

Leading Spiritual Explorations Groups

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EDUCATIONAL OBJECTIVES

- Format for Spirituality Group
- Working with religious/spiritual diversity
- Experience a group

Gundersen Health System



Behavioral Medicine

- Inpatient Behavioral Units
- Inpatient drug and alcohol treatment
- Out patient clinics

Inpatient Behavioral Health

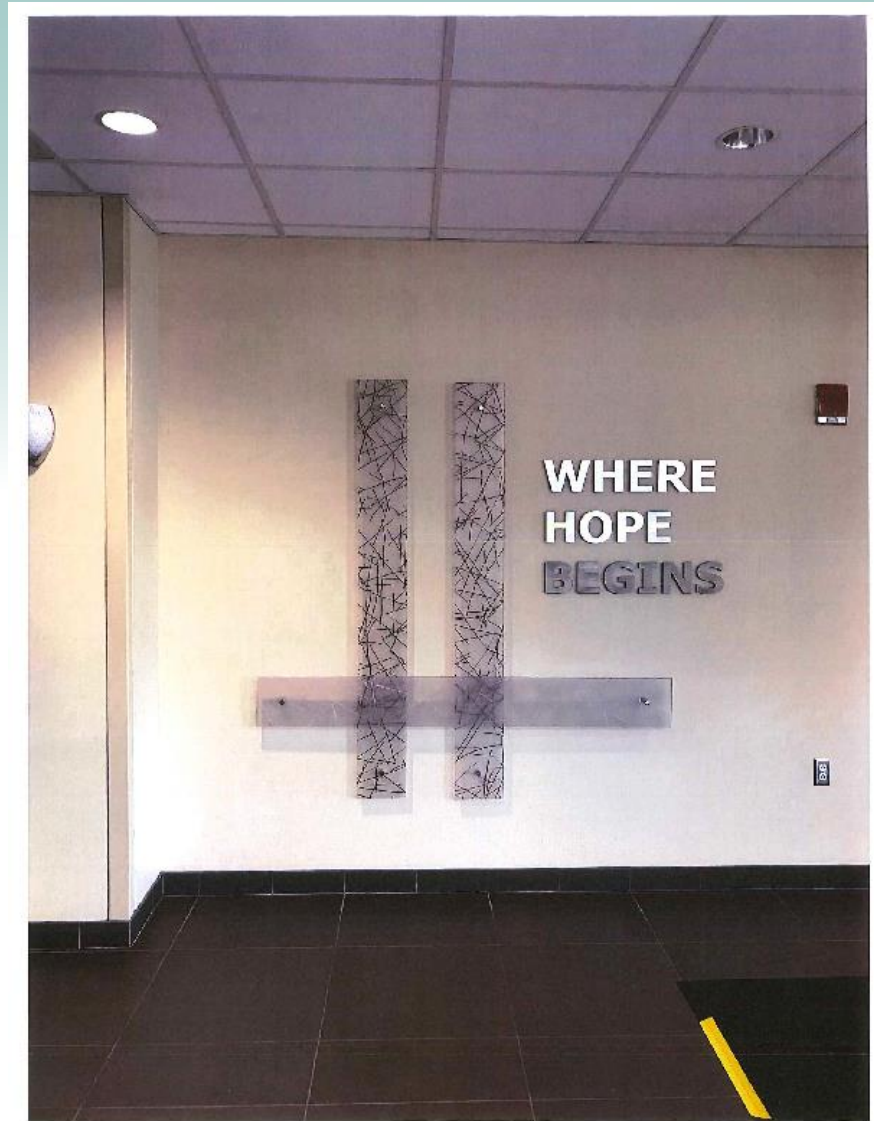
30 beds

Acute mental health services

Team approach and



Inpatient Behavioral Health



Residential Addiction Treatment

- Unity House for Men & Unity House for Women
8 beds each
Ages 18 and older
Team teaches how to live drug and alcohol free

Spiritual Explorations Group: Context



- Weekly groups are open
- 45 or 60 minutes
- Additional staff person present
- Meet in Group Rooms

Balls to keep up in the air



FORMAT

Theme

Check-in

Presentation of
theme

Exploration of
theme

Closing

Spiritual Explorations APPRECIATION

Theme

Appreciation nourishes a life-affirming attitude and a regular experience of *gratitude* by developing a habitual pattern of noticing and responding to moments of beauty, kindness, delight, awe, wonder, inspiration, love, blessing and even hardship or trauma (in the sense of appreciating the severity or impact of an event)

Opening

(going around the circle) Please share your name and a moment of appreciation from the past 24 hours. It can be something simple like a bite of chocolate cake that was moist and delicious, or it could be something bigger – last night you slept for the first time in weeks; you have a good conversation with someone close to you; you had a moment insight into what’s being going on for you.

Definition

Feeling of gratitude for something

Ability to understand the worth, quality, or importance of something

Presentation

We are going to explore appreciation by watching and discussing two videos: a clip from the 2015 Kennedy Center Awards and a Ted Talk.

(Give context for Kennedy Center Awards --given annually by the Kennedy Center in Washington DC to performing artists. The recipients sit in a box with the President and First Lady and members of their families. The performer’s work and tributes are presented by other performers. This is a segment of the tribute to singer, song-writer, Carol King. As you watch the video clip, notice the responses of Carol King and others in audience:

<https://www.youtube.com/watch?v=XHsnZT7Z2yQ>

Exploration

What grabbed you?

What did you notice about Carol King responding to Aretha Franklin?

What gestures did you see?

What energy did you sense?

Spiritual Explorations Group

Theme relates in some way to meaning, purpose and a felt sense of connectedness

Spiritual Explorations Group

- **Check in:** Name & moment of appreciation
- **Presentation** of theme to be explored

Spiritual Explorations Group

Exploration

- What popped for you/What grabbed your attention?
- Does this connect with your own experience?
- Any disconnects?

Exploration

- Other ways to explore
 - Drawing or collage
 - Guided meditation
 - Music

Closing

Summarize & Sending

**HOW
DO WE WORK WITH
RELIGIOUS & SPIRITUAL DIVERSITY?**

WORKING WITH DIVERSITY

USE OF SELF

Who are you when you take your seat to lead a group?

Working with Diversity

STEWARD OF THE
ATMOSPHERE

Working with Diversity

TRUST IN.....

EXPERIENCE

What is asked of us?

DISCUSSION