and the cost is dependent on which is chosen.

“Very enjoyable course; I would recommend it.”  
Senior staff nurse, hospice at home team leader.

**Compassion in Action**  
I was hungry and you gave Me food;  
I was thirsty and you gave Me drink;  
I was a stranger and you took Me in;  
I was naked and you clothed Me;  
I was sick and you visited Me;  
I was in prison and you came to Me

**How much time will it take?** The course comprises four modules taking approximately 3 hours which we can send or email to you. There will be online and telephone support from Mark Thomas and the GSF team, and he will also run introductory and final workshops on request. We want the course to be available in whatever way is most helpful to you—please contact us for more information.

### **Who are the authors of the course?**

The course has been produced in collaboration by The Revd Mark Thomas of GSF and Professor Peter Kevern of Staffordshire University. Other contributors are Professor Max Watson, Professor Wilf McSherry, Dr Chris Absolon and Debbie Kerslake of CRUSE. It is produced under The Gold Standards Framework banner as one their courses in end of life care.

*“The fact that there is now a gold standard for care homes means that there is the possibility that nationwide, the quality of care for people who are dying in this country will change. ... ..I don’t think there’s been enough emphasis placed on actually what the emotional, spiritual and values standards in care homes – and that’s why this (GSF) is so important “*

*Baroness Julia Neuberger, GSF Care Homes Award Ceremony June 2011*

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