

APPLICATION OF CARE

Rituals/Sacraments:

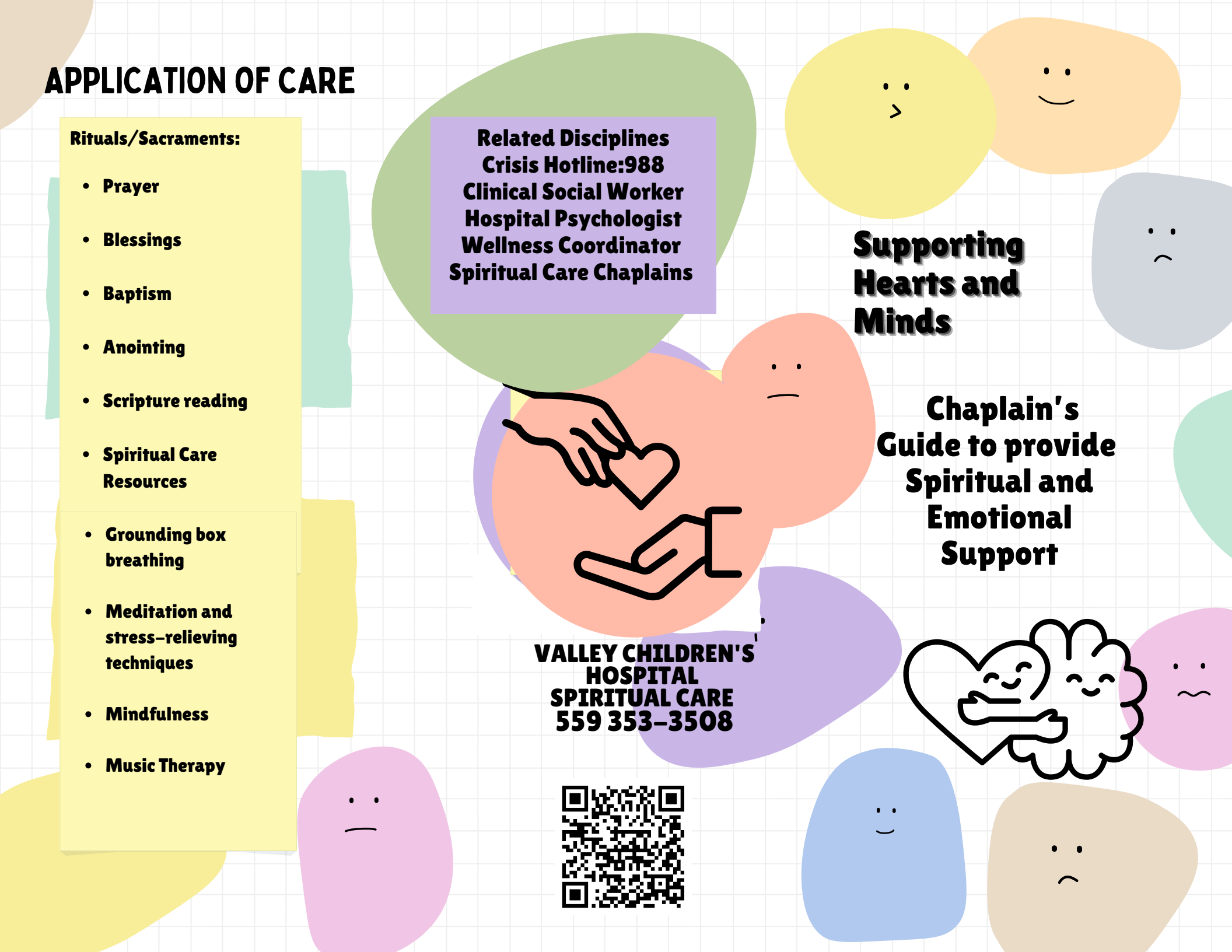
- Prayer
- Blessings
- Baptism
- Anointing
- Scripture reading
- Spiritual Care Resources
- Grounding box breathing
- Meditation and stress-relieving techniques
- Mindfulness
- Music Therapy

Related Disciplines
Crisis Hotline:988
Clinical Social Worker
Hospital Psychologist
Wellness Coordinator
Spiritual Care Chaplains

**Supporting
Hearts and
Minds**

**Chaplain's
Guide to provide
Spiritual and
Emotional
Support**

**VALLEY CHILDREN'S
HOSPITAL
SPIRITUAL CARE
559 353-3508**



During a health crisis, one may often feel overwhelmed, frightened, uncertain, and disconnected from reality.

As a chaplain, your presence alone may offer comfort, hope, and spiritual grounding.

This guide provides practical strategies to support patients, families, and staff with compassion, empathy, and existential wisdom and clarity.

Gentle Reminder:

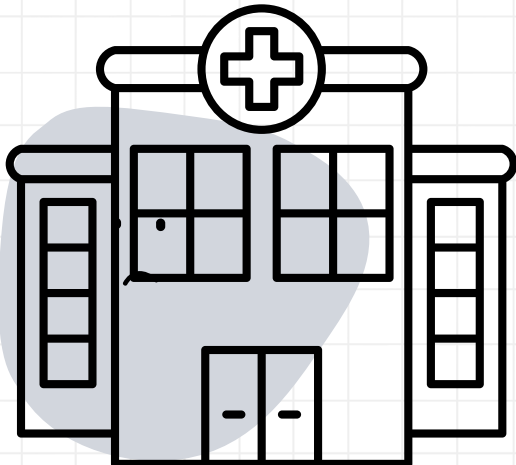
This is not about you; you are about to offer someone else a true gift.

Yolanda Sanchez

Effective Supportive Strategies

Let the patient share fears, frustrations, and hopes. Listen attentively and compassionately as if the person is your most important priority at the moment.

Reflect what you hear, validate their feelings and emotions. Please avoid judgment or criticism. Offer words of affirmation, encouragement, and hope.



What to Do

- Clarify your role
- Build trust and rapport with your patient.
- Observe non-verbal Cues.
- Explore the child's or parent's inner world.
- Assess spiritual and existential needs.

FICA assessment

- F – Faith or Belief:

This component explores the patient's fundamental spiritual or religious beliefs, what gives their life meaning, and their coping mechanisms during times of stress.

- I – Importance and Influence:

The chaplain assesses the importance of spirituality to the patient and how their beliefs and values influence their healthcare decisions and their ability to manage stress.

- C – Community:

Patient's spiritual support systems, including religious communities, family, and other significant groups.

- A – Address in Care:

Please discuss with the patient how their spiritual needs should be addressed as part of their care. It focuses on incorporating their spiritual practices or connecting them with spiritual resources.

- Always follow up when necessary...

How to Do It

Listen Actively with Compassion

Normalize Emotional Responses

Provide Spiritual Grounding

Avoid Judgment

Respect Cultural and Religious Diversity

Encourage Self-Care Offering and guiding self-care practices

