



Artwork © Lynn Underwood

Investigating and Exploring Spiritual Connection in Daily Life

presented by

Lynn Underwood, Ph.D.

Thursday, October 29, 2015,

7:00-9:00 p.m. and/or

Friday, October 30, 2015,

8:30 a.m. - 12:30 p.m.

Pittsburgh Theological Seminary

John Knox Room, Long Hall

CE Credits for Licensed Psychologists, Social Workers, Marriage and Family Therapists, Professional Counselors, Registered Nurses, Certified Registered Nurse Practitioners, and Professional Coaches are anticipated for each program.

CEU credits are available for Clergy and Chaplains.

Registrants are welcome to attend one or both sessions.

Course Overview

When adversity strikes, or in the midst of ill health, mental distress, or nearing death, many people around the world draw courage and support from a sense of spiritual connection to the transcendent or the Holy. Studies also have shown that spiritual experiences enhance well-being, provide meaning or a sense of purpose, and deepen awareness of connection to self, others, nature, and the Holy. To investigate ordinary spiritual experiences such as awe, deep inner peace, giving and receiving compassionate love, gratitude for blessings, and their role in daily life, Dr. Lynn Underwood created the Daily Spiritual Experience Scale (DSES). The DSES has been used not only in research in multiple disciplines around the world, but also in multiple settings that provide direct services such as nursing, counseling, clinical, and other psychological services, coaching, hospice, chaplaincy, and ministry. Participants may register for Thursday evening session, Friday morning session, or both sessions.

Thursday, October 29, 2015 - "Investigating" 7:00 - 9:00 p.m. ~ 2 CEs

Dr. Underwood will describe the development and use of the Daily Spiritual Experience Scale (DSES) as a research and evaluation instrument for a wide variety of settings. She will also discuss what the DSES measures, why the questions "work" - why they are reliable, valid, and capture something that is important for many kinds of people. An overview of research findings from some of the over 200 studies from around the world will be presented, showing that these experiences predict things such as better relationship quality, mental health, well being, and post-traumatic growth for many different kinds of people. More frequent spiritual experiences also prevent burnout in those in the caring professions, and recovery from substance abuse and PTSD. There will be time for questions and discussion.

Objectives: Participants will be able to:

1. Describe what the DSES measures and what it does not intend to measure;
2. Describe how it was developed and how that makes it useful and reliable for many different kinds of people; and
3. Discuss findings from research studies in diverse disciplines that have used the DSES and some implications of that research.



Friday, October 30, 2015 - "Exploring" 8:30 a.m. - 12:30 p.m. ~ 3.5 CEs

Dr. Underwood will explain how the sixteen questions that form the DSES can be used in a variety of settings to improve quality of life, enhance communication, and deepen connections. The scale has also been used as an evaluation tool in settings such as social work, business organizations, ministry, psychological practice, chaplaincy, coaching, and health care, as scores can change over time. The language used in the scale can bridge differences for people who are deeply religious from different faiths and for those not affiliated with any religion, and can be used in both religious and secular settings. She will provide a brief summary of how the DSES questions have been shown to be reliable, valid and predictive. She will then discuss a variety of uses of the instrument by psychologists, counselors, therapists, nurses, clergy, social workers, coaches, human resource personnel, and spiritual directors. The program will include an opportunity to personally explore selected questions from the DSES in depth, using ordinary examples from your own life, in order to better understand how to use them in professional settings with others. There will also be time for discussion and questions. After the program, interested participants may continue discussion together and with Dr. Underwood over lunch at your own expense.

Objectives: Participants will be able to:

1. Describe how the DSES set of questions can reach breadth and depths of experience for many different kinds of people and can be useful in the caring professions, in organizations, and in ministry;
2. Discuss research-supported applicability of use of the DSES, including its limitations in psychological, health care, and pastoral settings; and
3. Identify some ways to use the questions in an open-ended format.



Lynn Underwood, PhD has published widely in topics such as quality of life, cancer, stress, compassionate love, the role of the arts in neuroethics, and the multi-cultural understanding of ordinary spiritual experience. She created the Daily Spiritual Experience Scale. Her PhD in epidemiology followed medical school and she is an elected fellow of the Academy of Behavioral Medicine Research. Underwood has directed foundation programs and developed projects with the World Health Organization and the National Institutes of Health. Her consulting practice helps social services agencies, hospice, addiction services and others with strategy and program evaluation. Internationally, she lectures, facilitates workshops, and does research with clients such as Harvard University and the Cleveland Clinic.

Schedule

Thursday, October 29, 2015 - "Investigating"

6:15 p.m. Registration
 7:00 p.m. Program Presentation with Questions
 9:00 p.m. Adjournment

Friday, October 30, 2015 - "Exploring"

7:45 a.m. Registration
 8:30 a.m. Program Begins
 10:15 a.m. Break
 10:45 a.m. Program Continues
 12:30 p.m. Adjournment

Registration and Fees

Registration: www.ppi-online.org/event/Lynn-Underwood

Participants may elect to register for **one or both** Sessions.

Program questions: Contact Martha Robbins, ThD at 412-924-1423 or mrobbins@pts.edu.

Registration questions: Contact Liz Crosgrove, at 412-661-1239 x10 or ecrosgrove@ppi-online.org.

Session 1: Thurs., October 29, 2015, 7-9 p.m. 2.0 CEs

\$25 Standard registration	\$10 CE credits for psychologists, marriage and family therapists, professional counselors, RNs, and CRNPs
\$15 Student registration with valid ID	

Session 2: Fri., October 30, 2015, 8:30 a.m.-12:30 p.m. 3.5 CEs

\$50 Standard registration	\$10 CE credits for psychologists, marriage and family therapists, professional counselors, RNs, and CRNPs
\$35 Student registration with valid ID	

Sessions 1 and 2: Thurs., October 29 - Fri., October 30, 2015 5.5 CEs

\$75 Standard registration	\$50 Student registration with valid ID
\$20 CE credits for psychologists, marriage and family therapists, professional counselors, RNs, and CRNPs	

Refund Policy: Full refunds will be provided before October 8, 2015. A \$10 administrative charge will be deducted from refunds requested after October 8. No refunds will be given after October 15 or for "no-shows." If the program is cancelled for any reason, the liability of the program sponsors shall be limited to a full refund of registration fees.

We accommodate persons with disabilities. *Please call 412-924-1345 if you may require special assistance.*



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Housing and Directions

This program will be held at Pittsburgh Theological Seminary (616 N. Highland Ave., Pittsburgh, PA 15206). On-campus housing is available via reservation by calling 412-924-1397 or e-mailing reception@pts.edu. Directions to the Seminary can be found at www.pts.edu/directions.

Audience

Researchers, psychologists, social workers, nurses, mental health clinicians, coaches, clergy, chaplains, hospice workers, and spiritual directors who want to learn about the DSES as a research tool and practical applicability for communication, self-exploration and assessment.

Continuing Education Certification

2.0/3.5/5.5 **This educational program will provide a maximum of 5.5 contact hours, depending upon the number of sessions attended.** CE credits can be earned with attendance of the entire program on Thursday evening and/or Friday morning and with completion of the respective evaluation form.

Psychologists: Chatham University Psychology Continuing Education Programs (PCEP) is approved by the American Psychological Association to sponsor continuing education for psychologists. PCEP maintains responsibility for this program and its content. For questions related to these CE credits, please contact Mary Beth Mannarino at mmannarino@chatham.edu

Social Workers, Marriage and Family Therapists, and Professional Counselors in Pennsylvania can receive continuing education from continuing education providers approved by the American Psychological Association. Chatham University PCEP is approved by the American Psychological Association to sponsor continuing education. PCEP maintains responsibility for this program and its content. For questions related to these CE credits, please contact Mary Beth Mannarino at mmannarino@chatham.edu

Nurses: ANCC (RN, CRNP): This activity has been submitted to PA State Nurses Association for approval to award contact hours. PA State Nurses Association is accredited as an approver of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation. For questions related to these CE credits, contact Carrie Nickerson at carolyn.j.nickerson@gmail.com

Professional Coaches: ICF CEU's will be awarded by the International Coach Federation, Pittsburgh Chapter upon full attendance at program(s) and completion of evaluation(s).

Clergy and Chaplains: CEU's will be awarded by Pittsburgh Theological Seminary, Office of Continuing Education.