

SPIRITUALITY & HEALING IN MEDICINE:

Including the
Concept of Emergence

DECEMBER 1 - 2, 2007

THE WESTIN COPLEY PLACE
BOSTON, MA

Under the direction of
Herbert Benson, MD
Christina M. Puchalski, MD

PRESENTED BY



HARVARD MEDICAL SCHOOL
Department of Continuing Education



MASSACHUSETTS
GENERAL HOSPITAL

BENSON-HENRY INSTITUTE
FOR MIND BODY MEDICINE



The George Washington Institute for Spirituality and Health (GWish)

COURSE DESCRIPTION

For 40 years, laboratories at the Harvard Medical School have systematically studied mind body interactions. The research established that when a person engages in a repetitive prayer, word, sound or phrase and when intrusive thoughts are passively disregarded, a specific set of physiologic changes ensue. These changes – decreased metabolism, heart rate, blood pressure and rate of breathing – are the opposite of those induced by stress, and have been labeled the relaxation response. Surveys indicate that over 60% of visits to health care professionals are for conditions caused or exacerbated by stress and that the relaxation response is an effective therapy for stress-related conditions.

Many people who elicit the relaxation response also note increased spirituality. Spirituality is expressed as experiencing the presence of a power, a force, an energy or what was perceived of as God, and this presence is close to the person. This finding opened the door to questions about the healing effects of spirituality and to the creation of this course over 10 years ago. It was one of the first to relate medicine with spirituality and healing.

Over the years the conference has presented data about the relaxation response as well as the beneficial effects of religious and other spiritual practices on healthcare outcomes. Now, over 100 medical schools have courses on spirituality and health, the majority of which are required.

As the concepts presented in **Spirituality & Healing in Medicine** became more established, an important question presented itself. Can traditional scientific methodology explain the benefits of spirituality? Or, should other approaches be explored? In this context, the importance of the concepts of emergence evolved. Emergent theory maintains that a totality is greater than the sum of its components. This conference will present the newest findings of spirituality and healing in medicine as well as those supporting the significance of emergence in the full integration of spirituality and health.

Course objectives will be met through interactive dialogue and experiential learning.



Course Directors

Herbert Benson, MD

Director Emeritus
Benson-Henry Institute for Mind Body Medicine
at Massachusetts General Hospital
Associate Professor of Medicine
Harvard Medical School

Christina M. Puchalski, MD

Director
The George Washington Institute for
Spirituality and Health (GWISH)
Associate Professor
Departments of Medicine and
Health Care Services, The George Washington
University School of Medicine

Rev. Natalia Vonnegut Beck, MA

Senior Associate for Cathedral Ministries
Christ Church Cathedral, Indianapolis, IN
Daniel G. Holbrook Fellow
Harvard Medical School

Consultant
Benson-Henry Institute for Mind Body Medicine
at Massachusetts General Hospital

Faculty

Margaret Baim, MS, NP

Associate in Medicine
Harvard Medical School
Clinical Director, Center for Training
Benson-Henry Institute for Mind Body Medicine
at Massachusetts General Hospital

Philip Clayton, PhD

Ingraham Professor
Claremont School of Theology
Professor of Religion and Philosophy
Claremont Graduate University

Rev. Joseph J. Driscoll, MDiv, MS

Director of Mission Services
Bon Secours Health System, Mariottsville, MD

Marcia Feldman

Hospice Musician
Sherrill House Chaplain Department

Betty Ferrell, PhD, FAAN

Research Scientist
City of Hope Comprehensive Cancer Center,
Duarte, CA

George Fitchett, DMin, PhD

Associate Professor and Director of Research
Department of Religion, Health and Human
Values, Rush University Medical Center,
Chicago, IL

Gregory L. Fricchione, MD

Director
Benson-Henry Institute for Mind Body Medicine
at Massachusetts General Hospital
Associate Chief of Psychiatry
Massachusetts General Hospital
Associate Professor of Psychiatry
Harvard Medical School

Pedro Enrique Huertas, MD, PhD

Medical Director/Director of Translational Research
Benson-Henry Institute for Mind Body Medicine
at Massachusetts General Hospital

Mary Mathiesen, BA

Founder
Courage to Choose, Courage to Care,
Sausalito, CA

Marti Steussy, PhD, MDiv

*MacAllister-Petticrew Professor of Biblical
Interpretation*
Christian Theological Seminary, Indianapolis, IN

Ann Webster, PhD

Instructor in Medicine
Harvard Medical School
Staff Psychologist
Benson-Henry Institute for Mind Body Medicine
at Massachusetts General Hospital

“
I learned valuable tools to
help me serve my patients
better and to inspire me
to approach each work day
with energy and enthusiasm.”

—Primary Care Physician
2006 Course Participant



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Saturday, December 1

7:30am – 8:30am

Registration and Continental Breakfast

8:30am – 10:00am

Four Decades of Mind Body and Spirituality Findings

Herbert Benson, MD

10:00am – 10:30am

Refreshment Break/Music

10:30am – 11:30am

A Moral Imperative for the Integration of Spirituality into Healthcare

Christina M. Puchalski, MD

11:30am – 12:30pm

Religion & Health: What Does the Research Tell Us?

George Fitchett, DMin, PhD

12:30pm – 1:45pm

Lunch on Your Own

1:45pm – 2:45pm

Mind Body Connections from the Standpoint of Emergent Complexity

Philip Clayton, PhD

2:45pm – 3:45pm

Insights from Biology into Dualism vs. Monism

Pedro Enrique Huertas, MD, PhD

3:45pm – 5:30pm

WORKSHOPS

- **Emergent Spirituality**
Marti Steussy, PhD, MDiv
- **Teaching Techniques that Elicit the Relaxation Response**
Ann Webster, PhD
- **Positive Psychology and Spirituality**
Margaret Baim, MS, NP
- **Theological Approaches to Understanding Prayer**
Rev. Joseph J. Driscoll, MDiv, MS

7:30pm – 9:00

Creative Dialogue

Rev. Natalia Vonnegut Beck, MA
Christina M. Puchalski, MD

“
*I found it transformational.
It put me in touch with
my own place of healing.*”

–Nurse Practitioner
2006 Course Participant

Program changes/substitution may be made without notice.



Sunday, December 2

8:00am – 8:30am

Continental Breakfast

8:30am – 9:30am

The Nature of Suffering and the Goals of Nursing

Betty Ferrell, PhD, FAAN

9:30am – 10:30am

Quantifying the Mystery?

Rev. Natalia Vonnegut Beck, MA

10:30am – 11:00am

Refreshment Break/Music

11:00am – 12:00pm

Spirituality and Resiliency

Gregory L. Fricchione, MD

12:00pm – 1:15pm

Lunch on Your Own

1:15pm – 3:00pm

WORKSHOPS

- Emergent Spirituality

Marti Steussy, PhD, MDiv

- Getting Comfortable with Mystery in the Clinical Setting

Mary Matthiesen, BA

- Rethinking Spirituality after Dualism

Philip Clayton, PhD

- Positive Psychology and Spirituality

Margaret Baim, MS, NP

3:00pm – 5:00pm

PANEL

Moderated by: Rev. Natalia Vonnegut Beck, MA

Herbert Benson, MD

Philip Clayton, PhD

Betty Ferrell, PhD, FAAN

George Fitchett, DMin, PhD

Gregory L. Fricchione, MD

Pedro Enrique Huertas, MD, PhD

Christina M. Puchalski, MD

“

This conference was wonderful. Brilliant people shared their knowledge of science and spirituality with us.”

–Hospital Chaplain
2006 Course Participant



COURSE INFORMATION

Course Objectives

This course will provide participants with an understanding of:

- The role of spiritual practices in medicine and clinical care
- The new physiologic, molecular, neurologic and clinical effects of the relaxation response
- How to weave the concepts of spirituality and healing into medical education
- The possible role of emergence in spirituality and healing

Who Should Attend?

- Attendees of Previous "Spirituality and Healing in Medicine" courses
- Physicians
- Psychologists
- Researchers of Mind Body Interactions
- Nurses
- Counselors
- Chaplains
- Clergy and Members of Religious Communities
- Spiritual Directors
- Lay Spiritual Leaders
- Social Workers
- Allied Health Professionals
- Healthcare Administrators
- Healthcare Insurers
- Educators

Accreditation

Harvard Medical School designates this educational activity for a maximum of 15.5 AMA PRA Category 1 Credit(s)[™]

Physicians should only claim credit commensurate with the extent of their participation in the activity.

Course Location

The Westin Copley Place
10 Huntington Ave
Boston, MA 02116
(617) 262-9600

Accommodations

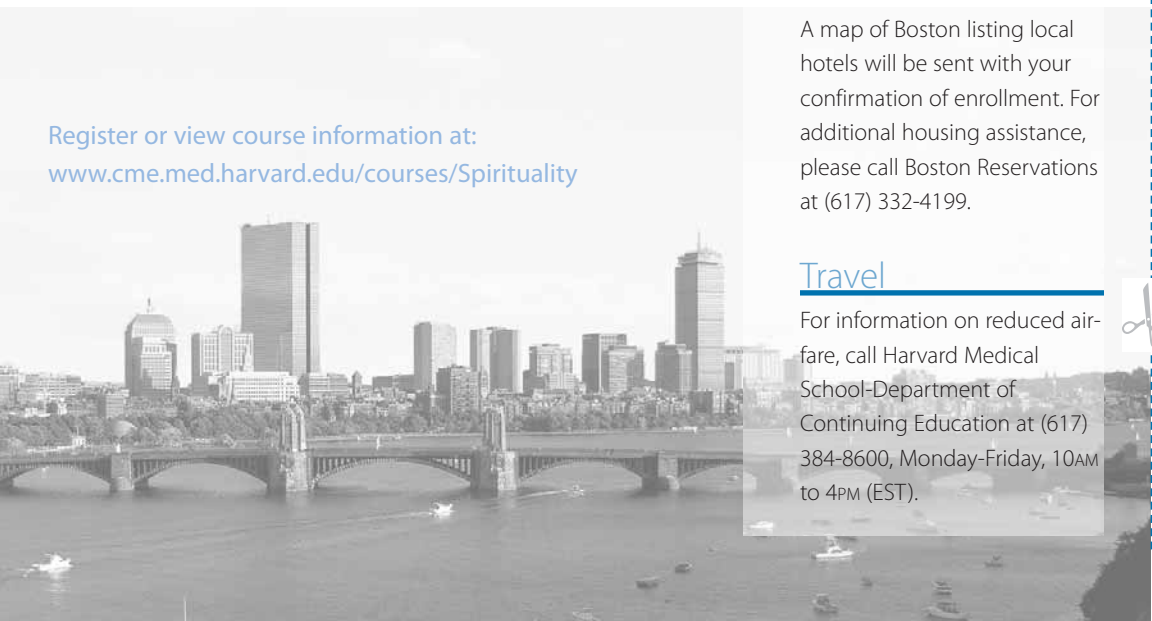
Hotel rooms in Boston are limited. You are urged to make your reservations early. A limited number of rooms have been reserved at The Westin Copley Place (Telephone: 617-262-9600) until November 8, 2007. Please specify that you are enrolled in this course to receive a reduced room rate of \$205 single/double.

Register or view course information at:
www.cme.med.harvard.edu/courses/Spirituality

A map of Boston listing local hotels will be sent with your confirmation of enrollment. For additional housing assistance, please call Boston Reservations at (617) 332-4199.

Travel

For information on reduced airfare, call Harvard Medical School-Department of Continuing Education at (617) 384-8600, Monday-Friday, 10AM to 4PM (EST).



REGISTRATION FORM

REGISTRATION Register early, space is limited. All foreign payments must be made by a draft on a United States bank or by Visa or MasterCard. Telephone registrations are not accepted. If paying by check, make it payable to Harvard Medical School and mail with the completed registration form to: **Harvard Medical School - Department of Continuing Education, P.O. Box 825, Boston, MA 02117-0825.** If paying by credit card, fax the completed registration form to (617) 384-8686, mail it to the above address, or register online at www.cme.hms.harvard.edu/courses/Spirituality

When registering online, use source code found on the front mailer of this brochure to ensure proper registration.

INQUIRIES Inquiries should be directed to the above address, made by phone: (617) 384-8600, Monday-Friday, 10AM to 4PM (EST), or by email: hms-cme@hms.harvard.edu. Upon receipt of registration a confirmation letter will be mailed to the address listed on the form.

REFUND POLICY A handling fee of \$60 is deducted for cancellation. Cancellations must be received in writing two weeks prior to event.

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December 1-2, 2007 COURSE # 271464

Registration Fee

Tuition

- | | |
|--|--------------------|
| <input type="radio"/> Physicians | \$495 (USD) |
| <input type="radio"/> Residents* & Fellows-in-Training* (Full Course) | \$325 (USD) |
| <input type="radio"/> Nurses/Allied Health Professionals (Full Course) | \$325 (USD) |
| <input type="radio"/> Other Professionals (Full Course) | \$325 (USD) |
| <input type="radio"/> Students[†] (Full Course) | \$199 (USD) |

*A letter of verification from Department Chair must accompany application for a reduced fee.

†A photocopy of a valid school ID must accompany registration form. Limited to first 20 students.

Full Name

First

MI

Last

Degree

Street Address

City

State/Province

Zip/Postal Code

Country

Daytime Phone

Fax Number

Email Address

○ Please check if you wish to be excluded from receiving email notices of future HMS-CME programs.

Profession

Organization Affiliation

Board Certified? Yes No

Physicians: Principal Specialty

Professional School Attended

Year of Graduation

PAYMENT INFORMATION:

Check is enclosed: Make check payable to Harvard Medical School and mail it with this form to: Harvard Medical School - Department of Continuing Education, P.O. Box 825, Boston, MA 02117-0825

Bill my credit card: VISA MASTERCARD Tuition Fee \$ _____

Credit Card Number _____ - _____ - _____ - _____ / _____

Expiration Date

Name as it Appears on Card

Signature

Registrations paid by credit card may be faxed to (617) 384-8686, mailed to above address or registered online at

www.cme.hms.harvard.edu/courses/Spirituality