



EDITORIAL

NOV 2009

Welcome once again to news and stories on the service activities and progress of The Janki Foundation for Global Health Care (JF) and our educational products. Our seminal project, the training programme *Values in healthcare: a spiritual approach (VIHASA)* continues to inspire interest globally. For example, Dr Raksha Balbadhur presented the programme to healthcare professionals

from organisations around the world at the *20th international Children's Hospice International (CHI)* conference for paediatric palliative care held this year in South Africa (see report for details).

Lifting Your Spirits (LYS), launched last July specifically for patients and their carers, is a welcome addition to their healthcare management. A number of

charities and service user organisations – in settings as varied as alternative health, day hospitals, clinics, hospices and self-help groups - have found it particularly useful.

This year's annual lecture also focussed on patients needs in the form of Personal Information Therapy as our report highlights. Read, and enjoy!

Editor: Dr Kala Mistry

Jan Alcoe was interviewed for the programme *Metaphor for Healing*, hosted by Dr Phil Hammond, and talked about her experience of using metaphor during her illness for her own support, and subsequently in developing *Lifting Your Spirits*. It was broadcast on Radio 4 on 27th October at 9pm. LYS is also featured on the health page of the November edition of YOU magazine.

Lord Stone addresses JF

August 2009



Lord Stone spoke on Personal Information Therapy for the JF annual lecture.

Lord Stone of Blackheath, a working peer in the House of Lords, gave this year's Janki Foundation Lecture on the topic of Personal Information Therapy. The lecture usually addresses broadly the area of holistic and integrated approaches to health that promote healing and this year was no exception, opening up an opportunity to link the JF's flagship project, *Values in Healthcare*, to new ways of approaching patient care.

The talk followed the Foundation's AGM, in which trustees gave an overview of the JF's educational projects and activities, funding status and a progress update on Global Hospital & Research Centre.

Lord Stone shared with the audience some perspectives on intelligence and how we use information. He pointed out that, while science, logic, truth and knowledge dominate the objective, academic and informational aspects of intelligence,

there are other types of intelligence such as emotional and spiritual intelligence. These are ruled more by qualities such as calmness, faith, intuition and empathy and particularly call on the resources of personal experience and personal knowledge.

He told the story of an academic GP who became a patient and realised that, although she knew a lot in terms of medical information about her illness, its progression, treatments available etc, she could find no hands-on information to help her cope on a day-day and personal level.

Researching patients' understanding

Working from Oxford University, she and colleagues received funding for a pilot project to research patients' understanding and began a process of standardised interviews of a wide spectrum of clients from different backgrounds, with differing experiences and perspectives. Patients were asked about their illness, how they broke the news to family, what treatments they chose to have and why, how they coped and what questions they recommended to ask of professionals. The aim of these interviews was to enable past patients to share their experiences for the benefit of future service users. These videoed interviews are available online: www.healthtalkonline and are also useful to health professionals, as it allows them to see what it is like from their patients' point of view.

Pertinent in the current climate of government-backed patient-centred care, the web-related information explosion and recent moves for patient collaboration in the management of their own health, www.healthtalkonline is an invaluable resource and covers an ever increasing number of illnesses. It is funded entirely by the Department of Health and patient charities and not by drug companies or

other commercial organisations.

Lord Stone showed us a montage of patient perspectives on topics such as 'being positive', reflections on how much they have control over their life or body, how to relate to professionals and what spiritual or philosophical attitudes help.

Sister Jayanti, European Director of the Brahma Kumaris World Spiritual University, relayed a message from Dadi Janki, President of the JF, and also shared her own reflections on the topics discussed. She talked of the value of creating a safe environment in which individuals can communicate sincerely and the importance of not just listening, but understanding the significance of the message. She also spoke about being positive and that it is OK to not always be positive. One thing we can do spiritually is appreciate that there is love within a person, even if that person currently chooses not to show it.

The evening ended with a few minutes of guided reflection.

Lou Beckerman captivates the audience, playing the Tibetan singing bowl as a perfect accompaniment to her entrancing voice.



Janki Foundation moves to new home

Eighty people, trustees, friends of the Foundation, representatives from local charities and a Brent councillor attended the auspicious occasion in Moran House, Willesden, London. Dadi Janki, President of the Foundation, cut the ribbon to the entrance of the office amidst celebrations and Neville Hodgkinson, Chair of the Foundation, welcomed everyone warmly and gave an overview of JF history, aims and objectives. He outlined how the work started 11 years ago and what has been achieved over the years. Trustees, scientific & medical advisors of the Foundation and friends offered their congratulations, hopes and visions and lit candles to mark the occasion.

Dadi Janki shared spiritual reflections and inspirations, and led the cake-cutting and candle-lighting ceremonies. Below are some of her thoughts.

It is a spiritual task to share and open up exploration of our common values. When we do this peacefully and offer our support to each other, co-operation is the natural result.

Cooperation is exemplified by our five fingers: each one is different yet necessary. Bring all of these fingers together and the result is

co-operation and strength.

Why do we have pain or sorrow? It is due to lack of peace and experiencing deception. Deception causes illnesses. When you experience peace, pain will go away. To heal illnesses, take 'the tablets' of patience, peace and love daily and of power from the One up above. Then give to others the power of peace, love and truth. This is the method for good health all over!



Trustee Joy Rendell and JF secretary Bhavna Patani help Dadi to cut the ribbon at the entrance of the new JF offices as Maryam Taheri and Neville Hodgkinson, JF chair look on.

JF has published a new inspirational booklet *Healing Hearts & Minds*, now available from the JF office.

Summer events at the office

Lifting Your Spirits

London, July 30

Jan Alcoe, the author of *Lifting Your Spirits - Seven Tools for Coping with Illness*, led this session and focused on the seven tools that helped her recover from cancer. The reflective exercises and meditations deeply touched the 20 participants. Many felt her story was inspirational and that it gave them hope and greater courage to deal not just with illness, but with other problems they faced in life.



Other workshops included *Spiritual Care (September)* led by Masana de Souza and Joy Rendell as pictured and *Spirituality in Healthcare and Self Care - Dealing with Stress* facilitated by Mai Newe in June.

The Art of Self-Care

The Foundation ran a series of seven weekly workshops from May to offer support to staff of the other charities and organisations sharing the same premises in Willesden. Utilising the layout on the seven tools as

Healing Through Laughter

London, July 17

Laughter therapist Margaret McCathie shared her experience of depression and that she had almost given up hope until she met the famous clown-healer Dr Patch Adams who noticed her unique laughter. This led to her working with him and later establishing herself as a therapist in her own right. She talked of opportunity even at times of darkness and encouraged all participants to use laughter to free themselves from personal barriers to self-expression, to ease their sorrows and to be in an accepting space within.



Margaret McCathie ran this uplifting workshop with such fun, energy and enthusiasm that the 40 participants soon found themselves dancing merrily, adorned with the colourful and ridiculous props she had brought and feeling fine about it all!



described in the book *Lifting Your Spirits*, we explored practical ways of coping with stress and looked at methods of empowering and uplifting the self. The sessions were very positively received with people sharing deep experiences and profound insights.



London VIHASA facilitator group

This group meets for ongoing training and mutual support every six weeks. In June, we began a process of challenging our concepts, resulting in a fresh dynamic re-working of the material available. To find out more about this group contact values@jankifoundation.org

JF in the UK

Dr Craig Brown facilitated a half-day CPD (continuing professional development) session, Spirituality in Practice, with members of the Ayurvedic Practitioners Association, during their two-day conference in London in July. The group enjoyed the experiential format, shared deeply at times, and contributed stretch exercises - a forte of Ayurvedic practice! During the closure to the event they said what they had learnt and that the meditation was greatly appreciated. Craig reflected at the end: "What I learnt is to be prepared, be flexible and trust all will be well."

Lifting Your Spirits (2nd ed) was printed in

August. The CDs are now flat-packed in the book and both the book and CDs have been edited based on feedback and endorsements received from users such as The Haven and other patient groups to make it more user-friendly. Price £16.00. It is now also available online: www.jankifoundation.org

Arnold Desser contributed to a conference on professional values for GP Programme Directors (trainers of family doctors) at Cumberland Lodge in Windsor Great Park in mid-October, taking 55 participants through a story telling and 'appreciation' exercise and then had them writing poetry that highlighted their values.

The Canterbury VIHASA group arranged a taster event, Empowering the Practitioner, in July for healthcare workers at the Kent & Canterbury Hospital Postgraduate Centre, as a half-day morning session. During the introduction, Dr Brown talked about burnout and Nick Christianson overviewed *Values in Healthcare* on PowerPoint. Facilitators then led two workshop groups through exercises from the self-care module which was much appreciated by the attendees. Although this was the first event to follow the January launch, one group was keen to request each participant to commit to a change! They plan to organise further events.

Essex Mind and Spirit Conference

'Resources for the Journey', April 2009, Chelmsford Cathedral

Dr. Sarah Eagger, Chair of the Special Interest Group in Spirituality at the Royal College of Psychiatry, gave the keynote address. She summarised VIHASA and explained how experiencing and reflecting on our own values can make sense of our unique and shared spiritual journey.

Peter Goble, Chairman of The Buddhist

Hospice Trust, reported on his involvement: "In the afternoon, I conducted a 45-minute experiential session entitled Tools for Spiritual Self-Help, which was adapted from VIHASA materials on Spirituality in Healthcare. It offered participants a 'walk-through' of the spiritual tools of meditation, reflection, appreciation and play, building on Dr Eagger's presentation, which launched the conference earlier that day.

"We began with a minute's sitting quietly together, and then participants introduced themselves by name, uttering it the second

time (or both times) with special respect, reverence and appreciation. This was indeed a very moving opening and despite the limitations on the time we had to work together, I think we did justice to the spirit of VIHASA."

Values in Healthcare: Facilitators' Training

The *Values in Healthcare* facilitators' training was held in Worthing over mid-September, with three facilitators: Pat Hughes, Pravin Navekar and Maryam Taheri and seven participants. The small group allowed for deep personal and spiritual sharing which brought everyone closer together.

In the evaluation, participants revealed that they found the training particularly effective in imparting the confidence to facilitate *Values in Healthcare* modules themselves. They appreciated receiving constructive feedback in a safe and open environment that was conducive to learning and the opportunity to familiarise themselves with the spiritual tools. They cherished the experiential nature of the programme and the focusing on using seven spiritual tools to deepen self-awareness.



A JF team was present throughout the day displaying VIHASA materials.

VIHASA at CHI 20th world congress, South Africa

Dr Raksha Balbadhur, coordinator of *Values in Healthcare* South Africa, presented VIHASA in September, to an audience of 90 health professionals at an international child palliative care congress in Cape Town, South Africa, under the theme of Nurturing the Spirit. The Children's Hospice International conference was organised in partnership with and jointly hosted by the International Children's Palliative Care Network (ICPCN) the Hospice Palliative Care Association of South Africa (HPCA) and the Tutu Institute for Prayer and Pilgrimage. The congress explored all aspects of children's palliative care from innovations in clinical care and new research to theories and experiences

with such issues as Pain of the Soul and Caring for the Caregivers.

Ninety out of 160 delegates, doctors, nurses, social workers, department of health officers, many NGO's, pharmacists, community health workers, hospice carers, professionals in paediatric care from all over the world, chose to attend the 40-minute session on *Values in Healthcare - Caring for Patients, Caring for Yourself* (there were 3 sessions running concurrently).

Raksha was able to facilitate part of a module with the group, which touched many and some stayed afterwards to ask how they may access the programme. As the only VIHASA representative, between answering questions, attending the congress and also manning the information table during breaks, she was kept very busy!

VIHASA: participants at the facilitators' training in Johannesburg July 09.





Around the World

USA

Mary T O'Neill, Catholic Health Services of Long Island, New York, has had great success with *Values in Healthcare* over the past three years. She reported in May 09: "I have done two sessions with each of the values - with about 100 participants in each one. It has been very successful and staff love it; we have had a few managers attend. We have set dates to do the final module, Spirituality in Healthcare - for September and November, and I have a core group ready to meet with me in September to plan how we will continue this programme into 2010. I intend to do repeats of the other modules." In further correspondence, she clarified that they have also used the modules in one-hour increments when those who attended the main workshops went back to their workplace and facilitated one-hour sessions at staff meetings. Some departments also hold sessions allowing staff to do the reflection at home if they could not attend. In recent evaluations, staff rated the sessions as calming, thought-provoking, excellent, stimulating, engaging and challenging (over 95% of their scores). (March and May workshops on Valuing Yourself).

India

Health professionals from the Global Hospital and Research Centre in Rajasthan, with staff from BSES MG hospital, Mumbai, have run a 5-day conference on Mt Abu, Rajasthan on Holistic Health for Nursing Professionals. The theme was Caring, Sharing & Inspiring Core Values for Better Nursing Care. The conference covered topics such as care with dignity, spiritual care in practice and values in healthcare.

Turkey

at the invitation of Dr Feyza Erkan, Arnold Desser and Dr Sarah Eagger led a seminar on why values in healthcare are important at the University Hospital in Istanbul - in June with a group of doctors. They touched on learning styles and how VIHASA provides

Dr Feyza Erkan and Dr Sarah Eagger greet each other at University Hospital, Istanbul, prior to the Values in Healthcare session.



an experiential and explorative training programme. Talks are already underway to share the VIHASA programme with medical students.

Iceland

Ten VIHASA facilitators in Iceland have met and experimented with the modules themselves before beginning a series of one-day sessions for the Icelandic Cancer Society staff. The participants commented on how nurturing it was to spend a day together as a team working on and discussing mutual and individual values to take with them back to work.

The team also ran the module of Peace at the Medical Unit of St Joseph's Hospital for nursing staff. The Head Nurse obligingly arranged shifts so that everyone was able to participate over two different dates. Staff were keen to introduce some changes on return to work and mentioned that this method of 'learning through experience' was something quite new and valuable to them. The facilitators also discovered new ways to refine the facilitation process itself. Translation of other modules is taking place.

Following the collapse of the Icelandic bank industry last October, St Joseph's Hospital was for several months threatened with closure. Over this time, many of the staff decided to learn meditation - one of the spiritual tools - with very positive personal outcomes.

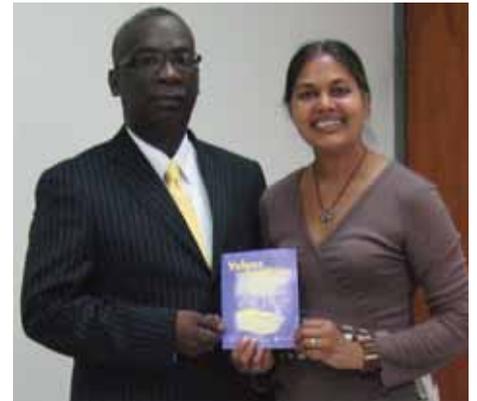
South Africa

The South Africa *Values in Healthcare* team also ran its second facilitators' training in July, on the back of a successful and fully attended training in 2008. The venue was the beautiful Valverde Country Hotel in picturesque Muldersdrift, Johannesburg. Eight facilitators and 35 participants, including nursing tutors, doctors, social workers, NGO directors/project coordinators, a pastor, mediators and training consultants, alternative healers and many care workers

who work in hospices, with HIV or domestic violence and child abuse, created a very healing and safe space for them to share openly as they engaged in the training process. (see previous issues)

West Indies

During her recent trip to the Caribbean, Nirmala Ragbir-Day, who has researched *Values in Healthcare* in the UK, presented a paper at the The University of the West Indies School of Education in Barbados and also conducted a one-day workshop on Module 1 of VIHASA with 22 staff at St Kitts main hospital.



Nirmala Ragbir-Day discussing the programme with the Honorable Ronald Jones, Minister of Education and Human Resource Development, Barbados, June 2009.

Argentina

In Buenos Aires, Professor of Culture and Society, Mercedes Carrasco is running the entire *Values in Healthcare* programme and meditation sessions with nursing students during their Values year. Dr Christian Plebst delivers the lectures on values; he also lectures on bioethics for medical students with very positive feedback from the students and other university teachers. Mercedes has also trained volunteers in CARITAS, a Christian charity.

To support this work, VIHASA is currently being translated into Spanish in Venezuela.



For further information on the Foundation or its activities, please contact
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