

UNIVERSITY OF COLORADO HOSPITAL
THE CENTER FOR INTEGRATIVE MEDICINE

SPIRITUAL COUNSELING

WHAT IS SPIRITUAL COUNSELING?

Spiritual counseling is a process of sensitive listening and communication, which attempts to use the discovery and healing of a patient's spirituality as therapy for the mind and body.

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THREE THINGS YOU SHOULD KNOW ABOUT SPIRITUAL COUNSELING:

1.

For decades, spirituality was not considered a factor when evaluating a patient's health. However, in recent years, researchers and psychologists in the medical community began to recognize a connection between spirituality and mental and physical health.

2.

Spiritual counseling explores the human spirit's need to belong, to love and to be loved. When struggling with an illness, you may experience a deep and pervading sense of loneliness. By taking life circumstances and personal relationships into account, spiritual counseling aims to help you solve internal conflict and/or find meaning in your life. The eventual goal is to help you discover something in yourself, and in your faith, which will provide you relief from your physical or mental struggle.

3.

At The Center for Integrative Medicine, a chaplain is the spiritual counselor. Regardless of your faith or denomination, you can take advantage of our spiritual counseling services.

WHAT HAPPENS DURING YOUR SESSION:

BEFORE YOUR SESSION

Sessions with The Center for Integrative Medicine's spiritual counselor are arranged on an as-needed basis and can take place in the Center or at another mutually agreed upon site.

DURING YOUR SESSION

Your spiritual counseling appointment will be an open conversation about your life experiences and spiritual beliefs with regard to your health. Your faith and personal beliefs will be valued and respected as you talk with your counselor.

HOW MANY SESSIONS WILL YOU NEED?

Spiritual counseling is meant to be a short-duration treatment of one or two sessions. At that point, you and your spiritual counselor will decide if you might benefit from ongoing work with one of the treatments at The Center for Integrative Medicine or further spiritual counseling with a faith counselor in the community.

BENEFITS:

CONNECTEDNESS

IDENTITY

COPING

GRIEVING

REESTABLISHING PURPOSE

SPIRITUAL EXPRESSION

FINDING MEANING



fig. 1 - Support and guidance from a spiritual counselor provide relief to a number of mental and physical ailments.

SCHEDULE YOUR APPOINTMENT

If you would like to schedule a spiritual counseling appointment, please call The Center for Integrative Medicine at 720.848.1090. Appointments can be made Monday through Friday, 8:30 am - 5:00 pm.

HOW MUCH DOES IT COST?

There is no charge for spiritual counseling services provided by The Center for Integrative Medicine.

CONTACT INFORMATION

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