

## About The Janki Foundation

The Janki Foundation for Global Health Care is a UK-based health care charity which encourages both research and awareness in the field of spirituality and health. It is dedicated to positive human development and whole-person healthcare: an approach that considers the needs of patients and practitioners at all levels of body, mind and spirit.

A core group of concerned healthcare professionals have written and designed *Values in Healthcare* by drawing on their personal experience and teaching within their specialties (general practice, psychiatry, nursing, medical education, surgery, occupational therapy, complementary therapy, and organisational consulting).

The approach is a new initiative which has been piloted across the UK and in a number of other countries by medical, nursing and educational consultants.

## What can I do?

If you would like more information about *Values in Healthcare* and want to be kept informed about the programme please complete the enclosed form.

## Further information

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## A spiritual model in modern health care

*...encourages the development of human understanding in response to suffering. It is not a substitute for medical science or clinical skill and resources, but it can enable a more integrated approach to healthcare.*

Spirituality is the act of using our inner resources of peace, love, positivity and compassion for the benefit and healing of ourselves and others.

A spiritual approach is one that enhances, reconnects and rejuvenates these qualities in our thoughts, feelings, attitudes, beliefs and actions.

The Janki Foundation for Global Health Care is researching and promoting a spiritual model in modern health care. It aims to support professionals and patients by advancing missing dimensions in healthcare through training and dialogue.



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values • peace • positivity • compassion • co-operation  
valuing yourself • spirituality in healthcare • values

# Values in healthcare

*a spiritual approach*



A personal and team development  
programme for healthcare practitioners



## Thrive and survive?

With today's emphasis on quality of service, how can healthcare professionals deliver the best possible care to patients and at the same time, feel enriched and supported by their work? How can they thrive, rather than just survive?

*Values in Healthcare: a spiritual approach* addresses an important gap in personal and team development for healthcare professionals today by taking a fresh, values-based approach to their learning and practice.

## Values in a pack?

*Values in Healthcare* is a modular development programme which will help healthcare professionals and teams to support themselves and their patients. Through experiential exercises and opportunities for reflection and self-enquiry participants can identify their own core values and discover how their insights can enhance and revitalise their work.

The programme is delivered via a pack of materials which introduce values such as compassion, co-operation, peacefulness and self-care, and encourage participants to explore using them in their personal lives and professional practice.

The learning outcomes will enable professionals in all settings to cope better with their work, raise morale and restore a sense of purpose, helping to prevent problems of burnout, sickness absence, and staff retention.

## A spiritual approach

Today sees a new emphasis on meeting the spiritual needs of patients as part of effective, whole-person health care. In order to do this, healthcare practitioners need opportunities to recognise and address their own spiritual needs. *Values in Healthcare* emphasises this essential relationship through a number of learning tools. These include reflection, listening, appreciation, meditation, visualisation, creativity, and play.

## Contents

*Values in Healthcare* comprises seven one-day modules, each of which will help groups of healthcare professionals to explore values in depth, as they relate to their personal lives and professional practice:

Module 1: **Values** – *gain strength through motivation*

Module 2: **Peace** – *benefit from being calm*

Module 3: **Positivity** – *harness the power of thoughts*

Module 4: **Compassion** – *release healing energy*

Module 5: **Co-operation** – *appreciate the wisdom of teams*

Module 6: **Valuing yourself** – *sustaining the Carer*

Module 7: **Spirituality in healthcare** – *spiritual care in practice*

Each module can be run as two half-day workshops, incorporated into wider development programmes, or run in sequence as a *Values in Healthcare* programme.

## Who can benefit from the programme?

- Practising professionals at all levels, including doctors, nurses, professions allied to medicine, social workers, managers, support and administrative staff
- Practitioners in a wide range of settings including hospitals, hospices, general practice, health centres, clinics
- Staff groups and teams, including multidisciplinary teams, primary health care teams, outpatient teams, departmental teams
- Qualifying and undergraduate teaching programmes as part of, or as elective elements of, curricula
- Postgraduate and postqualifying courses
- A range of professionals in their Continuing Professional Development

## The pack

The *Values in Healthcare* pack contains detailed guidance and all the necessary materials to run the programme, including:

- guidelines for facilitators on preparing for and running each session
- information about the learning tools employed in the sessions
- background information on each module topic which can be provided as a reading handout to participants
- timed programmes for each session, each comprising exercises, feedback, review, action planning and evaluation
- exercise sheets and handouts
- warm-up exercises, movement exercises and closure exercises
- action planning and evaluation proformas
- CDs containing meditations and music to be used during some of the exercises
- set of Value Cards to be used during sessions

## Format

- **Ringbinder** (approx 500 pp) with CDs and set of cards

*The print materials can be photocopied for group use within an educational programme.*