



2026 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.), life coaches, 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). Workshops by Zoom are held twice yearly.

- I-1. Faith and Human Flourishing workshop **Part 1** (Sat, May 16, 2026, online/Zoom)
- I-2. Faith and Human Flourishing workshop **Part 2** (Sat, Jun 20, 2026, online/Zoom)
- II. Update on Moral Injury workshop (Sat, July 11, 2026, online/Zoom)
- III. 5-day Spirituality and Health Research workshop (Aug 10-14, 2026, **onsite in-person**)
- IV. 1-day Integrating Spirituality into Patient Care workshop (Aug 15, 2026, **onsite in-person**)
- V. Update on Moral Injury workshop (Sat, Oct 10, 2026, online/Zoom)
- VI-1. Faith and Human Flourishing workshop **Part 1** (Sat, Oct 17, 2026, online/Zoom)
- VI-2. Faith and Human Flourishing workshop **Part 2** (Sat, Oct 24, 2026, online/Zoom)
- VII. Integrating Spirituality into Patient Care workshop (Sat, Nov 14, 2026, online/Zoom)
- VIII. Faith & Flourishing in Marriage workshop (Sat, Nov 21, 2026, online/Zoom)
- IX. Spirituality and Health Research workshop (Sat, Dec 5, 2026, online/Zoom)

I-1. Faith and Human Flourishing Workshop – Part 1 (May 16, 2026, 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 2-day online workshop on Faith and Human Flourishing via Zoom on Saturday, May 16 and June 20, 2026**. See below for outline of schedule.

Schedule (May 16)

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-2. Faith and Human Flourishing Workshop – Part 2 (June 20, 2026, [online/Zoom](#))

Schedule (June 20)

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. Update on Moral Injury Workshop ([online/Zoom](#))

“Moral Injury” (MI) is the internal emotional distress experienced as a result of transgressing moral values, observing others doing so, or being a victim of MI (guilt, shame, spiritual struggles). This topic 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 morally injurious experiences (MIEs). We will be holding a **full-day online workshop on Moral Injury via Zoom** on **Sat, July 11, 2026**, with the focus of updating what is known on the topic with its inclusion as a Z code in the DSM. See below for outline of schedule.

Online Moral Injury Workshop Schedule (July 11)

8:45-9:00	Introduction
9:00-9:45	Definition of Moral Injury
9:45-10:00	PTSD and overlap with MI
10:00-10:15	Identifying MI
10:15-10:30	Q & A
10:30-10:45	Break
10:45-11:00	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

III. 5-day Spirituality and Health Research Workshop (onsite, August 10-14, 2026)

Register for our 22nd 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. Integrating Spirituality into Patient Care Workshop (on-site, Aug 15, 2026)

Register for our 1-day Duke University workshop on **Integrating Spirituality into Patient Care** to be held in-person in Durham, North Carolina, on **Sat, Aug 15** (following our 5-day spirituality and health research workshop on August 10-14). 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 15)

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. Update on Moral Injury Workshop (online/Zoom)

“Moral Injury” (MI) is the internal emotional distress experienced as a result of transgressing moral values, observing others doing so, or being a victim of MI (guilt, shame, spiritual struggles). This topic 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 morally injurious experiences (MIEs). We will be holding a **full-day online workshop on Moral Injury via Zoom on Sat, Oct 10, 2026**, with the focus of updating what is known on the topic with its inclusion as a Z code in the DSM. See below for outline of schedule.

Online Moral Injury Workshop Schedule (Oct 10)

8:45-9:00	Introduction
9:00-9:45	Definition of Moral Injury
9:45-10:00	PTSD and overlap with MI
10:00-10:15	Identifying MI
10:15-10:30	Q & A
10:30-10:45	Break
10:45-11:00	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

VI-1. Faith and Human Flourishing Workshop – Part 1 (Oct 17, 2026, 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 2-day online workshop on Faith and Human Flourishing via Zoom on Saturday, Oct 17 and Oct 24, 2026**. See below for outline of schedule.

Schedule (Oct 17)

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

VI-2. Faith and Human Flourishing Workshop – Part 2 (Oct 24, 2026, online/Zoom)

Schedule (Oct 24)

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

VII. 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 **Sat, Nov 14, 2026**. 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 14)

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 and Adjourn

VIII. Faith & Flourishing in Marriage Workshop (Nov 21, 2026) (online/Zoom)

This 8-hour workshop is intended for those who want to improve their marital relationship, whether there are problems in the relationship or whether couples simply want to improve the quality of an already good marriage. Married or engaged couples, life coaches, counselors, chaplains, clergy, and others who provide care to those who are married or planning to be married will find practical, useful tools to enhance flourishing in marriage. The content is based on time-tested psychological, social, behavioral, and spiritual principles that have led to long-lasting and fulfilling marriages, despite the many obstacles that often stand in the way. The health of a society depends on the health of the family, and the health of the family depends on the health of the marriage. The workshop promises to provide insights that will help to improve a marriage, while at the same time avoiding the issues of confidentiality and confrontation involved in counseling that prevent many couples from pursuing help. The workshop is also an excellent first step that may lead to in-person counseling, if needed, or the workshop may be sufficient in itself.

Schedule (Nov 21)

8:00-8:15	Introduction and guidelines
8:15-8:30	Sources of information
8:30-8:45	The joys and challenges of marriage
8:45-9:45	The lies and truths about marriage #1-3 (with couple's tasks)
9:45-10:00	BREAK
10:00-11:00	The lies and truths about marriage #4-6 (with couple's tasks)
11:00-12:00	The lies and truths about marriage #7-9 (with couple's tasks)
12:00-1:00	LUNCH

1:00-1:15	Impact of children on the marital relationship
1:15-1:30	Impact of work on the marital relationship
1:30-1:45	The wife's perspective
1:45-2:00	The husband's perspective
2:00-2:45	The role of faith in marriage, with Q&A
2:45-3:00	BREAK
3:00-3:30	Expressing kindness
3:30-4:00	Expressing kindness task between couples and discussion
4:00-4:40	Becoming more forgiving
4:40-5:10	Forgiveness task between couples and discussion
5:10-5:15	Final Q&A and adjourn

IX. 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 5, 2026**.

Schedule (Dec 5)

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 workshops)

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 (May 16 & Jun 20, 2026)

\$199 for one or \$300 for both days (includes PDF of PowerPoint presentation and certificate of attendance if desired)

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

Cost for Online Moral Injury workshop (July 11, 2026)

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

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

Cost for In-Person Spirituality & Health Research workshop (Aug 10-14, 2026)

\$1300 (includes 500-page syllabus)

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

Cost for In-Person Integrating Spirituality into Patient Care workshop (Aug 15, 2026)

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

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

Cost for Online Moral Injury workshop (Oct 10, 2026)

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

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

Cost for Online Faith, Holiness, and Human Flourishing Part 1 & 2 (Oct 17 & 24, 2026)

\$199 for one or \$300 for both days (includes PDF of PowerPoint presentation and certificate of attendance if desired)

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

Cost for Online Integrating Spirituality into Patient Care workshop (Nov 14, 2026)

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

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

Cost for Online Flourishing in Marriage workshop (Nov 21, 2026)

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

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

Cost for Online Spirituality & Health Research workshop (Dec 5, 2026)

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

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

Cost for Individual Online Mentorship (time to be arranged)

\$300 (60-minute session with Dr. Koenig via Zoom)

Registration

- Write out check in USD to: "**Department of Psychiatry, Duke University**"
- Send registration form and tuition to **CSTH, 415 Clarion Drive, Durham, NC 27705-1818**
- **Provide email address** where receipt & Zoom link can be sent (for online workshops).
- 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 in USD from a major bank or money order from post office or Walmart in your country to the address above. **Only tuition in USD is accepted.**

Questions: Harold.Koenig@duke.edu