



## **2023-2024 Duke University Workshops**

These workshops are designed for healthcare professionals (physicians, nurses, social workers, rehabilitation therapists, etc.), chaplains (healthcare and military), community clergy, mental health professionals (counselors, psychologists, pastoral counselors), students of every type (high school, undergraduate, graduate, etc.), and anyone else interested in the role that faith plays in health and well-being (and how to utilize this information in their current or future work).

### **2023**

1-day Spirituality and Health Research workshop (December 9, online/Zoom)

### **2024**

- I. 1-day Moral Injury workshop (February 10, online/Zoom)
- II. 1-day Integrating Spirituality into Patient Care workshop (March 16, online/Zoom)
- III. 5-day Spirituality and Health Research workshop (August 12-16, on-site)
- IV. 1-day Integrating Spirituality into Patient Care workshop (August 17, on-site)

### **2023**

#### **1-day Spirituality and Health Research Workshop (online/Zoom)**

Given the overwhelming response to our on-site 5-day Duke University spirituality and health research workshop held in Durham, North Carolina, we have decided to offer a 1-day online spirituality and health research workshop via Zoom that researchers anywhere in the world can attend. We will be holding this 8-hour workshop on **Saturday, December 9, 2023.**

#### **Schedule (Dec 9)**

8:45-9:00	Introduction and review of schedule
9:00-9:30	Definitions (religion, spirituality, secular humanism)
9:30-9:45	Sources of information on religion, spirituality and health (RSH)
9:45-10:00	Review of research on RSH and mental health
10:00-10:15	Q & A
10:15-10:30	Break
10:30-11:00	Review of research on RSH and physical health
11:00-11:15	Mechanisms - why and how
11:15-11:45	Highest priority studies for future research
11:45-12:00	Q & A
12:00-1:00	Lunch break
1:00-1:30	Measures of religiosity and spirituality

1:30-1:45	Q & A
1:45-2:15	Where to obtain funding for RSH research
2:15-2:45	Managing a research project
2:45-3:00	Q & A
3:00-3:15	Break
3:15-4:15	Writing a research paper and getting it published
4:15-4:45	Career development in RSH
4:45-5:00	Final Q & A
5:00	Adjourn

## 2024

### I. 1-day Moral Injury Workshop (online/Zoom)

Given increased interest in the topic of “Moral Injury” (the internal emotional turmoil experienced as a result of transgressing moral values, which initially received attention in active-duty military and veterans following combat operations, but now has expanded to include first responders, healthcare professionals, and others exposed to severe trauma), we will be holding a **full-day online workshop on Moral Injury via Zoom** on **Saturday, February 10, 2024**. See below for outline of schedule.

#### **Schedule (Feb 10)**

8:45-9:00	Introduction
9:00-9:30	Definition of Moral Injury
9:30-9:45	PTSD and overlap with MI
9:45-10:00	Identifying MI
10:00-10:15	Q & A
10:15-10:30	Break
10:30-11:00	Prevalence and causes of MI
11:00-11:30	Consequences of MI (vs. comorbidity)
11:30-11:45	Suicide from MI
11:45-12:00	Q & A
12:00-1:00	Lunch break
1:00-1:30	Protective factors
1:30-1:45	Prevention of MI
1:45-2:00	Q & A
2:00-2:15	Person-centered treatment of MI
2:15-2:45	Secular treatments for the non-religious
2:45-3:00	Q & A
3:00-3:15	Break
3:15-3:30	Spiritually-integrated cognitive processing therapy (SICPT) for MI
3:30-4:00	Chaplain interventions for MI (Building Spiritual Strengths, PND)
4:00-4:45	Structured chaplain interventions (Christian, Jewish, Muslim, Buddhist, Hindu)
4:45-5:00	Q & A
5:00	Adjourn

## **II. 1-day Integrating Spirituality into Patient Care Workshop (online/Zoom)**

Due to multiple requests to have an online version of our 1-day workshop on **Integrating Spirituality into Patient Care**, we are holding a workshop via Zoom on **Saturday, March 16**, opening it up to anyone in the world with online access.

### **Schedule (Mar 16)**

9:00-9:30	Introduction and sources of information
9:30-10:00	Why address spiritual issues - clinical rationale
10:00-10:30	Why address spiritual issues - research rationale
10:30-10:45	Q & A
10:45-11:00	Break
11:00-11:30	How to address spiritual issues - the Spiritual History
11:30-12:00	Prayer and other interventions
12:00-1:00	Lunch break
1:00-1:30	When to address spiritual issues - timing of spiritual interventions
1:30-2:00	What might result - positive outcomes
2:00-2:30	What might result - negative outcomes
2:30-2:45	Q & A
2:45-3:00	Break
3:00-3:30	The role of medical physicians
3:30-4:00	The role of nurses, chaplains, social workers, and the Spiritual Care Team
4:00-4:30	The role of mental health professionals and clergy
4:30-5:00	Integrating spirituality into all work settings
5:00-5:15	Q & A
5:15	Adjourn

## **III. 5-day Spirituality and Health Research Workshop (August 12-16)**

Register for our 20th annual 5-day onsite Duke University summer research workshop to be held in-person. For more information, see <https://spiritualityandhealth.duke.edu/index.php/5-day-summer-research-course/>). For an article on how to obtain research training on religion, spirituality and health, specifically with regard to this workshop, go to: <https://rdcu.be/ceFH4>.

As usual, our faculty this year come from Duke, Yale, and University of Pennsylvania, and includes physicians, theologians, nurses, and chaplains with extensive research and clinical experience in quantitative and qualitative research. The workshop compresses material presented in our past 2-year post-doctoral fellowship into 5 days, and is the only place in the world where specific training on how to conduct research on religion, spirituality & health can be obtained from researchers active in the field for nearly 40 years. We recommend this courses for researchers early in their career and for seasoned researchers wishing to shift their work into spirituality & health, as well as for undergraduate and graduate students working on their dissertations or others considering research in this area. Those more generally interested in spirituality and health will also find the workshop useful and inspiring, as we cover a lot of material applicable to laypersons and clergy. This is the 19th year the workshop is being offered, with more than 1000 attendees over the years.

## Schedule (Aug 12-16, 2024)

**Monday** (August 12) (5.75 hrs CE eligible, includes 30 min mentorship, if approved)

- 8:00-8:30A Registration
- 8:30-9:00 Introduction and review of schedule
- 9:00-9:15 Interacting with other participants during and after the workshop (Dr. Katherine Britt)
- 9:15-10:15 Presentation by Dr. Dan Blazer on building an academic career
- 10:15-10:30 Break
- 10:30-11:15 Discussion of participants' interests
- 11:15-12:00 Sources of information on religion, spirituality and health
- 12:00-1:00 Lunch on your own
- 1:00-3:00 Individual meetings with mentors or Track Meetings
- 3:00-4:00 Religion, spirituality and health: past, present and future
- 4:00-4:15 Break
- 4:15-4:55 Definitions
- 5:00-5:30 Individual meeting with Dr. Koenig (and between 1:30-3:00)

**Tuesday** (August 13) (5.25 hrs CEU eligible)

- 8:30-10:00 Presentation by Dr. John Oliver on research by chaplains
- 10:00-10:15 Break
- 10:15-11:15 Review of previous research – mental health
- 11:15-12:15 Review of previous research - physical health
- 12:15-1:00 Lunch on your own
- 1:00-3:00 Individual meetings with mentors or Track Meetings
- 3:00-3:30 Review of previous research – use of health services
- 3:30-3:45 Mechanisms – why and how
- 3:45-4:00 Break
- 4:00-4:55 Highest priority studies for future research; lowest priority studies & dead ends
- 5:00-5:30 Individual meetings with Dr. Koenig (and between 1:30-3:00)

**Wednesday** (August 14) (5.25 hrs CEU eligible)

- 8:30-10:00 Presentation by Dr. Warren Kinghorn on theological aspects of S & H
- 10:00-10:15 Break
- 10:15-12:00 Measures of religion and spirituality
- 12:00-1:00 Lunch on your own
- 1:00-2:30 Individual meetings with mentors or Track Meetings
- 2:15-2:50 *Special Event*: The View from a Researcher's Spouse (by Charmin Koenig, RN, RT)
- 3:00-3:45 Where to obtain funding for research
- 3:45-4:00 Break
- 4:00-4:30 Designing a study I. Research question, sample, and a design
- 4:30-4:55 Designing a study II: Qualitative research
- 5:00-5:30 Individual meeting with Dr. Koenig (and between 1:30-3:00)

**Thursday** (August 15) (5.25 hrs CEU eligible)

- 8:30-10:00 Presentation by Dr. Katherine Britt on qualitative research methods
- 10:00-10:15 Break
- 10:15-11:15 Designing a study III: observational studies (epidemiology)
- 11:15-12:00 Designing a study IV: randomized clinical trials
- 12:00-1:00 Lunch on your own
- 1:00-3:00 Individual mentorship meetings (Britt, Koenig, & Williams or Track Meetings)
- 1:00-2:50 *Special Event*: Burnout among Physicians and Clergy (Ben Doolittle, MD, Yale University)
- 3:00-3:45 Designing a study V: randomized clinical trials (examples R/S-health research)
- 3:45-4:00 Break
- 4:00-4:55 Statistics and modeling

5:00-5:30 Individual meetings with Dr. Koenig (and between 1:30-3:00)

**Friday (August 16) (8.0 hrs CEU eligible)**

8:30-10:00 Presentation by Dr. Redford Williams on the biology of spirituality  
10:00-10:15 Break  
10:15-12:00 Writing a Grant  
12:00-1:00 Lunch on your own (**remember, presentations begin at 1:00P today**)  
1:00-2:00 Managing a research project (hiring staff, protecting data, IRB issues, etc.)  
2:00-3:00 Writing a research paper for publication; revising and resubmitting  
3:00-3:15 Break  
3:15-4:00 Presenting research to professional and public audiences  
4:00-4:30 Working with the media  
4:30-4:55 Final thoughts on career development  
5:00 Adjourn  
5:00-5:30 Individual meetings with Dr. Koenig

**SCHOLARSHIPS for 5-day Research Workshop**

We are offering **partial tuition scholarships** (\$600) for those with serious financial hardships, reducing standard tuition from \$1200 to \$600 (or \$500 without individual mentorship). Tuition discounts (\$200) are also available for APC members and for members of other professional societies (for those not applying for a scholarship).

The 5-day workshop has been previously approved for 32.5 continuing medical education credits from Duke School of Medicine, and while it currently provides no CME or CEU, many attendees have gotten their certifying bodies to approve the course for CME/CEU based on the course syllabus and prior approval. The Association of Professional Chaplains (APC) has previously indicated that this educational event provides 30.5 hours of continuing education that can be applied to the educational hours required by the Board of Chaplaincy Certification, Inc.

**IV. 1-day Integrating Spirituality into Patient Care Workshop (on-site)**

Register for our 1-day Duke University workshop on **Integrating Spirituality into Patient Care** to be held in-person in Durham, North Carolina, on **Saturday, August 17, 2024** (following our 5-day spirituality and health research workshop on August 12-16).

Because our 5-day research workshop focuses on conducting research and career development in the area of religion, spirituality and health, we do not have sufficient time during that workshop to address clinical issues and applications. Therefore, we are holding a separate day to comprehensively deal with why, how, and when to integrate spirituality into the care of patients and other work settings. See below for outline of schedule.

**Schedule (Aug 17)**

8:30-9:00 Registration  
9:00-9:30 Introduction and sources of information  
9:30-10:00 Why address spiritual issues - clinical rationale  
10:00-10:30 Why address spiritual issues - research rationale

10:30-10:45	Q & A
10:45-11:00	Break
11:00-11:30	How to address spiritual issues - the Spiritual History
11:30-12:00	Prayer and other interventions
12:00-1:00	Lunch break
1:00-1:30	When to address spiritual issues - timing of spiritual interventions
1:30-2:00	What might result - positive outcomes
2:00-2:30	What might result - negative outcomes
2:30-2:45	Q & A
2:45-3:00	Break
3:00-3:30	The role of medical physicians
3:30-4:00	The role of nurses, chaplains, social workers, and the Spiritual Care Team
4:00-4:30	The role of mental health professionals and clergy
4:30-5:00	Integrating spirituality into all work settings
5:00-5:15	Q & A
5:15	Adjourn

### **Faculty (for 1-day workshops)**

Harold G. Koenig, M.D.

<https://spiritualityandhealth.duke.edu/index.php/harold-g-koenig-m-d/>

### **Faculty (for 5-day workshops)**

Multiple

<https://spiritualityandhealth.duke.edu/files/2023/06/Faculty-Biosketches-2023-2.pdf>

### **Location**

Online: via Zoom (link to be sent when registration and tuition received)

Onsite on Aug 12-16, 2024: local conference facility near Duke University in Durham, NC

Onsite on Aug 17, 2024: local conference facility near Duke University in Durham, NC

### **Cost for Online Spirituality & Health Research workshop (Dec 9, 2023)**

\$249 (includes PDF of PowerPoint presentation)

### **Cost for Online Integrating Spirituality into Patient Care workshop (Feb 10, 2024)**

\$199 (includes PDF of PowerPoint presentation)

### **Cost for Online Integrating Spirituality into Patient Care workshop (March 16, 2024)**

\$199 (includes PDF of PowerPoint presentation)

### **Cost for Onsite Spirituality & Health Research workshop (Aug 12-16, 2024)**

\$1200 to cover tuition, snacks, facility rental, 500 page syllabus (\$600 tuition reduction scholarships available for those who are financially struggling; requires formal application)

### **Cost for Onsite Integrating Spirituality into Patient Care workshop (Aug 17, 2024)**

\$300 to cover tuition, snacks, and facility rental (and PDF of PowerPoint presentation)

### **Cost for Individual Online Mentorship (time to be arranged)**

\$150 (45 minute session with Dr. Koenig via Zoom)

## **Registration**

- Write check out to: "Duke University Medical Center, Department of Psychiatry"
- Send to: Csth, 415 Clarion Drive, Durham, NC 27705
- Provide email address where receipt can be sent
- To wire tuition funds, email Dr. Koenig for instructions

## **Questions**

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**Please forward this information to anyone you think might be interested**