



2025 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. 8-hour Faith, Holiness and Human Flourishing workshop **Part 1** (April 26, 2025, online/Zoom)
- I. 8-hour Faith, Holiness and Human Flourishing workshop **Part 2** (June 7, 2025, online/Zoom)
- II. 5-day Spirituality and Health Research workshop (Aug 11-15, 2025, **onsite in-person**)
- III. 1-day Integrating Spirituality into Patient Care workshop (Aug 16, 2025, **onsite in-person**)
- IV. 8-hour Moral Injury workshop (Oct 11, 2025, online/Zoom)
- V. 8-hour Integrating Spirituality into Patient Care workshop (Nov 8, 2025, online/Zoom)
- VI. 8-hour Spirituality and Health Research workshop (December 6, 2025, online/Zoom)

I. 8-hr Faith, Holiness, & Human Flourishing Workshop – Part 1 (April 26, 2025, online/Zoom)

Given increased interest in the topic of “Human Flourishing” (a state of happiness/well-being, meaning and purpose, virtue/morality, close social relationships, mental/physical health, & financial/material stability) and the narrow pathway that leads to it, we will be holding a **full-day online workshop on Faith, Holiness, and Human Flourishing via Zoom** on **Saturday, April 26, 2025**. See below for outline of schedule.

Schedule (April 26)

8:45-9:00	Introduction and review of schedule
9:00-9:15	Definitions (faith, holiness, human flourishing)
9:15-9:30	Sources of information on human flourishing
9:30-9:45	Q & A
9:45-10:00	Break
10:00-11:00	Review of research on faith/holiness and human flourishing
11:00-11:15	Q & A
11:15-11:45	Overview of 8 programmatic interventions to enhance human flourishing
11:45-12:00	Q & A
12:00-1:00	Lunch break
1:00-2:00	1. Loving God , with Q & A
2:00-3:00	2. The Kindness Challenge , with Q & A
3:00-3:15	Break
3:15-4:15	3. Expressing Appreciation , with Q & A

4:15-5:15 4. **The Gratitude Challenge**, with Q & A
5:15 Adjourn

I. 8-hr Faith, Holiness, & Human Flourishing Workshop – Part 2 (June 7, 2025, online/Zoom)

Schedule (June 7)

8:45-9:00 Introduction and review of schedule
9:00-9:15 Review: Definitions
9:15-9:30 Review & Update: Sources of information
9:30-10:00 Review: Research on faith/holiness and HF
10:00-10:15 Q & A
10:15-10:30 Break
10:30-11:00 Overview of 8 programmatic interventions to enhance human flourishing
11:00-11:45 5. **Building Character Strengths**
11:45-12:00 Q & A
12:00-1:00 Lunch break
1:00-2:00 6. **Becoming more Forgiving**
2:00-2:15 Q & A
2:15-3:15 7. **Becoming more Humble**
3:15-3:45 Q & A and Break
3:45-5:00 8. **Attention to the Brain and Physical Body**
5:00-5:15 Final Q & A
5:15 Adjourn

II. 5-day Spirituality and Health Research Workshop (August 11-15)

Register for our 21st 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>.

III. 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 16, 2025** (following our 5-day spirituality and health research workshop on August 11-15). 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 16)

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

IV. 8-hour 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 11, 2025**. See below for outline of schedule.

8-hour online Moral Injury Workshop Schedule (Oct 11)

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)
4:45-5:15	Q & A
5:15	Adjourn

V. 8-hour Integrating Spirituality into Patient Care Workshop (online/Zoom)

For those who cannot attend the 1-day workshop in person (above), we are presenting the workshop online, allowing participation by interested clinicians and clergy throughout the world. This full day Duke University workshop on **Integrating Spirituality into Patient Care** will be held online by Zoom on **Saturday, November 8, 2025**. During this workshop we will 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 (Nov 8)

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

VI. 8-hour 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 (see above), 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 6, 2025**.

Schedule (Dec 6)

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; multiple faculty for 5-day W/S)

Harold G. Koenig, M.D.

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

Location

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

In-Person: local conference venue in Durham, NC

Cost for Online Faith, Holiness, and Human Flourishing Part 1 & 2 (April 26 & June 7, 2025)

\$300 (includes PDF of PowerPoint presentation and certificate of attendance if desired)

Tuition is negotiable students in those with financial problems; contact Dr. Koenig.

Cost for In-Person Spirituality & Health Research workshop (Aug 11-15, 2025)

\$1300 (includes 500-page syllabus and certificate of attendance if desired)

Tuition is negotiable students in those with financial problems; contact Dr. Koenig.

Cost for In-Person Integrating Spirituality into Patient Care workshop (Aug 16, 2025)

\$300 (includes PDF of PowerPoint presentation and certificate of attendance if desired)

Tuition is negotiable students in those with financial problems; contact Dr. Koenig.

Cost for Online Moral Injury workshop (Oct 11, 2025)

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

Tuition is negotiable students in those with financial problems; contact Dr. Koenig.

Cost for Online Integrating Spirituality into Patient Care workshop (Nov 8, 2025)

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

Tuition is negotiable students in those with financial problems; contact Dr. Koenig.

Cost for Online Spirituality & Health Research workshop (Dec 6, 2025)

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

Tuition is negotiable students in those with financial problems; contact Dr. Koenig.

Cost for Individual Online Mentorship (time to be arranged)

\$200 (60-minute session with Dr. Koenig via Zoom)

Registration

- Write out check to: " Department of Psychiatry, Duke University Medical Center" and send to:
CSTH, 415 Clarion Drive, Durham, NC 27705-1818
- Provide email address where receipt can be sent.
- To wire tuition funds, email Dr. Koenig. However, please avoid wiring funds whenever possible (wired funds are almost always lost in the huge Duke University accounting system). Even if you are from a country outside of USA, simply send a check or money order from a major bank in your country to the address above.

Questions: Harold.Koenig@duke.edu