

# Intersection of Spirituality in WISE Practice

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# Disclosures

As today's speaker and contributor to the ECHO Hub Team I have **NO** financial relationships with an ineligible company relevant to this presentation to disclose.

# Presentation Objectives

Following today's 20-minute presentation participants will:

1. Define spirituality (tendency and capacity)
2. Appreciate spirituality from a cross-cultural perspective.
3. Understand the value of spirituality in the context of WISE practice (Assessment and Intervention).
4. Understand spirituality in mental health.



# Spirituality...

**Spirituality** from the Latin root (*spiritus*) means breath of life. It is often difficult to define and means different things. So rather than defining it, it would be better to describe it instead. Consider the following:

- Animating life force (breath, wind, vigor, courage)
- Drawing out and infusion of spirit in one's life
- Active and passive process
- Encompasses a variety of phenomena, including experiences, beliefs and practices.
- Approaches include: Psychospiritual, religious, and transpersonal
- While expressed through culture, it precedes and transcends culture
- Capacity and tendency that is innate and unique to all persons

# One's Spiritual Tendency and Capacity

*Spiritual capacity* includes creativity, growth, and development of a value system.

*Spiritual tendency* moves the individual toward knowledge, love, meaning, peace, hope, transcendence, connectedness, compassion, wellness, and wholeness.

# The Deeper Meaning of Aloha

Aloha is being a part of all, and all being a part of me. When there is pain - it is my pain. When there is joy - it is also mine. I respect all that is as part of the Creator and part of me. I will not willfully harm anyone or anything. When food is needed I will take only my need and explain why it is being taken. The earth, the sky, the sea are mine to care for, to cherish and to protect. This is Hawaiian - this is Aloha!



A, ala, watchful, alertness  
L, lokahi, working with unity  
O, oia'i'o, truthful honesty  
H, ha'aha'a, humility  
A, ahonui, patient perseverance

Alo – Sharing in the present | Oha - joyous affection, joy | Ha – life, energy, breath

Source: The Deeper Meaning of Aloha (Curby Rule)

# Kumu Ola Pono (Voyage to Recovery)

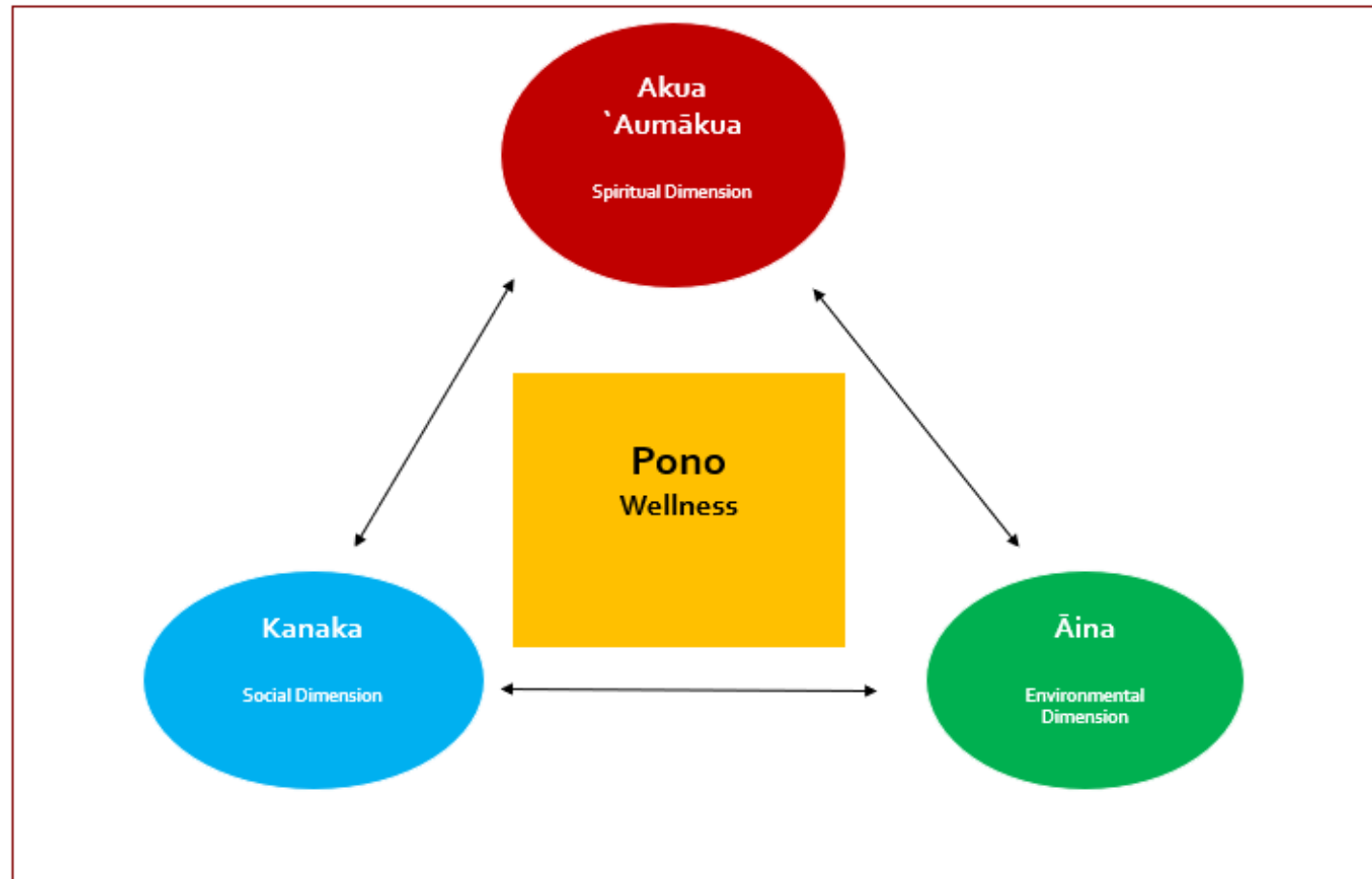


**Ka lā Hiki Ola**  
**The dawning of a new day**

The cultural adaptation of the Illness  
Management and Recovery Evidence Based  
Practice Toolkit



# Kumu Ola Pono Model





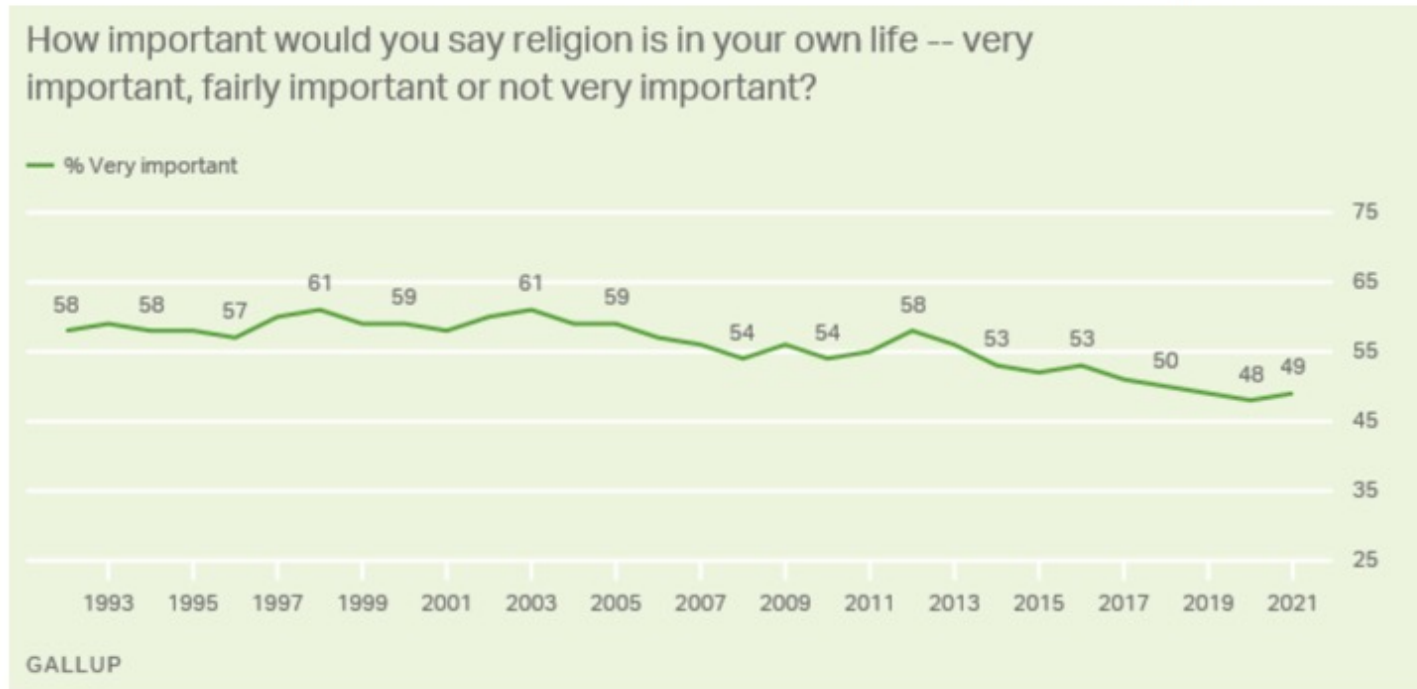
# Religion in America – A Changing Landscape



# Gallup poll finds a decline in religious practice and belief in God

The findings suggest that “religiosity is a major determinant of political divisions in the U.S..”

The results of Gallup’s 2021 poll on the religious values and practices in the United States show a decline in belief in God.



# Religion in America – A Cause for Concern?

Religious  
Freedom

Separation of Church and  
State?



Religious  
Persecution

Oppression  
Discrimination  
Hate Crimes

# Spiritually Sensitive Approach and Practice in WISE Teams

A spiritually sensitive approach infuses spirituality and religion into the WISE process whenever it is needed to help our clients.

Spiritually sensitive practice can be defined as the outcome of effectively implementing a spiritually sensitive approach.

# Spiritual Approaches to WISE Practice

Strengths-based approaches in WISE practice have become increasingly popular and suggest that the practitioners identify and build on any “strong points” of the client’s system (i.e., any points which can act as a resource for the client’s resilience and functioning).

Religious beliefs, spiritual practices and faith communities provide in many cases such strong points on which the practitioner should encourage the client to build upon.

# DSM – 5 TR: Problems Related to Other Psychosocial, Personal, and Environmental Circumstances

V 62.89 (Z65.8) Religious or Spiritual Problems – This category can be used when the focus of clinical attention is a religious or spiritual problem. Examples include distressing experiences that involve loss or questioning of faith, problems, associated with conversion to a new faith, or questioning of spiritual values that may not necessarily be related to an organized church or religious institutions.

# Spirituality and Mental Health

Many individuals and their families are deeply committed to their faith and so, base most of their life's decisions around their spirituality or religious beliefs. Spiritual psychology, prayer, quiet reflection, religious meditation, or some other aspect of religious connection often are the foundation of an individual's self-care routine, as well as attendance of church services and volunteer work in the community.

Spiritual beliefs can significantly affect one's ability to cope with disappointment and adverse events in life. Religion and spirituality can:

- Offer comfort in times of grief
- Provide social and emotional support
- Provide moral guidelines by which to live
- Help people find meaning and purpose in life
- Offer an ethical foundation



# Improving Spiritual Health

- Travel
- Practice acceptance and optimism
- Take time to do nothing
- Express your thoughts
- Spend time outside
- Volunteer



# 3 MINUTE BODY SCAN MEDITATION



## 1ST MINUTE

Sit upright, close your eyes, and bring your attention to your body. Feel the weight of your body. Now take three deep breaths.

## 2ND MINUTE

Notice the sensations of your feet touching the floor, and your back against the chair. Bring your attention to and soften your stomach. Soften your hands, arms, shoulders, neck and throat. Relax your face and facial muscles.



## 3RD MINUTE

Notice your whole body present. Take one more deep breath. Be aware of your whole body as best you can. Take one last deep breath and when you're ready, open your eyes.



# GROUNDING WITH YOUR FIVE SENSES

What are

5

THINGS YOU CAN SEE



Where  
**SUN**  
PICTURE ON THE WALL  
**PEOPLE WALKING**

4

THINGS YOU CAN FEEL



**WIND BLOWING**  
FEET ON THE FLOOR  
PENCIL IN HAND

3

THINGS YOU CAN HEAR



**BIRDS CHIRPING**  
CLOCK TICKING  
**CAR HORNS**

2

THINGS YOU CAN SMELL



**FOOD FROM THE CAFETERIA**  
LAUNDRY DETERGENT ON CLOTHES  
**FRESH CUT GRASS**

1

THING YOU CAN TASTE



**MINT**  
Breakfast  
**TOOTHPASTE**

# Questions?

**THANK YOU!**

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