

Wellspan Philhaven Seminar August 19 2020

Spiritual Connection in Daily Life: Using the Daily Spiritual Experience Scale questions as a resource to buffer stress, prevent burnout and PTSD, increase your sense of meaning, and enhance relationships

Are you interested in finding more resources for yourself and for your clients to increase resiliency, buffer stress, prevent burnout and PTSD, or prevent addictive behaviors, especially in these tough times? Many research studies have shown that experiences such as awe, a sense of beauty in nature, giving and receiving compassionate love, gratitude for blessings, and comfort or strength from spirituality or religion, can buffer the effects of stress in our lives, enhance our relationships, help us to grow from trauma, lead to a greater sense of meaning, as well as deepening our awareness of connection to the 'more than', a sense of spiritual connection. To explore the role of these experiences in our days, Dr. Lynn Underwood created a set of 16 questions, the Daily Spiritual Experience Scale (DSES). Over 400 peer reviewed studies have used the DSES and it has been translated into 40 languages worldwide. It identifies experiences and predicts good outcomes for people who are deeply religious from different faiths and those not comfortable with any religion.

The DSES questions can widen our perspective, and help us find more sources of sustenance and learn from and encourage one another. The variety of answers—yours and those of others—can help to reveal wonderful aspects of daily life that are present but often overlooked. The DSES was originally developed as a research and practice tool with frequency number scores in order to compare groups and examine predictions and change over time. In this workshop we will be using the open-ended version of the questions. The language used in the questions can help each of us to unpack our own experiences, bridge differences and enhance deep communication. We will explore how contact with the natural world, art and music, film and poetry, can prompt us as we try to increase our awareness of these resources. The DSES questions have proven to be of practical use in workplaces, and with family, friends, and groups, but can also be of help for you personally as you deal with these uncertain and difficult times.