Spirituality and Health in the LGBTQI Community

D’vorah Rose, MA, RN, BCC

DLRose Consulting

Workshop Session Proposal

Categories: Underserved Populations and Health Disparities
Diversity and Cross-Cultural Communication

Proposed Session Title: Spirituality and Health in the LGBTQI Community: (90 minute session)

Purpose of the Workshop: We know that religiosity/spirituality has significant impact on our patients’ health status, when that religious or spiritual identity is positively experienced. But what do we know about the impact of religion on those whom religious communities have labelled abnormal at best, but more often as sinners? Most importantly, how do we as healthcare providers learn about our LGBTQ or I patients’ (and families’) religious and spiritual needs in a meaningful and empathetic fashion?

Learning Objectives:
Workshop participants will learn about the latest research examining the impact of spiritual and religious life (or lack thereof) on one’s health status.

Participants will learn about the wide statistical range of different healthcare professions’ degrees of religious involvement and reflect upon how healthcare providers’ approaches to LGBTQ or I patients (and their families) may be impacted by personal or communal religious/spiritual beliefs.

Participants will be able to use the information, skills built and resource tools introduced both individually in their own practice of healthcare, as well as when working within healthcare systems.

Teaching Methods:
In this highly interactive workshop we will review and discuss some of the key literature on the impact of an active and positive spiritual and religious life on a person’s health status. We will examine how participation in a meaningful spiritual or religious life is an essential aspect of one’s life, and how this involvement significantly effects the quality and even the length of people’s lives. We will reflect on how our patients’ health is diminished when they are surrounded by clergy, communities, healthcare providers and healthcare systems that abide by deeply harmful religiously based beliefs about LGBTQI people. Discussion will include spiritual care assessment tools and questions that have been designed and used specifically with the LGBTQI population in the United States.

We will explore how some American religious communities that have traditionally opposed LGBTQI people are now determining how to maintain their sense of religious integrity while also fully welcoming and celebrating LGBTQI community members. We will discuss how these approaches, tools and resources can be used to help healthcare providers (doctors, nurses, chaplains, social workers and the many other professions involved in modern healthcare) and healthcare systems grow in their full inclusion of and engagement with LGBTQI people.

There are no pre-requisites for this workshop, and one does not need to identify as a spiritually or religiously oriented person to fully participate.

Teaching Materials: Participants will have the opportunity to explore these new spiritual care assessment tools and questions and will receive copies for their own use.

Participants will be provided with a brief bibliography that they can use for further reading and reference.

Evaluation:
Verbal reflection on how these new skills and resources tools will be applied immediately and long-term when working with patients and their families.

Verbal reflection on novel ways to apply these new skills and resource tools other than the suggested ways presented during the workshop.
Verbal reflection on personal insights and responses to the spiritual care assessment tools and questions provided during the workshop.