

# EVALUTAZIONE DI SALUTE SPIRITUALE

## Guarigione tramite l'autocoscienza



Basata su "La Guarigione dei Quattro aspetti di dolori spirituali nella tradizione classica "Dell'arte di Vivere e di Morire"

NOME/CHI RICEVE L'ATTENZIONE \_\_\_\_\_ BADANTE [opzionale] \_\_\_\_\_  
DATA \_\_\_\_\_ ORA \_\_\_\_\_ UBICAZIONE \_\_\_\_\_

### ISTRUZIONI

- Si calmi e si prenda un momento per meditare
- Indichi con un cerchio la verità più profonda di "come si sente dentro oggi"?
- Si serva delle domande opzionali come guida di comprensione profonda
- Annoti e confronti le sue risposte ad intervalli normali per scoprire comportamenti ricorrenti di salute spirituale o di angoscia
- Si fidi del fatto che la consapevolezza è il primo passo verso la guarigione. Piuttosto di sanare il dolore spirituale basta che venga ascoltato e ricevuto.

### IL SIGNIFICATO

1	2	3	4	5
La vita è colma di proposito e significato		Generalmente mi sento motivato(a)		La vita mi sembra insignificante

Cosa mi dà la vita e l'energia in questo momento? \_\_\_\_\_  
Chi o cosa mi impedisce di sentirmi completamente vivo(a)? \_\_\_\_\_

### IL PERDONO

1	2	3	4	5
Mi sento un profondo desiderio di riconciliazione verso me stesso(a) e verso gli altri		Non ci sono questioni in sospenso che mi chiamano al perdono nella vita		Mi sento incapace di perdonarmi né di perdonare gli altri

Chi o cosa dovrei perdonare? \_\_\_\_\_  
Da chi ho bisogno di chiedere il perdono? \_\_\_\_\_

### COME SONO IN RELAZIONE CON GLI ALTRI

1	2	3	4	5
Mi sento fortemente collegato(a) con le persone e le cose più importanti a me		Con i vari settori di mia vita, mi sento in equilibrio		Alle persone o cose importanti a me, mi sento fortemente alienato(a)

Chi o cosa è il più o la più importante a me? \_\_\_\_\_  
Chi o cosa temo di perdere? \_\_\_\_\_

### LA SPERANZA

1	2	3	4	5
Mi sento pieno(a) di speranza e ottimismo		In generale mi fido di quello che mi conserva il futuro		Provo una forte depressione e una profonda disperazione

Quali sogni mi mantengono vivo(a)? \_\_\_\_\_  
Per quale ragione potrei sentire depresso(a) o disperato(a)? \_\_\_\_\_

## Background for the Spiritual Health Assessment Tool

- The **Spiritual Health Assessment (SHA)** was originally developed as part of a North American healthcare education initiative to help care givers and care receivers better understand and respond to the impact of existential suffering on physical health and emotional well being.
- **SHA** was designed by internationally acclaimed educators, Richard and Mary Groves, co-founders of the Sacred Art of Living Center in Bend, Oregon USA. Based on more than thirty years of clinical caregiving experience they developed the *Soul & Science of Living* programs and the *Sacred Art of Living & Dying* series, as international training courses for health care professionals.
- The **SHA** tool was designed in consultation with physicians, nurse practitioners, mental health therapists and spiritual caregivers from a wide range of faith and cultural traditions. Underlying the SHA is the concern that, “Western Medicine has no model to help someone live *through* their suffering” (cf. *Mortally Wounded: Stories of Soul Pain & Healing*, Michael Kearney, MD, Medical Director for **Sacred Art of Living Center**).
- Since 1996 the **SHA** has been utilized as a ‘best practice’ in hundreds of care facilities in North America, Europe, Asia and Australia (including hospices, hospitals, long term care facilities and a variety of social and faith community venues).
- The purpose of the **SHA** is to assist persons living with serious, chronic or terminal illness through enhanced awareness of emotional and spiritual concerns. The presumption of the tool is that self-awareness is the first step towards healing and wellness.
- The goal of the **SHA** is to invite a person to reflect on “How you are *within* yourself” a question designed by Dr. Cicely Saunders, founder of the modern hospice movement. Saunders’ Total Pain Management approach to suffering attempted to measure not just physical pain but emotional, social and spiritual dimensions as well.
- The **SHA** measures four dimensions\* of existential suffering: Meaning, Forgiveness, Relatedness and Hope which are universal experiences, regardless of a person’s age, gender, culture or belief system.

\*For more background on related theory and practice of the four dimensions of spiritual suffering, consult **The American Book of Living & Dying: Lessons in Healing Spiritual Pain**, by **SHA** author Richard Groves.
- The benefit of the **SHA** is the support it provides for both caregivers and care receivers by assessing emotional and psycho-spiritual needs. The **SHA** is always optional however utilization rates of the **SHA** among care receivers range from 86-92%.
- Responses to the four dimensions of spiritual suffering should be prescribed only after caregivers have received mentorship appropriate to their profession and experience. It is highly recommended that, before introducing the **SHA**, institutions and their personnel receive appropriate training through the *Soul & Science of Living* or *Sacred Art of Living & Dying* programs. To learn more about these series and the related **Anamcara Project**, which are offered worldwide, contact **Sacred Art of Living Center**: [www.sacredartofliving.org](http://www.sacredartofliving.org) More than 20,000 caregivers worldwide have graduated from these education and training programs.

**“The work of the Sacred Art of Living Center is essential because spiritual suffering is the least diagnosed cause of pain.”**

**Dame Cicely Saunders, MD**