

Spirituality & Rebuilding Life

- Spirituality is that which gives a person meaning and purpose
- It is found in relationships with self, others, ideas, nature, and, possibly, a higher power
- These many relationships are prioritized according to an organizing principle and form an intra-, inter-, and trans-relational web that houses a person's sense of meaning and purpose
- Spiritual distress arises when one of these relationships that provide meaning is threatened or broken. The more significant a particular relationship is, the greater the severity of spiritual distress if that relationship is threatened or broken.
- Spiritual wholeness is restored when that which threatens or breaks the patient's relational web of meaning is removed, transformed, integrated, or transcended

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Veteran's Use of Clergy

- Veterans feel more comfortable approaching their pastor than they do a mental health professional
- Research shows that 4 of 10 individuals with mental health challenges seek counseling from clergy
- Individuals seek council from ministers more than all other mental health providers combined
- Often seeing a member of the clergy is less threatening and has less stigma attached, since it is viewed as engaging a known community resource
- Negative reasons. . . Magical thinking, avoiding truth of diagnosis, etc.