



Resilience & Restored Hope

Presented to Infectious Control Specialists by Dr Bethany Turner, EdD, BCCI

A graphic with a bokeh background of soft, out-of-focus light circles in shades of blue, yellow, and green. The words "Thank you" are written in a large, elegant, black cursive script. To the right of the script, the text "You helped SAVE 27,180,489 LIVES!" is displayed in a clean, sans-serif font. The number "27,180,489" is in blue, while the rest of the text is black. The graphic is set against a light grey background with a white circular shape on the right side.

You helped SAVE
27,180,489
LIVES!

Reported 2/19/2021- 27, 669, 556 Cases- 489,067 deaths= Lives Saved! <https://covid.cdc.gov/covid-data-tracker/#datatracker-home>



Celebrating Wins...

- “California’s 2020 goal for CDI prevention was achieved in 2019, and nearly 30 percent of hospitals were on track to achieve 2020 reduction targets for at least three infection types.”

What other wins do you want to celebrate from the past year?

- Professional
- Personal
- Growth filled...



Outcomes of Presentation...

Clinical Spiritual Care as Care Partners

Building Therapeutic Patient Centered & Interpersonal Relationship Skills

Reframing

Post Traumatic Growth Program

Restored Purpose






Spiritual Care is at the Heart of Finding Balance
to shift culture for self and others...

Spiritual Care in a Clinical Setting

“Spirituality is the aspect of humanity that refers to the way individuals seek and express meaning and purpose and the way they experience their connectedness to the moment, to self, to others, to nature, and to the significance of sacred.”

Puchalski, C., and Ferrell, B., et al., (2009)



Meaning	Purpose	Connection
		
Cognitive	Behavioral	Relational
Spiritual Thoughts & Meanings	Spiritual Practice: Rites, Rituals, Dietary	Spiritual Relationships & Connections

What is a Clinical Chaplain?

- M.Div or Advanced Degree in a Related Field.
- 4 Units of Clinical Pastoral Education (CPE: 1600 Hours of Clinically Supervised Training).
- 2000 hours of Clinical Professional Hours.
- Endorsement, Ordination or Licensed by a recognized entity.

Many Premier Institutions Now Also Prefer:

- Certification by one of the nationally recognized professional agencies, which requires ongoing education (50 annual CEU's) and updates on industry best practice standards.
- BCC Eligible with 2 years of Hire

Outcome- How to provide a spiritual generalist level of screening and support.

2016 White Paper <https://www.healthcarechaplains.org/docs/about/spirituality.pdf>
Beryl Institute White Paper on Spiritual Care- Wolf, J., Palmer, S., Handzo, G. The Critical Role of Spirituality in Patient Experience.
Perry, Brent. Outcome Oriented Chaplaincy. Jessica Kingsley Publishers. ISBN 247-11-7866

Reframing: Write Your Own Headlines!



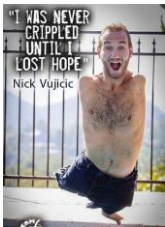
Sometimes I just want it to stop. Talk of Covid, protests, looting, brutality. I lose my way. Become convinced that this "new normal" is real life.

But, then I meet an 87 year old who talks of living through Polio, diphtheria, Vietnam, protests and yet is still enchanted with life. He seemed surprised when I said that 2020 must be especially challenging for him. "No", he said slowly looking me straight in the eyes, "I learned a long time ago to not see the world through the printed headlines, I see the world through the people that surround me. I see the world with the realization that we love big. Therefore, I just choose to write my own headlines. "Husband loves wife today. " "Family drops everything to come to Grandmas bedside." He patted my hand "Old man, makes new friend".

His words collide with my worries, freeing them from the tether I had been holding tight. They float away. I am left with a renewed spirit. My headline now reads "woman overwhelmed by the spirit of kindness and the reminder that our Capacity to love is never ending "



Nature Finds a Way!



Everything is Impossible until it's done!



Today is a new day that I've never seen!

Life Review

We are hard wired to conquer the impossible...

Think back to when you were a child?

- What seemed impossible?
- Teen?
- Young Adult?
- Adult?

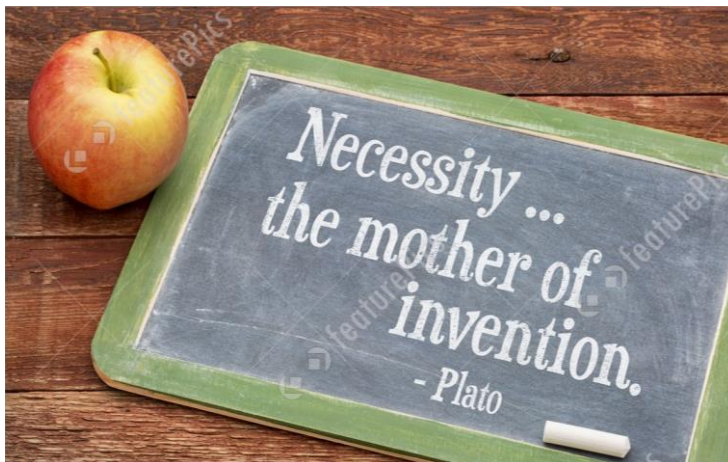
You are 100% successful so far, what makes you think you won't be in the future?



MAN HAS ALWAYS ACHIEVED WHAT IS POSSIBLE.

Those who have cautiously done no more than they believed possible have never taken a single step forward.

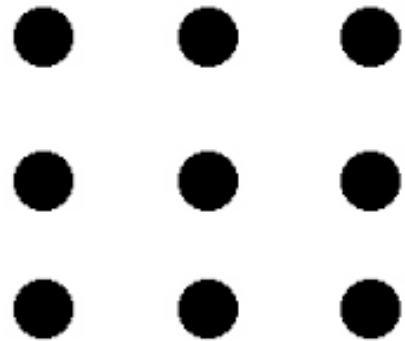
Mikhail Bakunin



What is a challenge I have today?

How can I get outside my box?

Interview Question....



The "nine dots" puzzle

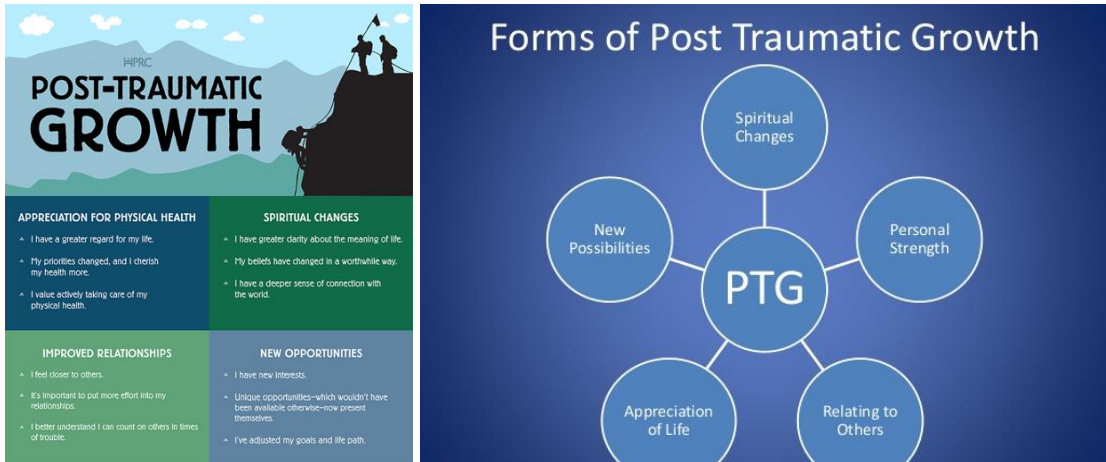
The goal of the puzzle is to link all 9 dots using four straight lines or less, without lifting the pen.

PTG-Inspired by Growth Mindset & Positive Psychology:

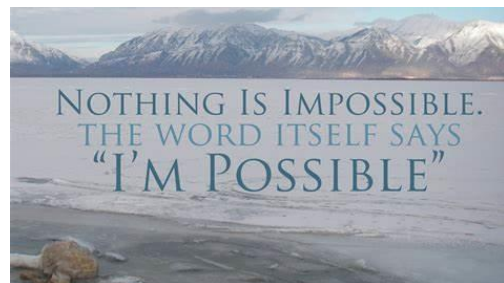
5 Questions

- 1-What are my priorities & strengths?
- 2- What am I thankful for in my life today?
- 3-Who is part of my supportive tribe?

- 4-How do I define and connect with my spirituality?
- 5--What are the possibilities of the future? (What can I do today?)



Reignite Your Inner dreamer and find your spark again?



2020 reminded us to BELIEVE in all that is POSSIBLE...

ANY
QUESTIONS
?