



MOUNT ST. MARY

HOSPITAL

CARE WITH COMPASSION

Spiritual Care Services

Spiritual Care services

“Spiritual care is not only for those who identify with a religion . . . Spiritual care helps individuals live their lives in a manner that is most meaningful for them. Beyond religion, it encompasses aspects of psycho-social-spiritual support, including social, recreational, physical, occupational and religious activities.”¹ – *Healthy Debate*

Spirituality is a dimension of health. A Spiritual Care Practitioner (SCP) is a member of the health care team that can help you understand your unique health journey in light of your personal beliefs, values, relationships and experiences. Spiritual healthcare is confidential, inclusive, compassionate, and respectful and SCPs are skilled in providing philosophical, spiritual, and religious patient care across beliefs, cultural perspectives, and practices. They address Spiritual distress (experiences of loss of meaning and connection in relation to yourself, to others and to what you understand as greater) and promote spiritual well-being (connection in relation to yourself, to others and to what you understand as greater)

A SCP will listen compassionately and work with you to determine the support you want and need. Services may include the following:

- Counselling (Supportive, problem focused or grief counselling), to help you:
 - Find strength to accept what is happening
 - Find meaning and connection in the midst of illness, injury and trauma
 - Cope better with pain and discomfort
 - Understand feelings of anxiety, depression, anger and loneliness
 - Understand what’s important to you and make decisions about your health
 - Support when facing ethical dilemmas, moral distress, and the need to make difficult decisions
- Being an advocate to support residents / families as they navigate the health care system in light of their spiritual, religious, philosophical and cultural beliefs, values, and practices
- Connecting with religious and / or cultural supports and services
- Providing palliative and end of life spiritual care²

¹ <https://healthydebate.ca/2022/03/topic/the-essential-role-of-spiritual-care-in-long-term-care-homes/>

² <https://www.albertahealthservices.ca/findhealth/service.aspx?Id=1026227&facilityId=3>

Spiritual Care Practitioners

We have on staff two Spiritual Care Practitioners who have been specially trained in providing Spiritual Care by the Canadian Association of Spiritual Care (CASC). Spiritual Care Practitioners support in:

Connecting with the Body Spiritual Care Practitioners support and facilitate an awareness of how the sacred is being experienced in and through the body.	Engaging with the Mind Spiritual Care Practitioners engage with and bring attention to the stories that shape individuals and communities. They facilitate a "re-storying" process when individuals or groups are struggling to navigate their current reality.
Embracing the Emotions Spiritual Care Practitioners welcome and hold space for the full range of emotions, enabling clients to safely engage with, rather than avoid, the fullness of their internal experience. This in-turn supports the client in building life-giving relationships	Supporting the Human Spirit Spiritual Care Practitioners support individuals and communities in creating, building and sustaining their sense of wellbeing in the face of changing circumstances ³

Spiritual Care Practitioners at Mount St. Mary:

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³ <https://www.spiritualcare.ca/what-we-do.html>