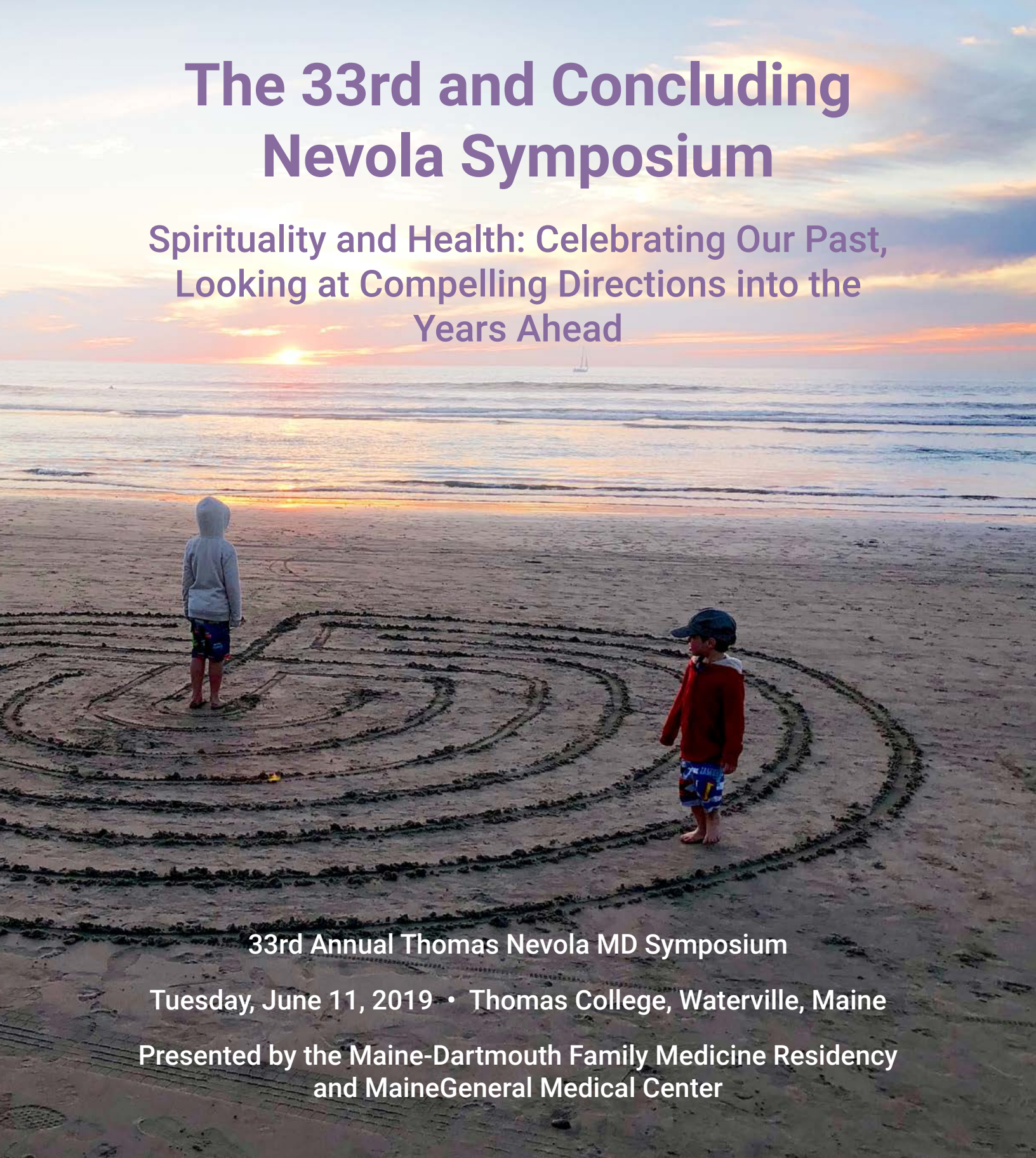


The 33rd and Concluding Nevola Symposium

Spirituality and Health: Celebrating Our Past,
Looking at Compelling Directions into the
Years Ahead



33rd Annual Thomas Nevola MD Symposium

Tuesday, June 11, 2019 • Thomas College, Waterville, Maine

Presented by the Maine-Dartmouth Family Medicine Residency
and MaineGeneral Medical Center

The Thomas Nevola MD Symposium on Spirituality and Health, an annual Maine program since 1987 sponsored by the Thomas Nevola, MD Memorial Fund, Maine-Dartmouth Family Medicine Residency and MaineGeneral Medical Center



Symposium

The 33rd annual Nevola Symposium will be the last in its long-time one-day format. In recognition of our transition to different forms of honoring the Nevola legacy, the 2019 program will be a celebration and culmination of our many years of exploring the rich inter-relationships of spirituality and health. Rather than have a single theme, as we have typically done, we have assembled a group of our particularly outstanding past presenters and some energetic first-time presenters and invited them to develop interactive teaching sessions organized around this question: “What excites you in your work with spirituality and health, that you expect will chart some important directions in the years to come?” The resulting program, as you will see, offers a variety of ideas and approaches that draw upon both ancient spiritual traditions and modern empirical research — reconciliation, hope, gratefulness, mindfulness, resilience, happiness and loving service, among others — applied to both personal and professional relationships.

Dedication

As always, this symposium honors the memory of Thomas Nevola, MD, an energetic and devoted young physician whose personal and professional passion for spirituality and health care was — and continues to be — inspirational.

Symposium Objectives

- Describe two ideas from your experience in the symposium that have added to your existing wisdom about spirituality and health.
- Describe two spiritually informed perspectives or practices pertinent to your own well-being that you plan to continue or explore.
- Describe two spiritually informed perspectives or practices you will incorporate in your work or relationships with other people.
- Describe how you will “keep it going,” how you will cultivate your knowledge and meaningful practice in the arena of spirituality and health going forward.

Audience

People involved with health care and human services, the religious community, education, business and other interested community members are encouraged to attend. We warmly welcome people who have been part of the Nevola tradition in the last 33 years, along with new friends joining our time together.

Nevola 2019

7:15 **Optional pre-symposium lovingkindness meditation.**

Nancy Kelley (Summit Room)

7:15 **Registration**

8:00 **Welcome, Invocation, Introduction**

Frederic Craigie, PhD

The Rev. Raymond B. Anderson

8:20 **Keynote Conversation**

State of the Art and State of the Heart: Spirituality and Health in 2019 and into the Years Ahead

Frederic Craigie, PhD

9:50 **Break and Networking**

10:10 **Session 1 of Concurrent Workshops**

Hearing the Spirit of Trauma: Spiritually Integrated Psychological Interventions to Promote Resilience, Healing and Growth after Traumatic Events

Carol Ann Faigin, PhD

Reconciliation in the Jewish Tradition

Rabbi Rachel M. Isaacs

Mindfulness Practices and Their Role in Resilience and Wellness

Jeff Matranga, PhD, ABPP, and Jeri Wilson, E-RYT-500

Integrating Spirituality into the Day-to-Day Practice of Health Care

Barbara Ann Moss, DO, MPH, FACOFP and Rick Hobbs, MD, FAAFP, FAAMA

Intentional Practices to Foster Health and Happiness

Joy Anne Osterhout, MS, MCHES, RYT and Wendy Jorgensen, PA, MHP

The Role of Love in Leadership: Understanding its Transformative Potential

Kandyce Powell, RN, MSN

Philosophy, Ethics and Spirituality of Substance Use Disorders and Treatment

Taunia Rifai, MDCM and Nathaniel Bowling, MDCM

Moving from Your Spiritual Autobiography to Your Soul's Mythology

Daniel Robinson, PharmD

Hope that Endures – Hope that Sustains

Marguerite Stapleton

11:40 **Lunch, music, displays**

12:55 **Session 2 of Concurrent Workshops**

Morning workshops will be presented a second time.

2:25 **Break and Networking**

2:45 **Coming Together to Explore What's Next**

Frederic Craigie, PhD and colleagues

4:15 **Adjourn**

5:30 **Optional Labyrinth Walk, MaineGeneral Augusta Campus**

Barbara Ann Moss, DO, MPH, FACOFP

Keynotes

Morning Keynote Conversation

State of the Art and State of the Heart: Spirituality and Health in 2019 and into the Years Ahead

Frederic Craigie, PhD

Building on 33 years of Nevola Symposia, Dr. Craigie will describe how the field of spirituality and health has evolved to where we are in 2019 and present some perspectives and practices – from both ancient spiritual traditions and modern empirical research – that offer promising directions for the future.

Afternoon Interactive Keynote

Coming Together to Explore What's Next

Frederic Craigie, PhD and colleagues

Our experience is that people learn best by giving voice to new ideas that are meaningful to them, privately or in conversation with someone else. At the beginning and throughout the day, participants will be encouraged to keep in mind the symposium's learning objectives. In our concluding session, we will have an opportunity to explore together where we have come and where we're all going with spirituality and health. What ideas have been particularly meaningful for you? How do you picture incorporating your insights and values about spirituality and health into your personal and work or community life? How will you hold on to what is sacred for you and keep learning and growing in the years ahead?

Optional Pre-symposium lovingkindness Meditation

Nancy Kelly

This experience of lovingkindness meditation will involve breathwork, silent meditation and a short quiet time of reflection. If you wish to take part in this session, please plan to arrive prior to 7:15 so the group can begin together. The session will end in time to register for the main symposium.

Workshop Sessions

Hearing the Spirit of Trauma: Spiritually Integrated Psychological Interventions to Promote Resilience, Healing and Growth after Traumatic Events

Carol Ann Faigin, PhD

Spiritual identity and psychological wellness are inextricably intertwined. People naturally question their belief systems after a trauma or life-changing event; however, some of us “get stuck” on the path toward recovery. Often the deepest psychological injury is spiritual in nature, so interventions that address the spiritual wound may be most effective in promoting psychological recovery. The purpose of this seminar is to provide a common language for the spiritual domain, identify potential “red flags” in spiritual orienting systems that can lead to mental health concerns, and explore spiritual avenues of change to facilitate growth in patients, which can be practiced by all members of the helping community.

Reconciliation in the Jewish Tradition

Rabbi Rachel M. Isaacs

We live in a moment of extreme polarization, defined by political litmus tests, secular banishing and abundant brokenness. How do we come back together as a community and as a nation? We will look back to the sources in the Jewish tradition – from Biblical narrative to contemporary Israeli poetry – that focus on facilitating healing and reconciliation, mending effectively what has been rent, and defining the reasonable limits of reconciliation in cases of betrayal, injustice and abuse. This session will include song, explorations of religious and secular texts, and open discussion. Folks of all faiths and backgrounds are encouraged to come, learn, and contribute.

Mindfulness Practices and Their Role in Resilience and Wellness

Jeff Matranga, PhD, ABPP, and Jeri Wilson, E-RYT-500

Mindfulness practice has positive effects on wellness, which might be summarized by helping to reduce emotional and physiological reactivity and facilitating a quicker return to baseline. Some of these effects may involve enhancing resilience, mediated partially through observable changes in neural pathways and structures such as reduced reactivity of the amygdala, improved connections between the prefrontal cortex and the amygdala, and influences on cortisol, inflammation and cytokines. Sense of purpose is another area that may be related to resilience and may be enhanced through a meditation practice. The goal of this breakout session is to provide brief conceptual and research background and then engage participants in a couple of exercises related to this set of tools for resilience and wellness.

Integrating Spirituality in the Day-to-Day Practice of Health Care

Barbara Ann Moss, DO, MPH, FACFP and Rick Hobbs, MD, FAAFP, FAAMA

In this interactive session, Drs. Moss and Hobbs hope to inspire a lively discussion about how our spirituality informs our clinical practice and how our clinical practice encourages our spiritual growth. Drawing on examples in medical literature, theology and the presenters' decades of practice in medicine, participants will explore an approach to sacred relationships in mindful work and leave with some practicalities of integrating spirituality and health care.

Intentional Practices to Foster Health and Happiness

Joy Anne Osterhout, MS, MCHES, RYT and Wendy Jorgensen, PA, MHP

Everyone wants to be happier and healthier! Classes on happiness are now offered at Harvard, Yale and college campuses around the country; these classes are the most

popular classes with Harvard even offering their course free online for anyone who wants to take it. What does the research tell us about how we can become happier and healthier? Join us for this session where we will explore the science of happiness, what it is and how to define your personal happiness. You will also learn about six intentional practices that science tells us can bring more happiness and greater well-being to our lives.

The Role of Love in Leadership: Understanding its Transformative Potential

Kandyce Powell, RN, MSN

Leadership has many faces and so does love. What do those two words mean to you? Can they go together? Think of the people you encounter every day, especially in your workplace. Does your boss listen, show respect, inspire you to be all you can be? Many well-known people throughout history have written about love and the role love plays in mental health, well-being, rehabilitation and healing. Love can transform lives through kindness, compassion, caring and support, as evidenced by the presenter's 18 years developing a hospice program at the Maine State Prison. In this session, we'll examine popular definitions, share stories and reflections, discuss writings, as well as present case studies and lived experience. It promises to be a very engaging discussion.

Philosophy, Ethics and Spirituality of Substance Use Disorders and Treatment

Taunia Rifai, MDCM and Nathaniel Bowling, MDCM

We are confronted with a public health crisis whose scale outpaces that of the AIDS epidemic of the 1980s. It has touched most families in our community. The opiate epidemic has driven contemplation on how best to care for those impacted. This session will discuss the ethical and spiritual dilemmas families, providers and public health officials face.

Symposium Presenters

Moving from Your Spiritual Autobiography to Your Soul's Mythology

Daniel Robinson, PharmD

Your personal Spiritual Autobiography is a written compilation of the most important stories of your life and a reflection on how those stories inform your experience of spirituality. Your personal Soul Mythology is a compilation of the "life-lived myths" that inform your soul, that shy, yet very curious part of yourself that seeks and longs for those eternal mysteries that tell you who you were before the "world got ahold of you." We will gather stories and answer a few questions about the emerging themes in our outer lives. We will then begin the process of writing mythological stories about where we came from, who we are and the passions that guide our life. We will explore the "quiet questions" that stir our soul when no one is watching, questions like: Who are the loves of our life? What are our passions? How have we discovered our truest longings? We will explore how one writes a myth that captures a glimpse of who we are becoming, and we will invite you to join others on this very personal journey from the outer stories of our lives into the great mysteries of the truths that lie within us all.

Hope that Endures – Hope that Sustains

Marguerite Stapleton

Does the story that I am telling with my life include hope? Where do we find hope today? How do we retrieve hope if we lose it? What do the poets say about hope? What do faith traditions say about hope? What is hope? What do you hope for? What do you hope in? Have you ever borrowed hope? During this interactive session, participants will explore these questions while celebrating hope's power to transform our world and our lives. Conversation, meditation and poetry will allow us to live into Jon Sobrino's words, "Hope begins where hope begins."

Keynote Presenter

Frederic Craigie, PhD

Dr. Craigie is the founder and chair of the Nevola Symposium, which is the oldest nonsectarian academic symposium on spirituality and health in the United States.

He is a clinical psychologist, educator and writer. In 2015, he transitioned from a 37-year, full-time faculty role at the Maine-Dartmouth Family Medicine Residency in Augusta, Maine, where he coordinated behavioral health teaching for residents and students and provided behavioral health care to the residency's primary care population.

Since the mid-1980s, Fred has written and presented extensively about the healing and life-giving role of spirituality in patient care, in the experience of health care providers, and in the life and culture of health care organizations. He received a John Templeton Spirituality and Medicine Award for Primary Care Residency Training Programs (in conjunction with George Washington University Medical Center, Institute for Spirituality and Health) in 2002. He was also the chair of a group that founded a spiritual care program at the then-Kennebec Valley Medical Center, and served for many years as associate editor of a professional journal devoted to Christian faith and mental health.

He holds an appointment as visiting associate professor at the Andrew Weil Center for Integrative Medicine at the University of Arizona College of Medicine. With the Weil Center, Fred has developed and teaches curricula in spirituality and healing relationships for physicians, nurse practitioners and allied health professionals. Most recently, he presented at the Weil Center's National Mental Health Conference in San Francisco in April. He is the author of *Positive Spirituality in Health Care: Nine Practical Approaches to Pursuing Wholeness for Clinicians, Patients, and Health Care Organizations* (Mill City Press, 2010).

His website, offering a variety of resources, a periodic blog and weekly reflections on spirituality and health, is www.goodnessofheart.com.

In his personal life, Fred finds joy in his relationships with his wife and grown children and grandchildren. He pursues his own spirituality by playing fiddle and mandolin, running up and down the court playing basketball, doing carpentry and home projects, and resolutely following the subtleties and wonders of major league baseball. He has called Maine “home” since the mid-1970s and now lives seasonally in Tucson.

The Rev. Raymond B. Anderson, retired United Methodist minister and board-certified chaplain, ministered as a hospital chaplain for more than 30 years. From January 1988 through October 2008 Chaplain Anderson was director of Pastoral Care at MaineGeneral Medical Center.

Nathaniel Bowling, MDCM, is a family medicine physician whose practice focuses primarily on those suffering from opiate use disorder. He completed his degree at McGill University Faculty of Medicine, and recently graduated from the Maine-Dartmouth Family Medicine Residency. He is involved in multiple initiatives at MaineGeneral for increasing access to medication assisted treatment for opiate use disorder. He also teaches residents and medical students about substance use disorders.

Carol Ann Faigin, PhD, is a licensed psychologist who received specialized training in psychology of religion and spirituality with Dr. Ken Pargament at Bowling Green State University. She has published and lectured on the topic of spiritual struggles, moral injury, trauma recovery, addiction, self-compassion and spiritual resilience. Dr. Faigin was a subject-matter expert in the development of the U.S. Army’s Comprehensive Soldier Fitness Program: Spiritual Resilience Initiative, which has been administered to U.S. soldiers since 2009. Her clinical specialties include the treatment of anxiety, trauma and post-deployment reintegration for military personnel. She moved to Maine in 2010 and recently took a hiatus in her private practice to focus on raising her family.

Rick Hobbs, MD, FAAFP, FAAMA, is a family physician, medical acupuncturist, musician and author of quirky novels. As a person of faith with a scientific orientation, he has had an abiding interest in that point of intersection between physics and metaphysics, between science and spirituality. Rick teaches a longitudinal curriculum in medical acupuncture at MDFMR.

Rabbi Rachel M. Isaacs is the founding director of the Center for Small Town Jewish Life and the Dorothy “Bibby” Levine Alford Assistant Professor of Jewish Studies at Colby College. She also serves as the spiritual leader of Beth Israel Congregation in Waterville, ME. She was ordained at the Jewish Theological Seminary in 2011 as a Wexner Graduate Fellow after starting rabbinical school at the Hebrew Union College-Jewish Institute of Religion. Isaacs graduated summa cum laude from Wellesley College in 2005 and also studied at Ben-Gurion University of the Negev. Rabbi Isaacs was named one of America’s Most Inspiring Rabbis by the Jewish Daily Forward in 2014, and was chosen to deliver the final White House Hanukkah benediction of the Obama Administration in 2016.

Wendy Jorgensen, PA, MHP, is the clinical integration program director at MaineGeneral. Wendy came to MaineGeneral in 2013 as part of the team that launched and grew Prevention & Healthy Living, a program aimed at using education in the areas of healthy cooking and eating, physical movement and mind-body practices to support and improve health. In addition to programmatic oversight and content development, Wendy enjoyed teaching classes such as How to Find Your Happiness based on the UC Berkeley Science of Happiness curriculum.

Nancy Kelly is a teacher of yoga and meditation who has worked in the corporate world and with patients and families in Hospice.

Jeff Matranga, PhD, ABPP, and Jeri Wilson, E-RYT-500, are a husband-and-wife team who regularly co-teach introduction to meditation classes. Jeff is a psychologist specializing in health psychology, which explores the interactions between health, behavior and emotions. He is the owner-clinical director of Health Psych Maine, a group psychology practice in Waterville. He is a past-president of the Maine Psychological Association and was director of psychology at what is now MaineGeneral Medical Center from 1991-1998; he was named Teacher of the Year by the 2010 graduated Family Medicine residents. Jeri is a yoga teacher; she co-founded and co-owned School Street Yoga, where she continues to teach yoga regularly. Jeri’s 20+ years of experience as an occupational therapist contribute to her understanding of both wellness and musculoskeletal issues. She is the practice manager for Health Psych Maine. In addition to meditating and

teaching meditation together, Jeri, a breast cancer survivor, and Jeff have extended their mindfulness practice into other endeavors in the last couple of years including a mindful approach to marathon running.

Barbara Ann Moss, DO, MPH, FCOFP, is a member of the teaching faculty at the Maine-Dartmouth Family Medicine Residency and enjoys a thriving practice where she aims to encourage the health within and to focus on preventive medicine. She is board certified in both allopathic (MD) and osteopathic (DO) family medicine, as well as in the specialty of neuro-muscular medicine and osteopathic manipulative medicine. She is course director for the OMMmm Conference: Osteopathy and Yoga, bringing to bear her 25 years' experience as a Sivananda yoga instructor. Her spirituality has been formed as a lifelong Roman Catholic living in the Catholic-Worker-modeled "CorJesu" community, and has been "ruined for life" as a member of the inaugural Jesuit Volunteer Corps community in Anchorage, Alaska. She and her family are parishioners of St. Michael's Parish.

Joy Anne Osterhout, MS, MCHES, RYT, owns Health & Education Communication Consultants, a consulting firm focused on public health and education formerly located in Berkeley, California. In 2013, Joy came to Maine to develop the Prevention & Healthy Living program for MaineGeneral Health, a program that provides educational opportunities to enhance well-being. In addition to consulting, Joy teaches in the Human Services and Health Sciences department at Southern Maine Community College and teaches yoga locally. She holds a bachelor's degree in marketing and communications from Drexel University and master's degrees in health administration and health education from Saint Joseph's University in Philadelphia.

Kandyce Powell, RN, MSN, has 40 years of professional experience working with end-of-life issues. Since 1992, she has been the executive director of the Maine Hospice Council and Center for End of Life Care in Augusta where her primary responsibilities include educational, technical and advocacy assistance for educators, health care professionals, consumers, academics and policy-makers interested in improving the quality of life for the dying and bereaved. She has been instrumental in developing grant-funded partnerships to address these issues and has served advisory roles for many civic and

governmental organizations, including the CDC, the Maine Health Access Foundation, the University of New England and work groups of the National Hospice and Palliative Care Organization. Kandyce is a tireless advocate for the underserved and a frequent speaker and mentor on topics related to end-of-life care.

Taunia Rifai, MDCM, is a recent graduate of the Maine-Dartmouth Family Medicine Residency. She completed both a nursing degree and medical degree at McGill University. She currently works at the residency in the outpatient setting and is involved in local resident and faculty wellness initiatives.

Daniel Robinson, PharmD, is both a spiritual director and a pharmacy professor focused on mentoring faculty and students. He completed a three year training program through Audire: the Central Florida Foundation for Spiritual Direction and has been an active spiritual director for more than 20 years. He has led retreats and workshops focusing on such topics as men's issues, veteran's mental health and experiencing spirituality through the senses. He also designs and leads workshops on the labyrinth. Daniel is Professor Emeritus, University of Florida (UF) and has served for the past eight years as a fellow at the Husson School of Pharmacy in Bangor, Maine, helping establish the school and now taking students to an interdisciplinary practice at the Penobscot Nation Health Center on Indian Island. He enjoys teaching spiritual formation to health care students through the power of stories, spiritual autobiographies, labyrinths, enneagrams and myths. Daniel currently serves as board president of Northeast Guild for Spiritual Formation, is a board member of the Center for Spirituality and Health at the University of Florida, and is a member of Spiritual Directors International.

Marguerite Stapleton has more than 35 years of experience creating and leading retreats, workshops and conferences throughout the U.S. and Canada. She loves to engage people in reflective conversations which allow them to access and celebrate their own spirituality. Through Wisdom Works, her consulting service, she offers spirituality resources and rituals for groups, organizations and individuals. Marguerite lives in Minot surrounded by trees and the sounds of moose, coyote, deer, owls, hawks and songbirds. She loves to garden, read, teach and play.

Registration Information

Fees & Scholarships

The registration fee for the 2019 Nevola Symposium is \$110, including lunch and CE certification.

Scholarship assistance is available for individuals for whom the registration fee would be a hardship. Please call Ann Byron at [626-1889](tel:626-1889).

Nevola Fund contributions

Although this will be the final one-day Nevola Symposium, we will still be grateful for contributions to the Nevola Fund to support 2019 scholarship recipients and other future Nevola programming. Thank you!

Continuing professional education credit

Nursing: We regrettably no longer offer accredited nursing contact hours. Participants will receive a general certificate of attendance.

CME Designation Statement:

MaineGeneral Medical Center designates this live activity for a maximum of 6.0 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Joint Accreditation Statement:

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the MaineGeneral Medical Center (MGMC) and Maine-Dartmouth Family Medicine

Residency. MGMC is accredited by the Maine Medical Association Committee on Continuing Medical Education and Accreditation to provide continuing medical education for physicians.

Psychology: MGMC has been designated by the Board of Examiners of Psychologists as a pre-approved sponsor and provider of continuing professional education activities for psychologists. The symposium is eligible for 6.0 hours of credit.

Social Work and Counseling

Professionals: These boards do not preapprove continuing education activities. It is the licensee's responsibility to ensure continuing education activities conform to the requirements as outlined in their respective Board rules and to document qualifying hours specified on their certificates.

Complementary Health Care: MGMC/AMA has been designated by the Board of Complementary Health Care Providers as a pre-approved sponsor and provider of continuing professional education activities. The symposium is eligible for 6.0 hours of credit.

Certification of attendance will be available for **other participants** who register as above. Please note: Most professional disciplines require participants to attend the entire conference in order to receive continuing education credit.

Cancellation

We cannot refund registration fees. If you cannot attend, you are welcome to send someone in your place.

Sensitivities

In consideration of participants who have sensitivities, please do not wear perfumes or colognes.

Networking

To promote networking, we include a list of preregistered participants, with contact information, in the registration packet. We do not distribute it elsewhere. When you register, please let us know if you do not want your name and address shared in this way.

Resource tables

Limited space is available for individuals or organizations to display information. There is no extra charge with paid registrations. Please call Ann Byron at [626-1889](tel:626-1889) if interested.

Directions to Thomas College

Thomas College is located at 180 West River Road in Waterville, Maine. From Interstate 95 exit 127, go east on Kennedy Memorial Drive (Route 137). In approximately 1.5 miles, turn right onto West River Road (Route 104 South). Thomas College is 1.5 miles on the left. Signs will direct you to parking and registration.

More information

Please call Ann Byron at [626-1889](tel:626-1889) between 8 a.m. and 5 p.m. If you have questions or need special services or assistance to participate.

Registration Form

Payment may be made by cash or check.

Make checks payable to

Tom Nevola Memorial Fund

and send with completed registration to:

Nevola Symposium
15 E. Chestnut Street
Augusta, ME 04330

We regret that we are unable to accept credit or debit card purchases.

For more information, call [626-1889](tel:626-1889).

We very much appreciate registration before the symposium to help with processing.

If you wish to register on June 4 or later, please call first to make sure there is space available.

Enclosed is registration of \$110 and a contribution of \$ _____ to the Tom Nevola Memorial Fund.

Name: _____ Organization: _____

Address: _____

Phone: _____ Email: _____

I would like my contact information to be distributed to symposium participants:

Yes No

Workshop preferences: Please indicate one preference for each session. This does not commit you; it helps us to match likely attendance with rooms.

10:10 12:55 Workshop Sessions

- | | | |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | Hearing the Spirit of Trauma: Spiritually Integrated Psychological Interventions to Promote Resilience, Healing and Growth after Traumatic Events
Carol Ann Faigin, PhD |
| <input type="checkbox"/> | <input type="checkbox"/> | Reconciliation in the Jewish Tradition
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| <input type="checkbox"/> | <input type="checkbox"/> | Hope that Endures – Hope that Sustains
Marguerite Stapleton |



15 East Chestnut Street
Augusta, ME 04330

Spiritual traditions, contemporary research and practice, and practical approaches to promoting healing, wholeness and meaningful and joyful living.

33rd and Concluding Thomas Nevola MD Symposium

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