Our Mission: “To increase awareness of the role Spirituality plays in healing, in coping with chronic illness, and in maintaining optimal health.”

Dr. Pargament: ISH Distinguished Scholar

We are pleased to announce that internationally recognized Kenneth I. Pargament, Ph.D. will begin his tenure on September 11 as Distinguished Scholar-in-Residence.

As Professor of Psychology at Bowling Green U., Dr. Pargament authored two major textbooks: Spiritually Integrated Psychotherapy & The Psychology of Religion and Coping: Theory, Research, Practice.

At ISH he will continue his research in spirituality and healing, be available for lectures, and to develop relationships within the Houston academic and medical community. To learn more about Dr. Pargament turn to page 6 of this newsletter.

Three Grand Rounds this Fall – Register Online

The Very Rev. J. Pittman McGehee
Jungian Analyst, Inspirational Speaker
“Religious Nature of the Psyche”
Thursday, September 15, 2011, 12:00 Noon
Trevisio’s Restaurant, 6th Floor, 6550 Bertner

Kenneth Pargament, Ph.D.
Psychotherapist & Distinguished Scholar-in-Residence, ISH “Addressing Spirituality in Health Care: Perspectives from 35 Years of Research and Practice”
Thursday, October 20, 2011, 12:00 Noon
UT Health Science Center, Medical School Building Room MSB 3.001, 6431 Fannin

David Levy, M.D.
Neurosurgeon - San Diego, California “Gray Matter: Prayer, Forgiveness and Neurosurgery”
Thursday, November 17, 2011, 12:00 Noon Denton Cooley Auditorium, St. Luke’s Hospital, 6720 Bertner
President’s Page

The Institute for Spirituality and Health is at the right place, at the right time. Articles on the effect of spirituality on healing are appearing everywhere. Clearly, we are witnessing the demise of the hundred-year Cartesian-split between matter/science and mind/religion and that’s great.

The fact is science is not alone in the search for truth. Science focuses on that which can be measured in the physical universe – matter and energy. It has nothing to say about ethics and cannot answer the big questions like, “Why are we here?” Or, “What will happen after we die?” These questions are addressed by philosophy and religion. Nor can science measure love; yet, if you hold a newborn baby in your arms, you know that love is real.

It is time, I believe, for scientists to acknowledge the role that spirituality and religion play in the lives of people. Over 3,000 articles in peer-reviewed literature show that those who are deeply committed to their spiritual practices have a greater sense of well-being, are happier, healthier, have shorter hospital stays, less stress, lower blood pressure, and live longer than those who do not have a strong, internalized faith. Physicians and nurses need to know this and the public needs to know this too.

We share this message with physicians and nurses in our Grand Rounds. And, I will be speaking this fall at:
(1) The Women’s Institute – On Oct 24 I begin a four-part talk on “21st Century Biotechnology: the Moral, Ethical and Religious Response.” We will look at biotechnical advances in genetics, medicine, and nanotechnology, and consider how we should respond. Learn more at this website: www.wih.org.

(2) Texas Children’s annual conference on Spirituality in Pediatrics, where I will speak on “The Role of Spirituality in Medicine.” See the article in right panel.

This September, the Institute will take a giant step forward when Kenneth I. Pargament, Ph.D., becomes our Distinguished Scholar-in-Residence. Read the lead article in this Newsletter to learn why we are so excited. I hope you will check our website regularly, attend events, and support our mission with your gifts and daily prayers.

John K Graham, M.D., D.Min., President/CEO

Dr. Graham to Speak at Texas Children’s ‘Spirituality in Pediatrics’ Conference, Oct 26-28

The Auxiliary of Texas Children's Hospital, Houston, will hold its annual Spirituality in Pediatrics conference on Oct 26-28, 2011 at the Marriott Hotel, Texas Medical Center, Houston. The theme for this year’s conference is “Joyful Spiritual Abundance in Lean Times.”

John K. Graham, M.D., D.Min., President & CEO of ISH, will speak in the opening session on “The Role of Spirituality in Medicine.”

Other topics include: Creation of a Sacred Space in the Hospital, the Healing Power of Hope, Spiritual Assessment and Spiritual Histories, Healing and Dying across Religions, Seeking Fulfillment in Medical Practice, Hearing a Child's Story, and Making Meaning from the Pain. For more information and to register for the conference press ctrl and click on this website: http://www.texaschildrens.org/Web/e-mail/spiritual_pediatrics.htm.

In one study* cardiac surgery patients were asked to describe themselves as being either: 1) deeply spiritual, 2) involved in organized groups such as a senior center, or 3) uninvolved.

At a six-month follow up, 14 % of patients who considered themselves uninvolved had died. 4% of the patients who stated that they were involved in organized groups had died, and of the patients who considered themselves deeply spiritual, none had died.

*The authors asserted that the strength of a person’s faith was the strongest predictor of who survived cardiac surgery.

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<th>Questions to help assess your level of spirituality:</th>
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<tr>
<td>• Do you belong to a religious/spiritual community?</td>
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<td>• How often do you attend religious/spiritual services?</td>
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<td>• How important is your religion/spirituality to you?</td>
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<td>• Tell about your belief in God or a higher power.</td>
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<td>• Tell about your religious/spiritual practices.</td>
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<td>• What does your belief in God mean to you?</td>
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<td>• On a scale of 1 to 5, how much is religion (and/or God) a source of strength and comfort for you?</td>
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<td>• Aside from your frequency of attendance, how religious do you consider yourself to be?</td>
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ISH Nursing Conference will be held Friday, Oct 21, 2011 7:30 a.m. – 4:00 p.m. at St. Paul’s United Methodist Church, Fondren Hall, 5501 Main St., Houston, TX 77004.

The title of the conference is The Power Within the Spirit: Nurses, Patients & Families.

Nurses are often the ones patients turn to for understanding, explanations and solace. This conference is an opportunity for nurses to acknowledge the possibilities within their own spiritual nature that can bring about a healing that touches the mind, body and spirit of patients and their families.

Keynote speaker for this year’s conference is the noted psychotherapist and author Dr. Ken I. Pargament, who will speak on “Nursing Broken Spirits: What We Are Learning From Research and Practice”. Rev. Herb Orrell will address “Spirituality and Patient Care”; Ann Marie Wallace will give a Chaplain’s perspective on “The Sacred Language of My Grieving Soul”;

and, Dr. Joan Engelbreton of UT School of Nursing will speak on the subject of “Spirituality and Cultural Competency.”

Early registration is recommended online or by calling Jerri Doctor at 713-797-0600, ext 109.

20th Annual Psychotherapy & Faith Conference, November 11

Money, Sex and Power: When Psychotherapy and Faith Go Wrong is the title for our 20th Annual Psychotherapy and Faith Conference, Friday, Nov. 11, 2011, to be held 7:30 a.m. – 3:00 p.m. at St. Paul’s United Methodist Church, Fondren Hall, 5501 Main St., Houston.

This year the conference will honor Louise Wessendorff, one of the principle figures in founding the first Psychotherapy and Faith Conference. This year’s conference is funded in part by a grant from the Henderson-Wessendorff foundation and is co-sponsored by Baylor College of Medicine and The Menninger Clinic.

The keynote speaker is Dr. Ken Pargament, whose topic is “Money, Sex and Power as False Gods: Addressing the Spiritual Dimension of Addictions”. Glen Gabbard, M.D. and Holly Crisp-Han, M.D. will address “Professional Boundary Violations and Mentalizing in the Clergy”. Rev. Kirby Jon Caldwell will discuss the “Spiritual Issue of Hubris”. Nathan Carlin, Ph.D. will speak on “Money, Sex and Power in the Life and Crimes of Jeffery Dahmer”. Our final speaker is W. Andrew Achenbaum, Ph.D., speaking on “Will You Still Love Me and Still Need Me When I Am 64?”

There will be 5.5 units CME for physicians and CEU for nurses and psychologists. Early online registration is recommended or by calling Jerri Doctor at 713-797-0600.

Dr. Ken Pargament will be keynote speaker at the 2011 Psychotherapy and Faith Conference.
Documenting the History of ISH for Posterity

Jim Walzel, outgoing Chairman of the Board of Trustees at the Institute for Spirituality and Health, has had a personal vision for many years. He wanted to put down on paper the rich history of the Institute’s past 55 years. His dream of a written record is coming to fruition, thanks to the help of freelance writer Cathey Nickell.

For several months now, Nickell has been compiling documents and thumbing through old file cabinets in an effort to create a timeline of events that first began back in 1955. She quickly discovered that the richest part of the Institute's history is not found in just the scrapbooks, the board meeting minutes, and in textbooks. Rather, the most interesting part of our Institute’s history can be found in the memory of those people who witnessed and lived through the Institute’s historical events. She’s been diligently recording and transcribing the oral histories of our past presidents, board members, and other individuals associated with the Institute’s history.

Over the past five decades, the Institute has gone through a name change, a building change, and the mission itself has even been rewritten a few times. But what hasn’t changed is the desire of so many visionary individuals who want to continue to see a religious and spiritual presence in the Texas Medical Center.

Spirituality and Practice of Houston Physicians Survey Completed

Project Manager Meagan Alley has been kept busy processing responses for the Spirituality and Practice of Houston Physicians study.

From February to May Alley sent surveys to the 1060 medical students, residents, and active and retired physicians in our sample of Harris County Medical Society members. Mailouts, follow-up calls, and emails yielded 282 completed surveys for a 27% response rate which is considered quite good for our population of very busy physicians.

For data analysis, Alley will use social sciences statistical software to describe the spiritual views of Houston area physicians and ways they treat spirituality in their practice of medicine.

We will compare spiritual views of Houston physicians to three previous studies: a national population of physicians (Farr Curlin, U of Chicago); a national population of elite academic scientists (Elaine Howard Ecklund, Rice U.); and the broader U.S. population (General Social Survey).

Survey Quotes:

“Religion and spirituality are only appropriate when brought up by patient.”
– Retired physician

“Spirituality...can definitely help a patient in dealing with pain and sufferings.”
– Medical student

“How can I be a man of science and a man of fiction? Faith is a luxury I cannot afford.”
– Active physician

“I feel more training in religion is necessary.”
– Medical resident
Medical Students Learn Relaxation From ISH Staff

Baylor Medical School L.A.C.E. program brings students to ISH

Medical students and residents are among the most stressed individuals. Quarterly, between 40 - 50 students come to ISH to learn what the institute is about (spirituality and health) and to learn relaxation techniques that can help them the remainder of their life.

Lex Gillan, certified trainer for Yoga teachers, spends time with the students teaching traditional breathing practices so they can develop a full breath (abdominal breathing included) as well as relax their entire body.

After Gillan finished, ISH Program Director Mary Helen Morosko teaches students a visualization technique which can further relax the body and help a person get in contact with their true self, their soul.

Students give a high assessment of the time they spend at ISH.

Lex Gillan teaches medical students Relaxation Techniques they can use the rest of their life

Sharing Our Mission with Medical Students, Doctors, Nurses & Staff

John Feller’s Lectureship, Methodist Hospital

300 Attend Psychotherapy and Faith Conference

Jim Lomax, M.D.
ISH staff:

**Jerri Doctor** has served as Office Manager at the Institute for eight years. She loves her work and is a storehouse of knowledge having served under our last four presidents.

**Ray Thomas** has served as Business Administrator for eight years. He keeps our books in fine order for which we are all grateful.

**Mary Helen Morosko** is responsible for Program Development. Her principal labor has been to bring about our annual Nurses’ Conference which is funded by a grant from the John McGovern Foundation.

**Lex Gillan** teaches Yoga to professional teachers and has coordinated the planning of our annual Psychotherapy and Faith Conference.

**John Graham, M.D., D. Min.** became President/CEO of the Institute in March, 2010. Being both a physician (former plastic surgeon) and an Episcopal priest, John is well-suited for his job at the Institute.

**Meagan Alley**, a Rice Univ. graduate, serves as Project Manager for our physician’s survey and research projects.

**And, our Distinguished Scholar – Kenneth Pargament, Ph.D.**

Dr. Kenneth I. Pargament is a recognized leader in the area of psychology and religion.

![Dr. Pargament](image)

As Professor of Psychology at Bowling Green State University, he taught courses on psychology and religion, basic and advanced practica, short-term psychotherapy, and implemented psycho-spiritual interventions.


The Bulletin of the renowned Menninger Clinic described the latter book as “the best book on the psychology of religion in a generation or more.”

Dr. Pargament received his Ph.D. from the University of Maryland in clinical psychology and completed a post-doctoral fellowship in psychiatric epidemiology at the School of Public Health at Johns Hopkins University. He has served as Adjunct Professor in the School of Theology at Boston University from 1999 to 2005 and as Distinguished Visiting Professor at Lackland Air Force Base Medical Center. Dr. Pargament joined the faculty at Bowling Green State University in 1979 where he is currently Professor of Psychology. He presently is on sabbatical leave from that institution.

Pargament has been actively involved in efforts to provide practitioners with an empirically-based, theoretical framework for evaluating and dealing with religious and spiritual issues in treatment. This culminated in his most recent book, *Spirituality Integrated Psychotherapy*, a book that an editorial review described as unique in the literature, a “remarkable combination of clinical acumen and spiritual sensitivity.”

John Graham, President of ISH says, “Ken Pargament will be a marvelous addition to Houston, both in our medical and academic communities. Personally, I can not tell you how excited I am to have the opportunity to serve with a man of his stature this coming year. I believe we will all be blessed by the experience.”
A recent survey of physicians in Harris County conducted by ISH indicates a desire on the part of many physicians for spiritual growth. To meet that need, on September 17, 2011, Dr. Robert Hesse will teach an introductory workshop on Centering and Contemplative Prayer. 

This interdenominational Christian workshop is open to all and will be held in ISH’s lecture room, 8100 Greenbriar, # 220, from 9 a.m. to 12 p.m.

In this form of silent prayer there is no dogma, so those of different faiths are invited to pray together. During his recent Grand Rounds presentation at St. Luke’s Hospital, Cardinal DiNardo encouraged the practice of contemplative prayer.

Dr. Hesse’s presentation will include the origin and method of this prayer practice, the resulting fruits, and an actual centering prayer session, which will enable each attendee to experience the prayer. Hesse will explain how to prepare oneself to be in a receptive state to receive “the beautiful gift of Contemplative Prayer.”

Dr. Robert Hesse to speak on ‘Centering Prayer,’ September 17

This way of praying originated with the 4th century desert church fathers and mothers and continues today with contemporary contemplatives including monks Thomas Merton, Thomas Keating, and Laurence Freeman.

Come and spend time in a more contemplative, restful mode and allow one of Christianity’s most ancient, authentic and profound prayer practices to heal you with renewed resolve to deepen your spirituality and to grow closer to God. This session may change the way you pray. It may change your life, too!

Dr. Robert Hesse is a Catholic deacon, a member of the board and faculty of the Institute for Spirituality and Health, and a Commissioned Presenter for Contemplative Outreach, Inc.

Pictured above is Dr. Hesse (on right) with Father Thomas Keating who popularized the practice of Centering Prayer.

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