

# THERE IS ALWAYS HOPE:

The Essence of Spiritual Care



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Tessie traces her palliative care roots to the HIV/AIDS pandemic and the work she did as a pastor in local congregations before she even learned there was a specialty field of medicine called “palliative care”.

Tessie is passionate about serving people with life-limiting illnesses and helping them have the necessary, sometimes difficult, occasionally even funny, conversations about end-of-life.

To ensure she has her own good quality of life, Tessie sings, writes, bikes, hikes, spends time with family and friends, and recently was licensed as a foster parent for the state of Washington.

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# DISCLOSURES

- I have no financial or commercial interests to disclose.

- Understand a working definition of spirituality and how it is an essential component of wholeness
- Distinguish between “hope”, “cure”, and “optimism”
- Describe recent articles on the science of hope and how hope protects the brain
- Conclude that there is reason (and science) for hope



*Learning Objectives*

**Christina Puchalski, MD**, Director of the George Washington Institute for Spirituality and Health, contends that "spirituality is the aspect of humanity that refers to the way individuals seek and express meaning and purpose and the way they experience their connectedness to the moment, to self, to others, to nature, and to the significant or sacred."



## WHAT IS RELIGION?



Religion is a fundamental set of beliefs and practices generally agreed upon by a group of people. These set of beliefs concern the cause, nature, and purpose of the universe, and involve devotional and ritual observances. They also often contain a moral code governing the conduct of human affairs.

[www.allaboutreligion.org](http://www.allaboutreligion.org)

# RELATIONSHIP BETWEEN SPIRITUALITY AND RELIGION



SPIRITUALITY IS AN  
ESSENTIAL  
COMPONENT OF  
WHOLENESS





## THE SPIRITUAL ODYSSEY OF LIVING WITH SERIOUS OR CHRONIC ILLNESS



Is there hope for achieving emotional and spiritual wellness even when one's body remains sick?



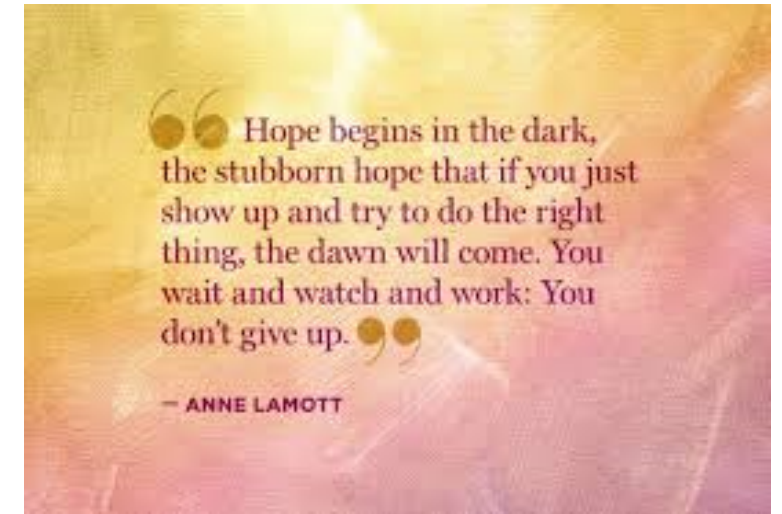
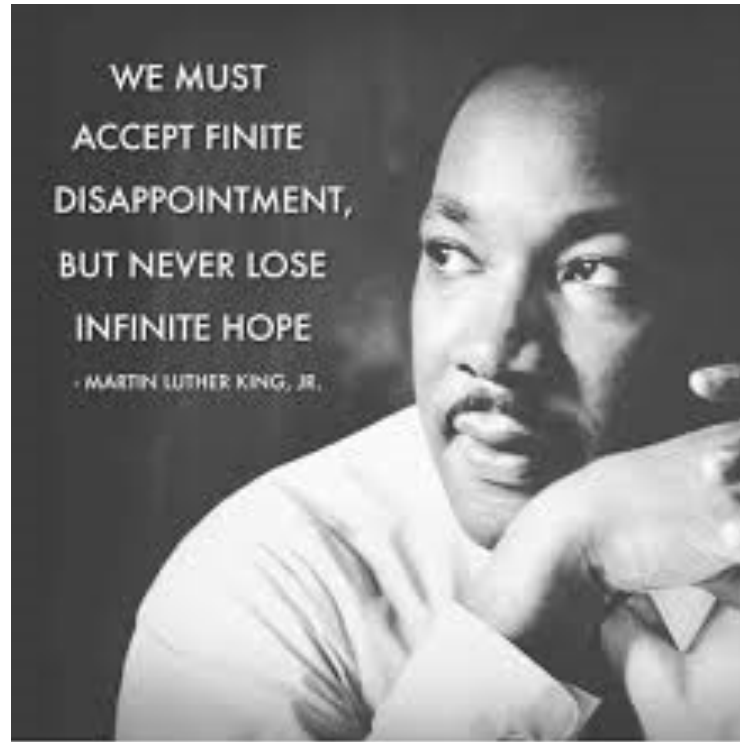
## **Hope is NOT:**

- If I think positively this will go away
- If I pray enough or have enough faith, this illness will go away
- If I eat leafy greens at every meal and meditate three times a day this will go away

*Many people do all of this and still succumb to illness.*



what  
is  
hope?



# Hope is Both Powerful and Fragile

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# DIFFERENCES BETWEEN HOPE, CURE, & OPTIMISM

**Optimism** says  
“Everything is  
going to work  
out just fine.”

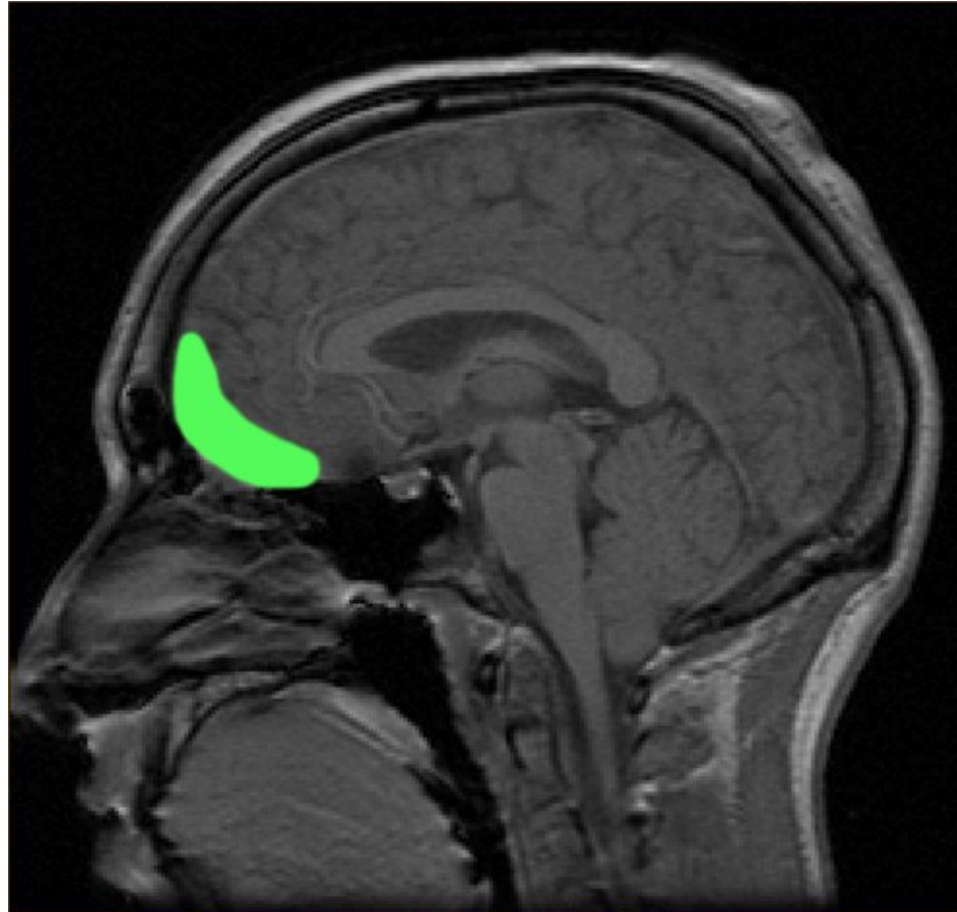
To **Cure** is to  
“eliminate all  
evidence of  
disease”



**Hope** is an attitude that  
looks for possibility in  
whatever life deals us.  
Hope advises us to look  
squarely at the realities  
that confront us while  
remaining aware of the  
possibilities. –Bruce T. Marshall

HOPE PROTECTS THE BRAIN

# Bilateral Medial Orbitofrontal Cortex (mOFC)



## The (Hope) Future Scale

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Read each item carefully. Using the scale shown below, please select the number that best describes you and put that number in the blank provided.

1=Definitely False

True

2=Mostly False

True

3=Somewhat False

4=Slightly False

True

5=Slightly

6=Somewhat

7=Mostly True

8=Definitely

- 
- \_\_\_ 1. I can think of many ways to get out of a jam.  
\_\_\_ 2. I energetically pursue my goals.  
\_\_\_ 3. I fell tired most of the time.  
\_\_\_ 4. There are lots of ways around any problem.  
\_\_\_ 5. I am easily downed in an argument.  
\_\_\_ 6. I can think of many ways to get the things in life that are most important to me.  
\_\_\_ 7. I worry about my health.  
\_\_\_ 8. Even when others get discouraged, I know I can find a way to solve the problem.  
\_\_\_ 9. My past experiences have prepared me well for my future.  
\_\_\_ 10. I've been pretty successful in life.  
\_\_\_ 11. I usually find myself worrying about something.  
\_\_\_ 12. I meet the goals that I set for myself.
- 

Agency: \_\_\_\_\_

Add Scores on items: 2, 9, 10 and 12. Scores range from a 4 to a 32. Higher scores reflect higher agency.

Pathways: \_\_\_\_\_

Add scores on items: 1, 4, 6 and 8. . Scores range from a 4 to a 32. Higher scores reflect higher pathways thinking.

Total Hope Score: \_\_\_\_\_ (Add Score for Pathways to the Score for Agency)

Add the agency and pathway scores. Scores of 40 – 48 are hopeful, 48 – 56 moderately hopeful, and 56 or higher as high hope.



- The anatomy of hope
- The psychology of hope
- The science of hope
- The reason for hope
- The biology of hope
- Fostering hope
- Living with hope





All that remained in the box was Hope. It fluttered from the box like a beautiful dragonfly, touching the wounds created by the evil creatures, and healing them. Even though Pandora had released pain and suffering upon the world, she had also allowed Hope to follow them.



It may not help us live longer but  
it will help us live better

WHAT QUESTIONS MIGHT YOU HAVE FOR ME?



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terima kasih Mesi ederiz paldies  
Merci Thank You Terima kasih  
Grazie vā muļtūmesc  
grazzi d'akujem Asante Teşekkür  
Obrigado nuqneH Di jamādi Gracias Hvala  
Tack Dank u köszönöm takk  
Gràcies Dziękuję Kiitos Dėkuju Danke  
Aitāh Nib ōolal ua tsaug Hvala ti