

**The Dark Night of the Soul: Assisting Clients Coping with Spiritual Distress at the End-of-Life**  
**Des Moines University, Des Moines, IA**  
**July 30, 2011**  
**9:30 a.m. – 12:00 p.m.**

**Purpose**

In this webinar, clinicians and clergy are offered tools and perspectives for clients struggling with spiritual difficulties at the end of life such as spiritual fears and anxieties, spiritual concerns and struggles, or other spiritual issues that arise as the person faces mortality.

**Target Audience**

The target audience for this program includes pastors and other spiritual leaders, counselors, nurses and other health care providers, hospice employees, and the community.

**Objectives**

Upon conclusion of this educational program, learners will be able to:

- Conduct a spiritual assessment and be able to identify sources of spiritual distress in patients at the end-of-life or in their families.
- Describe sources of spiritual distress including spiritual fears and anxieties, spiritual concerns and struggles, or other spiritual issues that arise as the person faces mortality.
- Develop an intervention plan that addresses spiritual distress.
- Defend a trans-disciplinary approach to meeting spiritual distress.

**Panel**

- Betty Kramer, Ph.D., MSSW; *Professor, School of Social Work; Member, Comprehensive Cancer Center, University of Wisconsin-Madison*
- Robert Washington, Ph.D., M.Div; *Vice President of Counseling Services, Montgomery Hospice*

**Host**

- Ken Doka, Ph.D., M.Div; *Professor of Gerontology, College of New Rochell*

**Live Panel**

- Norma Hirsch, M.D.; *Chief Medical Officer, HCI Care Services*
- Rev. Sara Schnucker Rice; *Executive Director, Des Moines Area Religious Council*
- Jeffrey Means, M.Div, Ph.D.; *Chair, Department of Behavioral Medicine, Des Moines University*

**CME Credit**

IBON: Des Moines University continuing education (provider #112) is approved by the Iowa Board of Nursing as an accredited provider. This program has been reviewed and approved for a maximum of 2.4 continuing education contact hours. Other: Attendees will be given a certificate of participation for 2.0 hours which will include: program content, objectives, presenters, location, date, time and number of education hours offered.

**Registration**

There was not a fee to attend this educational activity. For nurses requesting CEU credit, there is a \$25 fee.

**Commercial Support**

Educational grants were not accepted for this program.

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**Agenda**

Time	Program
9:30 a.m.	Registration
10:00 a.m.	<ol style="list-style-type: none"> <li>1. Spiritual Distress at the End-of –Life               <ol style="list-style-type: none"> <li>a. Assessing Spiritual Distress</li> <li>b. Assessing Families</li> </ol> </li> <li>2. Sources of Spiritual Distress               <ol style="list-style-type: none"> <li>a. Spiritual Fears and Anxieties                   <ol style="list-style-type: none"> <li>i. Fears about dying process</li> <li>ii. Fears about the afterlife and after-death</li> <li>iii. Fears about the loss of life</li> <li>iv. Fears of a particular death</li> <li>v. Fears of the death of others</li> <li>vi. Other Anxieties</li> </ol> </li> <li>b. Spiritual Concerns                   <ol style="list-style-type: none"> <li>i. Treatment issues</li> <li>ii. Moral guilt</li> <li>iii. Spiritual Anger</li> <li>iv. Spiritual Isolation</li> <li>v. Unresolved spiritual conflicts</li> </ol> </li> <li>c. Other Spiritual Issues – Legacies and Symbolic Immortality</li> <li>d. Family Distress</li> </ol> </li> <li>3. Interventive Strategies               <ol style="list-style-type: none"> <li>a. Reframing and revisiting beliefs</li> <li>b. Therapeutic rituals</li> <li>c. Utilizing Spiritual Practices</li> <li>d. Finding Support within the Faith Community</li> </ol> </li> <li>4. Conclusion: The Trans-Disciplinary Team</li> </ol>
12:00 p.m.	Adjourn

**Disclosure Statement**

Everyone in a position to control the content of this educational activity will disclose to the CME provider and to attendees all relevant financial relationships with any commercial interest. They will also disclose if any pharmaceuticals or medical procedures and devices discussed are investigational or unapproved for use by the U.S. Food and Drug Administration (FDA). Determination of educational content for this program and the selection of speakers are responsibilities of the program director. Firms providing financial support did not have input in these areas.

**Contact**

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