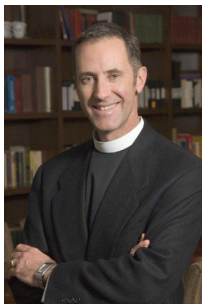


# COMPANION

FALL 2018

ENGAGING SPIRIT | ADVANCING HEALTH

## Life As Poetry



Henry David Thoreau once wrote: "My life is a poem I would have writ, but I could not both live and utter it." In this issue of *Companion*, we share some of the ways in which the lives of current and former colleagues in the Department of Religion, Health and Human Values (RHHV) are truly unwritten poems. Their stories demonstrate that poetry is not always about words but, perhaps, is best created by learning, reaching out, giving and receiving love.

The tribute to our long-time colleague Patricia Murphy, who retired this summer, demonstrates how her work and ministry make clear what she believes. The publication of the second chaplain case study book is assisting our students to find deeper passages into and through their calling to ministry. Chaplain Mark Schimmelpfennig's work with veterans at the Road Home Program offers healing for the woundedness resulting from military trauma.

Staff chaplain Paige Stephan's recent undertakings reveal how she has been able to reach out and expand her ministerial endeavors. This issue's Spotlight on an Alum shares how Ann Tyndall found that her Clinical Pastoral Education (CPE) training taught her to welcome the hard stuff, both inner and outer, and to befriend herself and others in its midst. And saying goodbye to our Research Administrator, Kathy Lyndes, reminds us that a dream we've had all our lives can suddenly come true.

We hope that this issue of *Companion* will assist you in recognizing how your own life has been and is still becoming a poem unwrit.

*The Reverend Clayton L. Thomason, J.D., M.Div. holds the Bishop Anderson Endowed Chair of Religion and Ethics in Medicine and is Chairman of the Department of Religion, Health, and Human Values and Director of the Program in Healthcare Ethics at Rush University Medical Center. Trained as a lawyer, bioethicist, and Episcopal priest, he has served as a pastor, medical educator, and clinical ethicist.*

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COMPANION is a bi-annual newsletter to friends and alumni of the RHHV Department. Feel free to share with other.

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Rush is an academic health system comprising Rush University Medical Center, Rush Copley Medical Center and Rush Oak Park Hospital.

## Pat Murphy Retires

Our much loved colleague and friend, Patricia E. Murphy, RSCJ, PhD, BCC, retired at the end of the summer. Pat was an Associate Professor in the RHHV Department. She also held an appointment as Associate Professor in Rush's Department of Psychiatry. Pat began her career teaching mathematics in Chicago and Omaha. After serving on the leadership team for her religious order, she came to Rush and completed a clinical pastoral education (CPE) internship in the winter of 1993 and then a CPE residency (1993-1994). Following her residency she went to Loyola College of Maryland where she completed a PhD in Pastoral Counseling. She returned to Rush in 1998 and, for the past twenty years, served as a staff chaplain in psychiatry, an educator, and researcher.

Pat's clinical work focused on care for patients on the in-patient psychiatry units at Rush. Pat was one of a few members of the Association of Professional Chaplains (APC) who specialized in mental health chaplaincy, and she was one of even fewer who brought to that work doctoral training in pastoral counseling.

The majority of the patients treated on the psychiatric units at Rush have severe and chronic mental illness; over the years, many return for multiple hospitalizations. A key part of Pat's care for them consisted of twice-weekly spirituality discussion groups. These groups reinforced the patients' positive uses of religion and spirituality to find comfort and hope in the face of their illnesses. Her care was marked by compassion, patience, and deep respect for their efforts to maintain a sense of meaning in life despite their illness. Pat's care for her patients and faithfulness in leading her groups week after week won deep respect from her clinical colleagues.

Not surprisingly, an enduring theme in Pat's career as researcher and educator was bridging the worlds of religion/spirituality and mental health. Her early research, begun as a doctoral student, was about religion/spirituality and mental illness. Another enduring theme was the high quality of her research. One of her first papers was published in the well-regarded *Journal of Consulting and Clinical Psychology*.



*P. Murphy with C. Thomason, Dean Royeen*

In 2005, Pat led a successful effort to receive a George Washington Institute for Spirituality and Health (GWish) Spirituality and Medicine Curriculum Development Award for the Rush Psychiatry Residency Training Program. From this came annual presentations on religion/spirituality and mental health for our Department of Psychiatry's Grand Rounds.

Colleagues in the Veterans Affairs Mental Health and Chaplaincy program recruited Pat as a content expert and to create videos for their curriculum. She began to offer many workshops at chaplaincy meetings on the topic of research about religion/spirituality and mental illness and its implications for spiritual care for people with mental illness. She also made sure that all students who came to Rush for CPE had an orientation to spiritual care for patients with mental illness, designed in part, to help them overcome stereotypes about such patients. The combination of her excellent clinical work and her research led to Pat's appointment as an Associate Professor in the Rush Department of Psychiatry; she is one of the few chaplains in the country to have received such recognition.

In addition to her teaching in the RHHV Department, Pat taught in a number of the programs in Rush's College of Health Sciences. This included teaching introductory statistics for students in Audiology, Clinical Nutrition, Clinical Laboratory Sciences, and Perfusion Technology. She taught statistics and research methods to students in the Occupational Therapy program for over ten years and

counseling to students in Speech Pathology, Audiology and Ethics.

For two decades, Pat has combined her work as a mental health chaplain with involvement in the Department's research program. Her research focused on a number of important topics: the role of religion/spirituality in coping with mental illness; and the role of religion/spirituality in living with cancer. The latter included collaboration with colleagues at the American Cancer Society to examine the role of spirituality in quality of life among nearly 9,000 long-term cancer survivors.

In recent years, describing the prevalence and correlates of religious/spiritual struggle was an important focus of Pat's research. She has contributed to this research and to research designed to identify methods to help healthcare colleagues effectively screen for religious/spiritual struggle among patients in a variety of clinical contexts. More recently, her research focused on chaplaincy education and research literacy education for chaplains.

Pat's research has been published in 19 peer reviewed articles and book chapters; her work has been cited in over 350 other publications.

Over the years, she made both invited and peer-reviewed presentations at many regional, national, and international meetings. She was a frequent presenter at the annual meetings of professional chaplains, including the APC and National Association of Catholic Chaplains (NACC). In so doing, she shared the findings from her clinical work and research.

Since 2004, she has taught research literacy to chaplains and, along with George Fitchett, was widely recognized as a leader of the popular APC Webinar Journal Club (WJC). That series began in 2010 and just concluded its eighth year. During that time, Pat co-led almost 40 WJC sessions.

To celebrate her career at Rush, May 31, 2018 was dubbed "Pat Murphy Day." The celebration included a presentation, "Religious/Spiritual Concerns in Military Trauma," by Joseph M. Currier, PhD, Psychology Department, University of South Alabama; a luncheon with friends and colleagues; and a special workshop, "An Introduction to Acceptance and Commitment Therapy for Spiritual Care Providers," led by Jason Nieuwsma, PhD, a friend of Pat's and Associate Director of the VA Mental Health and Chaplaincy Project.

Several weeks later, at the APC annual meeting, Pat received the 2018 Anton Boisen Professional Service Award in honor of her contributions to professional chaplaincy. It was a fitting capstone for Pat's outstanding career in spiritual care, education, and research.



*Pat Receives Boisen Award from APC President Martha Rucker*



## *The Battle is over; the Journey Is Not*

Since 2016, Mark Schimelfennig, M.Div, has served as chaplain at the Road Home Program (RHP) at RUMC. This program helps military veterans make healthier transitions to civilian life by providing evidence-based care for Post-Traumatic Stress Disorder (PTSD), moral injury and military sexual trauma.

Perhaps the most important component is an Intensive Outpatient Program (IOP), which consists of 3 weeks of intense group and individual sessions with RHP staff. The IOP assists veterans in dealing with the traumatizing effects of military life: what they witnessed, violent and painful situations in which they had to participate, and the shame, guilt and remorse for what they believe they failed to do. Comments such as the following are very common: "I'm beyond redemption", "I'm a monster", or "I've gone beyond God's forgiveness".

During group sessions with vets, Mark offers a ministerial presence to all in attendance. He also meets individually with each participant one or more times to give her/him the opportunity to explain and express the horrific things that happened to them, which they have perhaps never before felt safe sharing with anyone. Mark says that the question that frequently unlocks a vet's ability to reveal this hidden pain is: "How is your soul?"

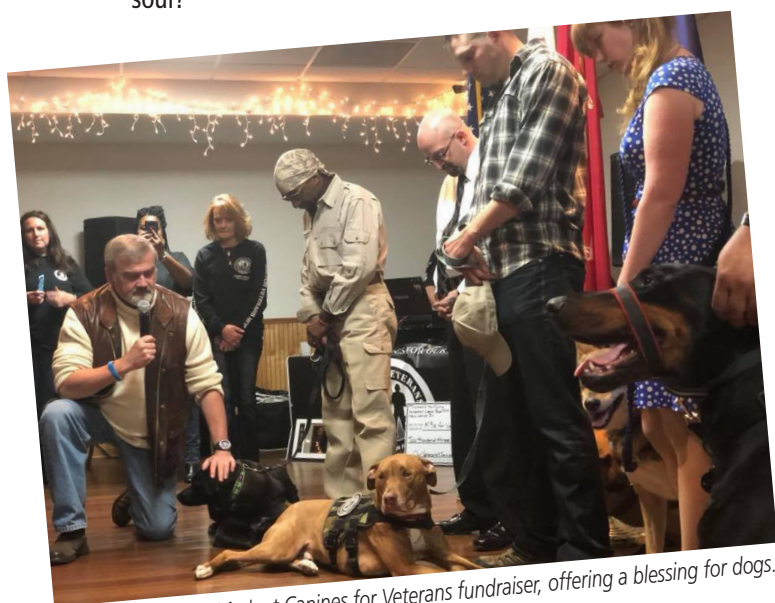
Because Mark himself is a vet and has had to work through his own issues related to military service, he brings unique gifts and skills to this ministry. He reports that, even after the IOP has ended, he stays in touch with some of the vets by phone and email to continue his work with them and to offer them a continuing source of healing and consolation. He also helps them identify and contact veteran support groups that exist in their area, so that they can continue their own healing and reach out to help other vets.

In addition, to his work with the IOP cohorts, Mark also provides similar support and spiritual care to local veterans who come to the RHP as outpatients.

Finally, Mark and other RHP staff assists veterans, if they wish, in finding a reputable organization through which they can adopt a service dog. Research has shown that these animals can be key to the healing of the vet's mind and heart. (Blessing of Dogs pic here. Under pic – Mark at Canines for Veterans fundraiser, offering a blessing for dogs.)

Mark says that, once a vet has begun her/his "road home" through the help and assistance of the RHP, s/he never leaves but remains part of the family. This means that the vet and her/his family can continue to access the RHP services as needed. He states, "Being able to do normal, everyday things like grocery shopping, may seem small to us but to a vet and her/his family, it represents a huge step toward healing and meaning-making, not just despite of but also because of their trauma and/or moral injury."

The RHHV department, through Mark's work at the RHP, is proud to be part of the RUMC and nationwide, comprehensive care network that enhances access and provides clinical and family-centered treatment to veterans living with military service-related mental health issues.



*Mark at Canines for Veterans fundraiser, offering a blessing for dogs.*

## Expanding the Boundaries of Chaplain Service

Paige Stephan was ordained as a Presbyterian minister in 2009 and has been with Rush for ten years. In 2008-2009, she did a CPE residency in the RHHV Department. She then became staff chaplain, serving the Fetal Neonatal Medicine Center, Mother/Baby Unit, Labor and Delivery, and the neonatal ICU. She now provides chaplaincy services to the patients and staff of the Surgical ICU and the Palliative Care team. She was certified by the Board of Chaplaincy Certification, Inc. in 2015.

That same year, Paige entered the Doctorate of Ministry program at McCormick Theological Seminary, where she had received her Masters of Divinity degree in 2008. Her doctoral dissertation, *"Bend and Not Break: Vocational Flourishing in the Midst of Burnout Trends"*, offers a perspective of Paige's view of her work as chaplain and minister. Her research also invites the reader to consider that vocations steeped with compassion fatigue call for intentionality of self-care to promote vocational flourishing. Paige has stated that being intentional is central to who she is and how she approaches her vocation as chaplain and minister, as well as her scholarly endeavors.

The faculty at McCormick were so impressed with how Paige addressed the subject matter of her dissertation that she was awarded the John Randall Hunt Prize for Outstanding Doctor of Ministry Thesis and Academic Record.

In addition, they invited her to become an adjunct professor, team-teaching the Reflection in Ministry course with two other colleagues. This course is offered to seminarians considering pastoral ministry and vocational assignments.

Likewise, the RHHV Department has added a didactic to its educational program for CPE interns and residents. This seminar, led by Paige and incorporating key themes of her dissertation, focuses on the importance of resiliency and self-care for chaplains.

In 2017, Paige was nominated to participate in the second cohort of the Chicago Commons Project. This



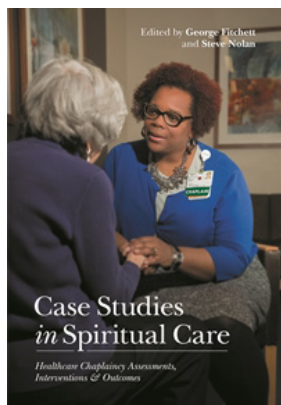
McCormick Seminary Graduation 2018

two-year program invites a racially and theologically diverse group of ministers to examine their current worldview and to gather ecumenically for intensive theological and communal reflection. These sessions feature conversations with influential civic leaders and engagement with some of Chicagoland's generators of artistic and cultural expression.

Lastly, in 2018 Paige became Moderator-Elect of the Presbytery of Chicago and will be installed as the Moderator in February of 2019. Paige views this level of engagement in church administration as one of challenge as well as opportunity. She will preside over Presbytery assemblies, commissioning services, installation services and a host of other church and administrative needs. Indicative of the meaning of the word moderator, there is a level of listening and attentiveness that accompanies this position. The Presbytery considers Paige's gifts and talents as chaplain, minister and instructor to be well suited for this leadership position.

The RHHV Department congratulates the Rev. Dr. Paige Stephan for all of her accomplishments and looks forward to continuing its work with her as her ministry presence and vocational outreach broadens.

# Case Studies Contribute to Chaplaincy Education



This summer saw the publication of a second volume of chaplain case studies, *Case Studies in Spiritual Care: Healthcare Chaplaincy Assessments, Interventions and Outcomes*. Like the first volume, *Spiritual Care In Practice: Case Studies in Healthcare Chaplaincy*, published in 2015, this volume was edited by George Fitchett and Steve Nolan. Chaplain Nolan works at Princess Alice Hospice in Surry, England.

George and Steve have written that cases studies can make three contributions to chaplaincy. First, they can inform research about chaplaincy, especially by providing detailed descriptions of chaplains' care, the assessments that inform it, and the outcomes associated with it. Secondly, case studies can provide healthcare colleagues and decision-makers with more information about what chaplains do. Hopefully, this will lead to more informed utilization and collaboration between chaplains and those colleagues. Thirdly, case studies provide chaplains-in-training with an opportunity to look over the shoulder of an experienced chaplain, and to examine and critically reflect on the care provided.

This summer the CPE residents in the RHHV department read and discussed several of the case studies from the first book. They offered the following comments about that experience.

*"I loved using Spiritual Care in Practice. . . I appreciated having parts of the actual verbatim included as well as the narrative of the chaplain. It allowed me to critique parts of the visits as well as see areas of agreement. . . Reading these cases challenged me to think even more deeply about my own visits and how I might best serve a patient."*

*"Having the text as an education resource helped me see diversity of practice and enabled emotional distance for greater scrutiny. . . There's a Rush way of doing things and talking about pastoral care. Outside case studies brought a broader diversity and were helpful in reflecting on the strengths, weaknesses, and blind spots of our own method. Additionally, I found our conversation within the residency group to be more critical of the care offered in the case studies than in verbatims presented by our peers."*

*"What struck me most about the cases was that the interventions the chaplains were able to provide, their toolbox, so to speak, for building relationships with and supporting patients, was in large part defined by the role that they occupied in the healthcare system. As I move from occupying one role to which I have become accustomed in the hospital to another which may be quite different, it was helpful for me to see firsthand accounts of how chaplains do this work in a wide variety of contexts and roles."*

At a denomination meeting this summer, department staff chaplain Mishca Smith was getting acquainted with a new colleague, Chaplain Valerie Sanders, who mentioned that she was the author of a case in a new book of case studies. Mishca enjoyed sharing that she had posed for the photo that is on the cover of the new book.

Both books of case studies are available from the publisher, Jessica Kingsley Publishers ([www.jkp.com](http://www.jkp.com)).





Our SPOTLIGHT for this issue shines on Chaplain Ann Tyndall, Staff Chaplain at Gundersen Health System in La Crosse, Wisconsin, where she works on the Behavioral Health and Maternal Child units. As a member of the

2008-09 CPE resident group, Ann gleaned much from her patient encounters, her peers and the department.

Ann's decision to pursue chaplaincy began to take root after serving for 23 years as a Parish Minister in the Unitarian Universalist Church. She left the local parish because she discovered that her spirituality was changing. She longed for a clearer faith practice and discovered it in Shambhala Buddhism.

While searching for a new spirituality that fit, she became hospice volunteer, visiting patients on an inpatient unit. There, her heart stirred and she began to recognize where her gifts could best be used. Although a volunteer, she entered rooms with the heart of a pastor. She began to think about professional chaplaincy and a physician friend encouraged her to do a CPE residency. Having known people who trained at Rush and valued their experiences, she decided to apply. To her delight, she was accepted!

During her residency, Ann served as the Chaplain on the Neurology ICU. She remembers the challenging experiences of being on-call, but even more, she remembers the hospitality of the RHHV Department and her peer group, who accompanied her on the year long journey. In the department atmosphere, what Ann learned about most was relationship – the foundation of chaplaincy. As Ann puts it, "All of the theory and skills, all of the self-reflection, all of

the group work was mediated through relationships of mutual respect, curiosity, warmth and playfulness. And food!"

The hospitality she experienced deepened into a willingness to fearlessly welcome the hard stuff, both inner and outer to befriend herself in its midst.

This approach resonated deeply with Ann's spiritual tradition of Shambhala Buddhism, in which teachers/spiritual leaders co-create an atmosphere in which the message of the mind can be transformed and communicated. Wisdom, fresh insight, and glimmerings of possibility for healing, arise from that kind of interaction. It is this kind of care that Ann strives for as she sits with a mom whose baby is in the Neonatal Intensive Care Unit. As the mom rides the roller-coaster of ups and downs with her baby, she also reveals to Chaplain Ann her core of faith, strength and bouts of crippling anxiety.

During Ann's ten years of hospital ministry, she has observed the increasing pressure on health care systems to provide more for less. This adds another layer of stress to the work of providing good, compassionate health care, and makes the ministry of chaplains even



*Continued on next page*

more important as people who have time to listen – to patients, families and staff. In chaplaincy itself, Ann has seen a growing capacity to meet all people where they are, including people of a variety of religious beliefs and those who don't identify as religious. She has also observed that chaplaincy continues to adapt to the medical environment in which we work, finding ways to articulate our contributions to medical colleagues and embracing research to help us determine best practices.

When I asked Ann what it was like to be a Buddhist chaplain in a Midwestern, primarily Christian community, she said it had been "interesting." While some people rejected her as a Buddhist, others thought – in the words of an adolescent, "Really? That's cool!" Others requested a Buddhist prayer or gave her a Buddhist

blessing. As Ann sees it, this is 21st century spirituality – people who are home in pluralism and whose hearts are open to authentic expressions of spiritual experience and conviction.

Ann is about to retire from her work at Gundersen. She will continue to work an occasional on-call shift, but hopes to have more time for spiritual practice, study and maybe some teaching. She's also looking forward to hiking the bluffs and river's edge trails near La Crosse. We wish you well, Ann, and are pleased to count you as one of the Rush CPE alum.

*Mary Altenbaumer, CPE Supervisor, writes our CPE Alum Spotlight.*

## NEWS

### FROM THE DEPARTMENT



#### KATHRYN LYNDES HEADS OFF TO COLLEGE TEACHING

Transforming Chaplaincy's Project Coordinator, Kathryn Lyndes, PhD, has taken a position as an Assistant Professor of Social Work and Gerontology at St. Mary's College, Notre Dame, Indiana. Kathy was the Project Coordinator for Transforming Chaplaincy since it began in July 2015. She was also an Assistant Professor in the RHHV Department. Kathy's relationship with RHHV began with a unit of CPE in the Fall of 1993. This was followed by a CPE residency year (1994-95). In subsequent years she assisted with several research projects in the Department. While we are very sad to say goodbye to her, becoming a college professor is the fulfillment of one of Kathy's dreams and we wish her all the best in her new position. Andy Andresco has joined the Transforming Chaplaincy team as the new Project Coordinator. He can be reached at [Andrew\\_Andresco@rush.edu](mailto:Andrew_Andresco@rush.edu) and (312) 942-2047.