

Crestwood Behavioral Health, Inc.  
Healing Through Spiritual Practices with a  
Trauma-Informed Lens



***Presenters:***  
**Crestwood Behavioral Health, Inc.**

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# Learning Objectives

- **This workshop will introduce the definition of Spirituality and Trauma-Informed Lens.**
- **This workshop will introduce participants to Spiritual Practices in Recovery through discussion and examples.**
- **After participating in this workshop, participants will have an understanding of the connection between Spirituality, Trauma-Informed Lens and Recovery outcomes.**

# Healing

- **Healing is moving toward health and balance.**
- **The process of making healthy or sound.**
- **Healing is to alleviate, ease, assuage, palliate, relieve, help, lessen, mitigate, attenuate, and allay.**



# Trauma

- **Trauma is stored in the body, not in the brain, so healing trauma is not brain language-based, it is the work of the body and soul through spiritual practices.**



# What is Spirituality ?

- Discussion



# Spirituality

- **Why address Spirituality?**
- **Importance of Spirituality in Practice.**
- **90% of Americans believe in a higher power.**
- **60% believe that spiritual or religious practices make a difference.**
- **80% of Americans desire to be more spiritual.**
- **Organized religion has been a source of trauma for many people.**

(From the California Mental Health & Spirituality Initiative <http://www.mhspirit.org>)



# Importance of Spirituality

- **30% of adults in the U.S. pray daily and 80% pray when faced with a serious problem or crisis.**
- **60% turn to a higher power in times of despair.** (From the California Mental Health & Spirituality Initiative <http://www.mhspirit.org>)





# Importance of Spirituality

- **Joint Commission (JCAHO) mandates that the spiritual component of a person's life must be considered in healthcare. A spiritual assessment should at least ascertain a patient's religious preference, beliefs, and any spiritual practices.**



# Importance of Spirituality

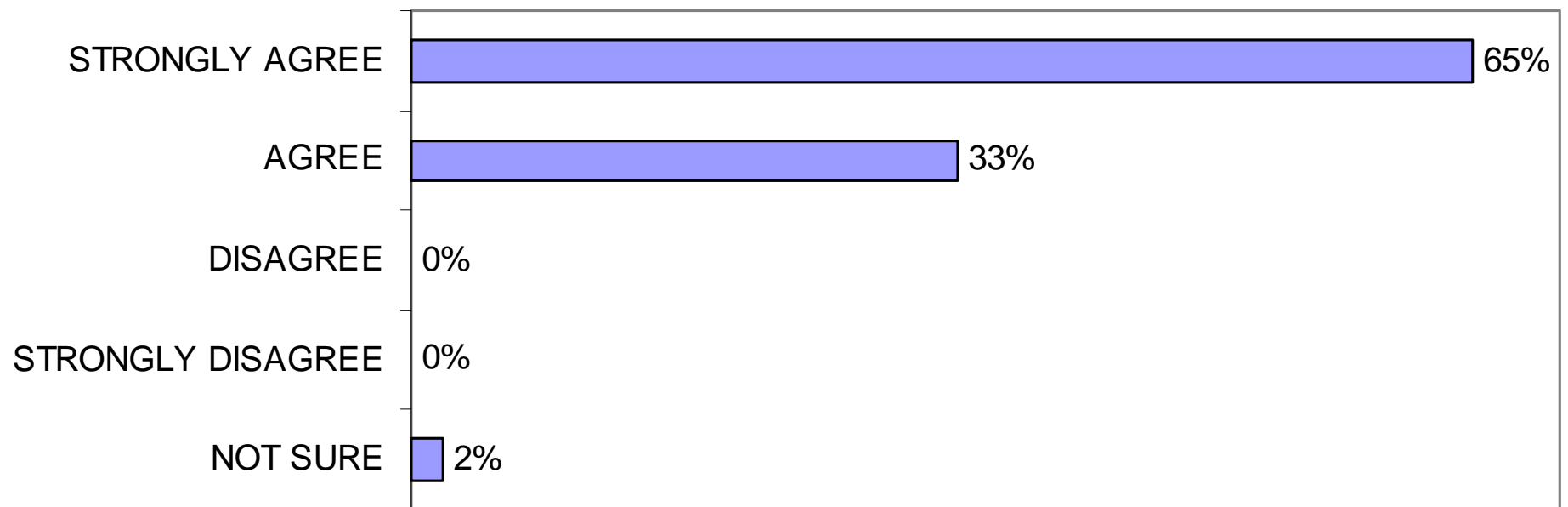
- **Addressing Patients' Emotional and Spiritual Needs**

**Paul Alexander Clark, M.P.A., Maxwell Drain, M.A., Mary P. Malone, M.S., J.D. Joint Commission Journal on Quality and Patient Safety, December 2003 Vol 29(12)**



- **“The degree to which staff addressed emotional/spiritual needs” was highly correlated ( $r=.75$ ) with the overall patient satisfaction mean composite score.**
- **Emotional and spiritual needs rank second on the 2001 National Inpatient Priority Index—as they have ranked every year since 1998.**

**3. Spirituality is an important element of multicultural competency for mental health providers. (51 responses)**



From the California Mental Health & Spirituality Initiative  
<http://www.mhspirit.org>

# Spirituality

- “Spirituality is an important **recovery** resource in mental health treatment.” (92%)
- “Spirituality is an important **wellness** resource in mental health prevention.” (94%)
- “Spirituality is an important element of **multicultural competency** for mental health providers.” (98%)

(From the California Mental Health & Spirituality Initiative <http://www.mhspirit.org>)



# Spirituality



- **Spirituality refers to an attempt to seek meaning, purpose and a direction of life in relation to a higher power, universal spirit or God.**
- **Spirituality reflects a search for the sacred.**
- **The word spirituality is derived from the Latin word *spirale*, which means to blow or to breathe.**

## **Spirituality at Crestwood Behavioral Health, Inc.**

- **Spirituality is the connection to a greater power, others and self. It is the way to find meaning, hope, comfort and inner peace in life. Many people find spirituality through religion. Some find it through music, art or a connection with nature. Others find it in their values and principles.**



# Spiritual Practices in Recovery

## Discussion-

- **Wellness Recovery Action Plan (WRAP)**
- **Dialectical Behavior Therapy (DBT)**
- **Mindfulness, meditation, creative practices, labyrinth, yoga, journaling**
- **Totems, aromatherapy, creative arts, cooking, nature**
- **Prayer, chanting, music**
- **12-step programs**
- **Random acts of kindness**
- **Practice of forgiveness**
- **Community Resilience Model (CRM)**



# Spiritual Practice as a Bridge to Healing from Trauma





# Trauma-Informed Approaches

- **Trauma is considered as a core principle in all areas.**
- **Trauma is related to the human condition.**
- **Trauma is experienced universally.**
- **Trauma is a widespread, harmful and costly public health problem.**

# Trauma

- **Includes violence, abuse, neglect, loss, disaster, war and other emotionally harmful experiences.**
- **Trauma has no boundaries with regard to age, gender, socioeconomic status, race, ethnicity, geography or sexual orientation.**
- **It is an almost universal experience of people with mental and substance use disorders.**
- **The need to address trauma is increasingly viewed as an important component of effective health service delivery.**

# Trauma-Informed Lens

- **Trauma is considered in all aspects of the operations, leadership and services.**
- **Trauma is included in human resources – trauma stewardship – secondary trauma.**
- **Trauma-informed practices are vital to cultural-competent services.**
- **Trauma-informed practices are core to the organization.**



# Trauma-Informed Leadership

- **The leadership and governance of an organization supports and invests in implementing and sustaining a trauma-informed approach; there is an identified point of responsibility within the organization to lead and oversee this work; and there is inclusion of the peer voice. A champion of this approach is often needed to initiate a system of change process.**



# Trauma-Informed Environment

**The organization ensures that the physical environment promotes a sense of safety and collaboration.**

- **Staff working in the organization and individuals being served must experience the setting as safe, inviting, and not a risk to their physical or psychological safety.**
- **Focus on space utilization, soothing colors, appointments and therapeutic environment.**
- **The physical setting supports the collaborative aspect of a trauma-informed approach through openness, transparency, and shared spaces.**

# Research to Treatment

- **Simultaneously, an emerging trauma survivors movement has provided another perspective on the understanding of traumatic experiences.**
- **The convergence of the trauma survivors' perspective with research and clinical work, suggests the central role of traumatic experiences in the lives of people with mental and substance use conditions.**



# Research to Treatment

- **With the advances in neuroscience, a biopsychosocial approach to traumatic experiences has begun to delineate the mechanisms in which neurobiology, psychological processes, and social attachment interact and contribute to mental and substance use disorders across the lifespan.**



# Treatment Approaches Related to Trauma

- **All clinical services are inclusive and incorporate trauma-informed approaches.**
- **A fully-integrated recovery program with spiritual practices through a trauma-informed lens.**





# Next Steps

**How to bring these practices and approaches to your agency or practice?**

- **Discussion**
- **Suggestions**
- **Closing**

