



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 (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).

- I. 1-day Integrating Spirituality into Patient Care workshop (March 16, online/Zoom)
- II. 1-day Moral Injury workshop (June 22, 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)
- V. 1-day Moral Injury workshop (Oct 19, online/Zoom)
- VI. 1-day Spirituality and Health Research workshop (December 14, online/Zoom)

I. 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 an 8-hour 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

II. 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, June 22, 2024**. See below for outline of schedule.

1-day online Moral Injury Workshop Schedule (June 22)

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

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>.

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

V. 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, October 19, 2024**. See below for outline of schedule.

1-day online Moral Injury Workshop Schedule (Oct 19)

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

VI. 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 14, 2024.**

Schedule (Dec 14)

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

Faculty (for 1-day online and in-person workshops)

Harold G. Koenig, M.D.

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

Faculty (for 5-day workshop)

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 Integrating Spirituality into Patient Care workshop (March 16, 2024)

\$199 (includes PDF of PowerPoint presentation and certificate of attendance if desired)

Cost for Online Moral Injury workshop (June 22, 2024)

\$199 (includes PDF of PowerPoint presentation and certificate of attendance if desired)

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

\$1300 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, and certificate of attendance if desired)

Cost for Online Moral Injury workshop (Oct 19, 2024)

\$199 (includes PDF of PowerPoint presentation and certificate of attendance if desired)

Cost for Online Spirituality & Health Research workshop (Dec 14, 2024)

\$249 (includes PDF of PowerPoint presentation and certificate of attendance if desired)

Cost for Individual Online Mentorship (time to be arranged)

\$200 (60 minute session with Dr. Koenig via Zoom; \$100 for a 30 minute session)

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

Harold.Koenig@duke.edu

Please forward this information to anyone you think might be interested