

# Soul Healing

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**How Spirituality Impacts Mental  
Health Outcomes**

**Presented by  
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# What is the Soul?

- Non-material essence of a person
- Identity
- Personality
- Memories
- Immortal state





# What is Spirituality?

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- an individual's search for ultimate or sacred meaning, and purpose in life.
- to seek out or search for personal growth, religious experience.
- belief in a supernatural realm or afterlife
- grappling with one's own "inner dimension".

# What is Mental Illness?



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- conditions that affect thinking, feeling, mood, and behavior.
- over a short period of time, or intermittently, or chronically
- may affect the ability to relate to others and daily function

# Common Causes of Mental Illness

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Genes and family history

Life experiences, such as abuse or stress

Chemical imbalances in the brain

Traumatic brain injury

Exposure to toxic chemicals, viruses, or other

Substances before birth

Use of alcohol or recreational drugs

Having a serious medical condition



## Spirituality and Mental Health

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- a higher sense of purpose, peace, hope, and meaning.
- experience better confidence, self-esteem, and self-control.
- helps to make sense of experiences in life.
- helps foster a sense of inner strength and result in faster recovery.
- a spiritual community often provides greater support.

Psychosis  
and  
Spirituality

Religious Trauma

Faith based  
Doctrines/Confusion

# The Battlefield of the Mind: Thinking Matters

- Positive Thinking Brain
- Negative Thinking Brain
- Forces of Good and Evil
- Choices

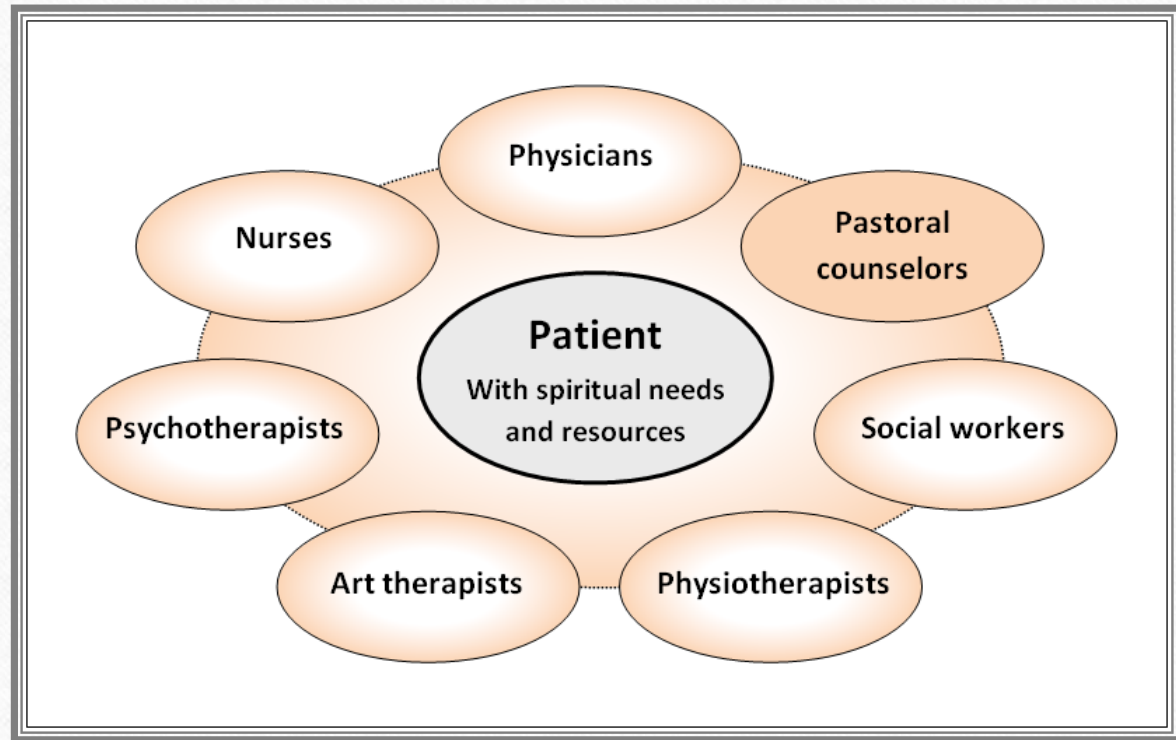




## Spiritual Care

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- Chaplaincy
- Life Coaching
- Counseling
- Psychotherapy



# Impact of Spirituality on Mental Health Outcomes Data Analysis

Mental health problem	Ref.	Summary of results
Depression	[15-26]	Higher levels of S/R are generally associated with lower depressive symptoms
Anxiety	[27-31]	Mixed findings with both positive and negative relationships
Suicide	[32-39]	Higher levels of S/R are generally associated with lower suicidality
Substance use disorder	[40-48]	Higher levels of S/R are generally associated with lower substance use
Psychotic disorder	[49-58]	Religious delusions are associated with a poor prognosis. Nonpsychotic religious beliefs are generally associated with better outcomes
Obsessive compulsive disorder	[59-61]	Few studies with mixed results - both positive and negative relationships
Bipolar disorder	[62-65]	Few studies, higher levels of S/R are generally associated with better outcomes
Post-traumatic stress disorder	[66-70]	S/R may serve to buffer against post-traumatic stress, generally increasing the psychological growth
Eating disorders	[71-75]	Few studies with mixed results - both positive and negative relationships

# Case Study Analysis

# Soul Healing: How Spirituality Impacts Mental Health Outcomes

## Summary



Mental Health Disorders can affect anyone at anytime.



Mental Health Disorders can be caused by a variety of environmental and emotional issues.



Thinking habits can have a profound impact on mental health positively or negatively.



Spirituality can improve mental health outcomes significantly.



Mental Health practitioners should consider Clinical Pastoral Education as part of training.

# Discussion



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