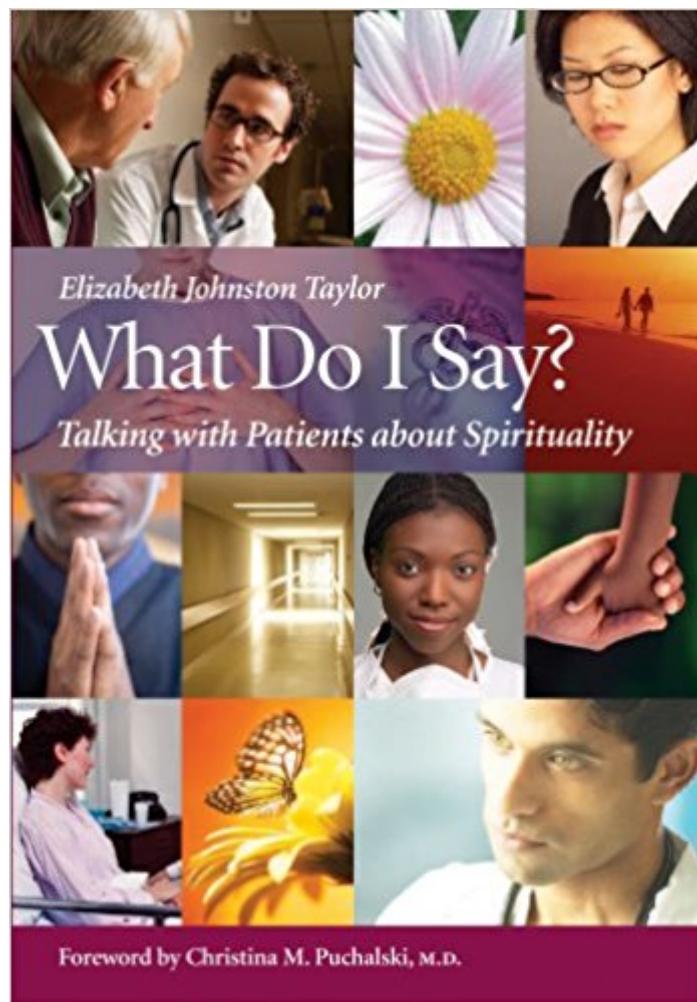


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# What Do I Say?: Talking With Patients About Spirituality



## Synopsis

Health care professionals, clergy, chaplains, social workers and others who counsel people in medical crisis often find themselves faced with deeply painful questions: Why is this happening to me? Am I dying? Why should I live? I'm just a burden to others. The author, an internationally recognized expert in spiritual care giving, points out that wanting to help is one motivation for learning these skills, but there are also evidence-based reasons: helping patients express their innermost feelings promotes spiritual healing; spiritual health is related to physical and emotional health; spiritual coping helps patients accept and deal with their illness; and patients tend to want their health care professionals to know about their spirituality. Lessons, tips, and exercises teach how to listen effectively, with guidelines for detecting and understanding the spiritual needs embedded in patients conversations. Suggestions are provided for verbal responses to patients who express spiritual distress, including tips for building rapport, using self-disclosure, and praying with patients. A FAQ section deals with frequently asked questions and miscellaneous information, such as: What do I do when a patient talks on and on and I have to leave? How do I answer a why question? What do I say to a patient who believes a miracle will happen to cure them? What if I'm not religious? How can I talk about it? By practicing and using these healing techniques, Taylor explains, health care professionals will be able to provide patients responses to their questions that allow them to become intellectually, emotionally, and physically aware of their spirituality so they can experience life more fully.

## Book Information

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## Customer Reviews

Healthcare professionals, clergy, chaplains, social workers, and others who counsel people in medical crisis often find themselves faced with deeply painful questions: Why is this happening to me? Am I dying? Why should I live? I'm just a burden to others. Here is a workbook that suggests healing verbal responses to such expressions of spiritual pain. The accompanying DVD helps reinforce the lessons and exercises that integrate psychology, psychiatry, pastoral counseling, nursing, chaplaincy, and spiritual direction for whole person care. The author, an internationally recognized expert in spiritual caregiving, points out that wanting to help is one motivation for learning these skills, but there are also evidence-based reasons: helping patients express their innermost feelings promotes spiritual healing; spiritual health is related to physical and emotional health; spiritual coping helps patients accept and deal with their illness; and patients tend to want their healthcare professionals to know about their spirituality. Lessons, tips, and exercises teach how to listen effectively, with guidelines for detecting and understanding the spiritual needs embedded in patients' conversations. Suggestions are provided for verbal responses to patients who express spiritual distress, including tips for building rapport, using self-disclosure, and praying with patients. A FAQ section deals with frequently asked questions and miscellaneous information, such as: What do I do when a patient talks on and on and I have to leave? How do I answer a "why" question? What do I say to a patient who believes a miracle will happen to cure them? What if I'm not religious? How can I talk about it? By practicing and using these healing techniques, Taylor explains, healthcare professionals will be able to provide patients responses to their questions that allow them to become intellectually, emotionally, and physically aware of their spirituality so they can experience life more fully. --This text refers to an alternate Paperback edition.

Elizabeth Johnston Taylor, Ph.D., R.N., has a Ph.D. in Nursing and an M.S.N. in Oncology Nursing from the University of Pennsylvania, as well as training in chaplaincy and spiritual direction. She has authored or coauthored more than fifty publications and has been awarded eight funded research projects. She lectures frequently on spirituality and health and is currently associate professor, School of Nursing, at Loma Linda University in California. She lives in San Marino, California.

I bought this on for my class and apparently it really knows what do I say. I did not know exactly what I was typing for my assignments but I always got full credit so it must have been something good of what I had to say when you don't know what to say.

I honestly didn't expect a lot from this title. As a hospice chaplain, I've experienced all the scenarios in the book. But, the workbook portions of the book exceeded my expectations. They're really thought-provoking. This book is written for health care professionals (nurses, docs) rather than for pastoral care, but it makes the transition easily. I can highly recommend it.

This is a great resource for helping healthcare workers learn how to engage patients around issues of patient spirituality. I use this book with my Clinical Pastoral Education students. It's a good introduction for those new to chaplaincy and CPE, as well as being a solid reinforcement for those already practicing these skills. Lots of examples and exercises.

This is an invaluable tool for any nurse at the bedside. I am doing research on Spiritual Interventions in Acute Care settings at my hospital and found Taylor's suggestions and insights helpful in guiding my expectations and questions for the study. I showed it to one of the Chaplains here and they are excited to incorporate ideas expressed in the book/guide as part of improving nurses' response to spiritual distress in patients.

This book helped so much in formulating my approach to Pastoral Care, I definitely recommend this book it is required reading for anyone interested in Chaplaincy.

Great resource to aid one who is dealing with Palliative / Terminal patients

Excellent!

I was able to follow along and understand what the author was trying to convey.

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