Spiritually Focused Meditation for Cancer Patients: A Unique Healing Approach for Use in Clinical and Pastoral Settings

Friday, November 18, 2011
10:00 a.m. - 3:00 p.m.
Deadline for registration is November 4, 2011. Later registrations will be accepted, space permitting.

Title
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Please return this form and your check for $70 per class payable to “PTS” to:

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Discover, MasterCard, and Visa are accepted.

Brenda Cole
and
Clare Hopkins

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Drs. Cole and Hopkins have been developing and testing spiritually-focused meditation interventions for cancer patients for the past 10 years. Their research and clinical experiences have given them a unique opportunity to learn from patients the ways in which spirituality and religion are woven into the cancer journey, at times evoking profound spiritual struggles and at times offering meaning and comfort in the midst of human suffering. Their awareness of these spiritual dimensions has led them to develop and test spiritually-focused meditation interventions to address and resolve spiritual struggles and assist patients in strengthening and deepening their relationship to the “Sacred” within the process of coping with cancer.

In this seminar they will share the work they have been doing. From a research perspective, they will share their soon-to-be published, ground breaking results. From a clinical and pastoral perspective, they will present an overview of the spiritually-focused intervention that they have used in their research, following a semi-structured treatment manual. The manual, included in the cost of the workshop, is a resource for mental health workers and clergy for addressing spiritual dimensions of recovery from cancer with patients or church members.

**Objectives**
At the end of this course, you will be able to:

- Distinguish between positive and negative spiritual changes that people experience after a diagnosis of cancer.
- Differentiate between explicit spiritually focused meditations and secularly focused meditations as utilized in the field of psychology.
- Describe meditation interventions that integrate the patient’s spiritual and/or religious language and imagery.
- Display familiarity with leading-edge research on the effectiveness of spiritually focused meditation for cancer patients.
- Develop initial skills in applying spiritually-focused meditation in clinical or pastoral settings.

**Instructors**

**Brenda Cole, Ph.D.** has been a leading researcher in the field of spirituality and health for the past 10 years. For most of that time, as an assistant professor of medicine at the University of Pittsburgh, she has specifically assessed the effectiveness of spiritually-focused meditation on adjustment for people coping with cancer. She currently works in private practice as an associate of Psychological Resources in Toledo, Ohio.

**Clare Hopkins, Ph.D., R.N.** is professor, associate dean, and director of Carlow University’s School of Nursing. Dr. Hopkins has worked with adolescent and adult populations, primarily in inpatient settings. For the past 11 years, she has been associated with researchers at the University of Pittsburgh Cancer Institute working on studies to facilitate mental wellness and effective coping through exploring spiritual interventions in people diagnosed with and treated for cancer.

**Further Questions** 412-924-1345 or ConEd@pts.edu