



**WORLD PSYCHIATRIC ASSOCIATION**

*Section on Religion, Spirituality and Psychiatry*

**Advance Psychiatry and Mental Health Across the World**

# *2014-2017 Report*

1



Hosted by  DGPPN

**WPA XVII WORLD CONGRESS  
OF PSYCHIATRY BERLIN 2017**

8–12 October 2017 | Messe Berlin | Germany | [www.wpaberlin2017.com](http://www.wpaberlin2017.com)

- Executive Board - 2014-2017
  - Chair: Alexander Moreira-Almeida (Brazil)
  - Co-Chair: Nahla Nagy (Egypt)
  - Secretary: Bernard Janse van Rensburg (South Africa)
- Committee Members
  - Arjan Braam (Netherlands)
  - Simon Dein (UK)
  - Valerie DeMarinis (Sweden)
  - Avdesh Sharma (India)
  - Rael Strous (Israel)



# WPA SECTION ON RELIGION, SPIRITUALITY AND PSYCHIATRY

## ○ Objectives

- To encourage and accelerate research, theory, and practice in the area of religion, spirituality and psychiatry, and related areas.
- To facilitate the dissemination of data on religious and spiritual issues, in relation to psychiatry and allied domains.
- To develop and to stimulate educational and training programs and courses in order to improve knowledge, skills and professional attitude regarding religion and spirituality in psychiatric practice.



# ACTION PLAN FOR 2014-2017

1. Development of a WPA position statement on R/S





## WPA Position Statement on Spirituality and Religion in Psychiatry

WPA Section on Religion, Spirituality and Psychiatry

The World Psychiatric Association (WPA) and the World Health Organization (WHO) have worked hard to assure that comprehensive mental health promotion and care are scientifically based and, at the same time, compassionate and culturally sensitive<sup>1,2</sup>. In recent decades, there has been increasing public and academic awareness of the relevance of spirituality and religion to health issues. Systematic reviews of the academic literature have identified more than 3,000 empirical studies investigating the relationship between religion/spirituality (R/S) and health<sup>3,4</sup>.

In the field of mental disorders, it has been shown that R/S have significant implications for prevalence (especially depressive and substance use disorders), diagnosis (e.g., differentiation between spiritual experiences and mental disorders), treatment (e.g., help seeking behavior, compliance, mindfulness, complementary therapies), outcomes (e.g., recovering and suicide) and prevention, as well as for quality of life and wellbeing<sup>3,4</sup>. The WHO has now included R/S as a dimension of quality of life<sup>5</sup>. Although there is evidence to show that R/S are usually associated with better health outcomes, they may also cause harm (e.g., treatment refusal, intolerance, negative religious coping, etc.). Surveys have shown that R/S values, beliefs and practices remain relevant to most of the world population and that patients would like to have their R/S concerns addressed in healthcare<sup>6,4</sup>.

Psychiatrists need to take into account all factors impacting on mental health. Evidence shows that R/S should be included among these, irrespective of psychiatrists' spiritual, religious or philosophical orientation. However, few medical schools or specialist curricula provide any formal training for psychiatrists to learn about the evidence available, or how to properly address R/S in research and clinical practice<sup>7,9</sup>.

In order to fill this gap, the WPA and several national psychiatric associations (e.g., Brazil, India, South Africa, UK, and USA) have created sections on R/S. WPA has included "religion and spirituality" as a part of the "Core Training Curriculum for Psychiatry"<sup>10</sup>.

Both terms, religion and spirituality, lack a universally agreed definition. Definitions of spirituality usually refer to a dimension of human experience related to the transcendent, the sacred, or to ultimate reality. Spirituality is closely related to values, meaning and purpose in life. Spirituality may develop individually or in communities and traditions. Religion is often seen as the institutional aspect of spirituality, usually defined more in terms of systems of beliefs and practices related to the sacred or divine, as held by a community or social group<sup>3,8</sup>.

Regardless of precise definitions, spirituality and religion are concerned with the core beliefs, values and experiences of human beings. A consideration of their relevance to the origins, understanding and treatment of psychiatric disorders and the patient's attitude toward illness should therefore be central to clinical and academic psychiatry. Spiritual and religious considerations also have important ethical implications for the clinical practice of psychiatry<sup>11</sup>. In particular, the WPA proposes that:

1. A tactful consideration of patients' religious beliefs and practices as well as their spirituality should routinely be considered and will sometimes be an essential component of psychiatric history taking.




# ACTION PLAN FOR 2014-2017

1. Development of a WPA position statement on R/S
2. Improve Section's website



Welcome to the WPA section on Religion, Spirituality and Psychiatry



**Cape Town  
2016  
18 - 22 Nov**

**Summary of activities of WPA Section on Religion, Spirituality and Psychiatry at the Cape Town 2016 WPA International Congress**


Program of the II Global Meeting in Spirituality and Mental Health Cape Town 2016 WPA International Congress WPA Section on Religion, Spirituality and Psychiatry



”

The purpose of this section shall be:

- To encourage and accelerate research, theory, and practice in the area of religion, spirituality and psychiatry, and related areas.
- To facilitate the dissemination of data on religious and spiritual issues, in relation to psychiatry and allied domains.

Search ... 

[Register for Updates](#)

< **NOVEMBER 2016**

M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	<b>10</b>	11	12	13
14	15	16	17	18	<b>19</b>	20
21	22	23	24	25	26	27
28	29	30				

[Site Credits](#)



# ACTION PLAN FOR 2014-2017

1. Development of a WPA position statement on R/S
2. Improve Section's website
3. Organizing conferences, symposia and workshops (including joint activities with other WPA's Sections) in national and international psychiatric conferences, especially at
  1. Global meeting in Spirituality and Mental Health (Florianópolis, Brazil, 4-7 Nov 2015)
  2. WPA International Congress (Cape Town, South Africa, 18-22 Nov 2016)
  3. 17th WPA World Congress of Psychiatry (Berlin, Germany, 8-12 Oct 2017)







**XXXIII CBP**  
**CONGRESSO**  
**BRASILEIRO DE**  
**PSIQUIATRIA**

Florianópolis 2015  
4 a 7 de Novembro

— A psiquiatria no mundo contemporâneo —

---

---

## ATIVIDADE ESPECIAL

---

---

### I Encontro Global de Espiritualidade e Saúde Mental

XXXIII CBP reúne líderes mundiais  
na área de espiritualidade e saúde mental no  
I Encontro Global de Espiritualidade e Saúde Mental



**33<sup>rd</sup> BCP**  
**BRAZILIAN**  
**CONGRESS OF**  
**PSYCHIATRY**

4-7 November 2015  
Florianópolis // Brazil

— Psychiatry and Contemporaneity —



# 1ST GLOBAL MEETING ON SPIRITUALITY AND MENTAL HEALTH

- 2 full days, conferences, symposia, workshops, poster sessions
- 7 International and 15 Brazilian speakers
  - Alexander Moreira-Almeida
  - Anahy Fonseca
  - Bernard Janse van Rensburg
  - Chris Cook
  - Homero Vallada
  - John Peteet
  - Alan Fung
  - Arjan Braam
  - Quirino Cordeiro
  - Kenneth Pargament
  - Lionel Corbett
- Conference 600 seats: full



# 1<sup>ST</sup> GLOBAL MEETING



Prof. Kenneth Pargament



# 1<sup>ST</sup> GLOBAL MEETING



Prof. Kenneth Pargament



K Developments

ate of Psychiatry Conference  
sed by Dinesh Bhug

arles adv

ms presiden

Interest G



XXXIII CBP  
CONGRESSO  
BRASILEIRO DE  
PSIQUIATRIA  
Florianópolis 2015

A psiquiatria no mundo contemporâneo —



Getting to know you...

EVERYONE  
SEEMS NORMAL  
UNTIL  
YOU KNOW  
THEM



XXXIII CBP  
CONGRESSO  
BRASILEIRO DE  
PSIQUIATRIA  
Florianópolis 2015

A psiquiatria no mundo contemporâneo —



## ANXIETY IN CLINICAL PRACTICE – ANXIETY

### Anxiety and stress

Alerting signal, warning of impending danger, and  
prompt to take measures to deal with a threat;  
often an unknown, internal, vague, or fictitious threat

Alert, a response to a known, external, definite,  
actual threat; subtle

Dependent on the nature of the event and on a  
person's resources, psychological defenses, and coping  
style



XXXIII CBP  
CONGRESSO  
BRASILEIRO DE  
PSIQUIATRIA  
Florianópolis 2015

A psiquiatria no mundo contemporâneo —



# 1st Global Meeting in Spirituality and Mental Health

Video:

[www.youtube.com/watch?v=eATDAgrri5o](http://www.youtube.com/watch?v=eATDAgrri5o)





# 2<sup>ND</sup> GLOBAL MEETING IN SPIRITUALITY AND MENTAL HEALTH

- 26 activities
- > 30 speakers from 12 countries:
  - Brazil, Canada, Egypt, France, India, Netherlands, Norway, Pakistan, South Africa, Sweden, UK, and USA



**PSYCHIATRY: INTEGRATIVE CARE FOR THE COMMUNITY**

**World Psychiatric Association** INTERNATIONAL CONGRESS

**Cape Town**

**2016**

**18 - 22 Nov**



# 3<sup>RD</sup> GLOBAL MEETING IN SPIRITUALITY AND MENTAL HEALTH

- 11 activities
  - 3 intersectional symposia
- Speakers from 13 countries:
  - Austria, Brazil, Canada, Egypt, Germany, India, Morocco, Netherlands, Norway, South Africa, Sweden, UK, and USA



## SESSIONS IN OTHER CONFERENCES

- 2015: WPA International Congress – Bucharest
- 2015 & 2016: APA Annual Meetings
- 2016: 5th European Conference on Religion, Spirituality and Health
- 2016, 2017: Brazilian Congress of Psychiatry



# ACTION PLAN FOR 2014-2017

1. Development of a WPA position statement on R/S
2. Improve Section's website
3. Organizing conferences, symposia and workshops (including joint activities with other WPA's Sections) in national and international psychiatric conferences
4. Fostering transcultural research on Spirituality and mental health



# ACTION PLAN FOR 2014-2017

- Fostering transcultural research on Spirituality and mental health
  - Disseminate information about research methods and R/S scales on several languages
  - **Network of researchers from different countries**



## RESOURCES

”

In order to provide easy access to essential aspects of the interface between Religion/Spirituality and Psychiatry, we provide here essentially open access materials that provide overview of the empirical data and discussions on the subject.

### Index

- [Papers](#)
- [Books](#)
- [Research tools: links to open access R/S research instruments in several languages](#)
- [Videos](#)
- [National Psychiatry Associations with Sections in Spirituality](#)
- [University groups in R/S and Psychiatry](#)

### – Papers

Forum – The Complex Interplay between Religion and Mental Illness



# PSYCHE AND SPIRIT: connecting psychiatry and spirituality

Newsletter of the Section on Religion, Spirituality & Psychiatry Vol. 5 Issue 1 August 2016

Editorial Board: Nahla Nagy, Simon Dein, and Peter J. Verhagen

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



WORLD PSYCHIATRIC ASSOCIATION

Contents	Page
Editorial	1
Introduction Dr. Avdesh Sharma	
Interphasing Spirituality, Public Education and Mental Health	2
Conference Report ECRSH 2016	3
2nd Global Meeting on Spirituality and Mental Health	4
Interfaith Round Table	6
Worldview and psychotherapy	6
New website	7
Training Course	7
Interesting websites	7
Calendar of events	7
Meeting point	8
Join the Section	8

## Editorial

Dear readers,

In this issue of the Newsletter of the WPA Section Religion, Spirituality and Psychiatry you will read about activities organized by the section and about events members of the section have taken part in. First of all Dr. Avdesh Sharma introduces himself to the readers. As member of the section board he

represents a subcontinent and a way of thinking which happens to be a meaningful contribution to cultural sensitivity and spirituality.

We all remember the report on the 1<sup>st</sup> Global meeting on Spirituality and Mental Health (Brazil, *Psyche & Spirit* 4 (2), 2015), and a year later we are looking forward to the 2<sup>nd</sup> Global meeting in Cape Town, next November. You will find an extensive program organized by the section, including intersectional activities. Of course special attention will be paid to the Position Statement on Spirituality and Religion in Psychiatry, published in *World Psychiatry* (15/1/87-88). I would like to draw your attention especially to the Interfaith Round Table program, organized by Dr. Avdesh Sharma.

I would like to bring to your notice the European Network of Research on Religion, Spirituality and Health. The research institute promotes research, training and networking in the field of religion, spirituality and health, both in Switzerland and across Europe, <http://www.fisg.ch/en/home>. On the website one can find a newsletter and interesting downloads (by Harold Koenig and others). Every two year an international conference is being held. You will find a report and this year's conference on page 3. The next conference will be held in 2018 in Coventry (UK).

Allow me to remind you that this newsletter is open for your contributions on our special field of interest Spirituality, Religion in Psychiatry: presentations, abstracts, research designs, teaching materials, a summary of your PhD thesis, and so on.

Peter J. Verhagen  
Past chair of the Section Religion, Spirituality and Psychiatry



# ACTION PLAN FOR 2014-2017

1. Development of a WPA position statement on R/S
2. Improve Section's website
3. Organizing conferences, symposia and workshops (including joint activities with other WPA's Sections) in national and international psychiatric conferences
4. Fostering transcultural research on Spirituality and mental health
5. Publication of papers on R/S and mental health





## RESOURCES

”

In order to provide easy access to essential aspects of the interface between Religion/Spirituality and Psychiatry, we provide here essentially open access materials that provide overview of the empirical data and discussions on the subject.

### Index

- [Papers](#)
- [Books](#)
- [Research tools: links to open access R/S research instruments in several languages](#)
- [Videos](#)
- [National Psychiatry Associations with Sections in Spirituality](#)
- [University groups in R/S and Psychiatry](#)

### – Papers

Forum – The Complex Interplay between Religion and Mental Illness



# ACTION PLAN FOR 2014-2017

1. Development of a WPA position statement on R/S
2. Improve Section's website
3. Organizing conferences, symposia and workshops (including joint activities with other WPA's Sections) in national and international psychiatric conferences
4. Fostering transcultural research on Spirituality and mental health
5. Publication of papers on R/S and mental health
6. Expand Section's international profile



# ACTION PLAN FOR 2014-2017

- Expand Section's international profile
  - 1<sup>st</sup> & 2<sup>nd</sup> Global Meeting
  - Collaboration with R/S sections of national psychiatric associations (e.g.: USA, UK, Germany, South Africa, Brazil)
  - Contact all national psychiatric associations, informing about the Section and asking contact of potentially interested psychiatrists



# ACTION PLAN FOR 2014-2017

1. Development of a WPA position statement on R/S
2. Improve Section's website
3. Organizing conferences, symposia and workshops (including joint activities with other WPA's Sections) in national and international psychiatric conferences
4. Fostering transcultural research on Spirituality and mental health
5. Publication of papers on R/S and mental health
6. Expand Section's international profile
7. Preparation of guidelines



# ACTION PLAN FOR 2014-2017

- Preparation of guidelines for
  - Clinical implications of spirituality
  - Including R/S in medical schools and psychiatry residences (in progress)
  - Spiritual/religious organizations: dealing with mental health issues in an integrative approach (in progress)



Revista Brasileira de Psiquiatria. 2014;36:176–182

© 2014 Associação Brasileira de Psiquiatria  
doi:10.1590/1516-4446-2013-1255

## REVIEW ARTICLE

# Clinical implications of spirituality to mental health: review of evidence and practical guidelines

Alexander Moreira-Almeida,<sup>1</sup> Harold G. Koenig,<sup>2</sup> Giancarlo Lucchetti<sup>1</sup>



# OTHER DEVELOPMENTS

- ICD-11 working group on Dissociative Disorders
- Publications
  - Papers
  - Section's book by Javed & Fountoulakis. *Advances in Psychiatry*, Vol 4, Springer.
  - *Spirituality, Science and Person-Centred Care*. In: Mezzich; Michel; Cloninger; Salloum. (Org.). *Person Centered Psychiatry*. Springer, 2016.
  - Peteet, Dell, Fung. *Ethical Considerations at the Intersection of Psychiatry and Religion*. OUP.



# ACTION PLAN FOR 2018-2020

## SUGGESTIONS

1. Future Global Meetings in Spirituality and Mental Health
2. Expand Section's international profile
  - Contact all national psychiatric associations, informing about the Section and asking contact of potentially interested psychiatrists
  - Collaboration with R/S sections of national psychiatric associations
3. Preparation of guidelines
  - Including R/S in medical schools and psychiatry residences
  - Spiritual/religious organizations: dealing with mental health issues in an integrative approach

