HOLISTIC APPROACH TO HEALING: BODY, MIND & SPIRIT

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CLINICAL LEAD OF INTEGRATIVE SERVICES

OUR GOALS ARE TO:

- PROVIDE AN OVERVIEW OF WOODWINDS HEALTH CAMPUS
- DEFINE HEALING ARTS THERAPIES & INTEGRATIVE SERVICES
- DIFFERENTIATE THE REALM OF HEALING FOR IS & SPIRITUAL CARE
- SHARE A FEW PARTNERSHIP PROJECTS WHICH CONTRIBUTE TO THE OVERALL HEALING ENVIRONMENT AT WOODWINDS
WOODWINDS HEALTH CAMPUS

- 86 BED ACUTE CARE HOSPITAL IN WOODBURY, MN

Natural Care Center
WW: HEALING ARTS THERAPIES

- Energy Based
- Acupuncture
- Massage
- Healing Music
- Acupressure
- Guided Imagery
- Essential Oils

HEALING HARPIST VOLUNTEERS
DELIBERATE FOCUS OF HAT & INTEGRATIVE SERVICES

- PROVIDE COMFORT TO THE PATIENT EXPERIENCE
- DECREASE PAIN, NAUSEA OR STRESS
- PROMOTE REST & RELAXATION
- DO SO IN AN EVIDENCE BASED WAY
- FOLLOW THE AHNA CURRICULUM
- SUPPORTED BY THE NCCAM IN NIH
- PARTNERSHIP WITH UNIVERSITIES

OUR PARTNERSHIP: PHYSICALLY & SPIRITUALLY

- SHARED OFFICE SPACE
- SHARED PHILOSOPHY
- MUTUAL RESPECT & HONORING
- PAUSE FOR PRAYER
- PRAYER SHAWL MINISTRY
- BLESSING OF THE HANDS
- INTERNATIONAL HOLISTIC HEALTH & HEALING INSTITUTE—U OF MN CSH PARTNERSHIP
Pause for Prayer

When to Use Pause for Prayer

- Staff, observing situations that would benefit from a gentle thought or blessing on behalf of others, will ask the individual if they would like a “Pause for Prayer” called.
- Staff, visitors or volunteers, experiencing personal distress may also activate a pause for themselves.
What is the PRAYER SHAWL MINISTRY?

Shawls are made with intentions for healing, & are also blessed by our Spiritual Care Department. These shawls are then given to patients, family members, staff or volunteers who are in crisis.
REQUESTING A PRAYER SHAWL

- Any staff member may request a Prayer Shawl
- Criteria for receiving a Prayer Shawl are:
  - Patient or Family Member in crisis
  - Staff or Volunteer who are in crisis
  - Patient with extended hospitalization
  - New, challenging diagnosis i.e.: Cancer, stroke, accident, etc...

Prayer for Comfort
May you find comfort.
From all that appears too much to bear at this moment.
From all that feels as if it might be at the breaking point.
From all that seems to threaten your peace of heart.

May this Prayer Shawl be:
A shelter for the time of overwhelming grief.
A shade in times of sorrow too deep for words.
A shield for times of unimaginable loss and fear.

May you be strengthened.
In your daily experiences of life.
In your tentative new beginnings.
In your unfolding memories.

~Anonymous
SPIRITUAL CARE: TENDING TO SPIRIT

• “Tending to Spirit”:
  What nourishes or depletes your Spirit including your relationships with your family, religion or belief system, cultural background, your own personality.

SPIRITUAL CARE PARTNERSHIP

• NUMBER ONE SOURCE OF REFERRALS TO HEALING ARTS THERAPY FOLKS

• IS PROVIDES INSERVICES TO SPIRITUAL CARE PRACTITIONERS RELATED TO THE SYNCHRONY OF ENERGY BASED HEALING
FOCUS OF SPIRITUAL CARE: MINISTER TO SPIRIT

ACTIVITIES for PATIENTS & FAMILY:

- CARDIOLOGY PATIENTS: IMAGERY
- INTERDISCIPLINARY ROUNDS
- WALKING THRU GRIEF: INCLUDES EXPERENTIALS

MINISTRY FOR STAFF & VOLUNTEERS

- BLESSING OF HANDS
- MOBILE PRAYER BREAKFAST
- MONTHLY PRAYER GATHERING
- SACRED TEXTS IN CHAPEL
MINISTRY WITHIN THE ORGANIZATION

- ETHICS COMMITTEE
- EMPLOYEE CARE COMMITTEE
- TRANSCULTURAL CARE
- GLOBAL HEALTH
- CHRISTMAS FAMILY PROGRAM
- CARING HEARTS FOR HOMELESS PEOPLE

PERSONAL TESTIMONY: MY JOURNEY

- INCORPORATING BODY, MIND, & SPIRIT IN MY PERSONAL HEALTH JOURNEY
MANY THANKS!