



**Trinity Spirituality Research and Innovation Group (SRIG)
Trinity 8th International Spirituality in Healthcare Conference
Thursday 6 June 2024 – virtual event**

**The Spiritual Imperative in Healthcare:
Perspectives on Interdisciplinary Approaches to Nurturing Resilience**

Conference Programme

- 09.00** **Opens to delegates:** music by **Kerry-Anne Timmins**, first-year nursing student, Adelaide School of Nursing, Trinity College Dublin
- 09.05** **Welcome**
Prof Jacqueline Whelan: Chair of SRIG, TCD School of Nursing and Midwifery
Prof Fintan Sheerin: Head of the TCD School of Nursing and Midwifery
- 09.20** **Mindfulness meditation**
Prof Kathleen Neenan: SRIG, TCD School of Nursing and Midwifery
- 09.25** **Opening address: Availability and vulnerability in healthcare- a heretical imperative**
Prof Melanie Rogers: Professor of Advanced Practice and Spirituality, University of Huddersfield
- 09.40-10.30** **Stress and the defiant power of the human spirit**
Dr Stephen J. Costello: Director of the Viktor Frankl Institute of Ireland
Chair: Prof Jacqueline Whelan. This session will include a live Q&A.
- 10.30-11.20** **Contemplative spiritual approaches to resilience in the context of healthcare**
Dr Pádraic Hurley: South East Technological University
Chair: Prof Paul Keenan. This session will include a live Q&A.
- 11.20** Music played by **Kerry-Anne Timmins**, followed by a short break
- 11.45-12.30** **Awakening resilience: the role of self-care, personal awareness & mindfulness in personal health empowerment**
Dr Austen El-Osta: Director, Self-Care Academic Research Unit (SCARU), Imperial College London School of Public Health
Chair: Prof Kathleen Neenan. This session will include a live Q&A.
- 12.30-13.15** **Lunch**
- 13.15-14.10** **Spirituality of caring and maintaining compassion in the encounter with human suffering within healthcare**
Dr Dominic O. Vachon M.Div., Ph.D.: John G. Sheedy M.D. Director of the Ruth M. Hillebrand Center for Compassionate Care in Medicine in the College of Science at the University of Notre Dame
Chair: Prof Jacqueline Whelan. This session will include a live Q&A.



- 14.10-15.00** **Transforming moral suffering by cultivating moral resilience**
Prof Cynda Hylton Rushton: Anne and George L. Bunting Professor of Clinical Ethics, Johns Hopkins Berman Institute of Bioethics / Johns Hopkins School of Nursing
Chair: Prof Jacqueline Whelan. This session will include a live Q&A.
- 15.00** **Song by Alan Leech,** Tenor and third-year nursing student, Trinity College Dublin, followed by a short break
- 15.15-16.00** **Hope in the dark: connection, compassion and high-quality care**
Prof Michael West CBE: Visiting Fellow, Kings Fund / Professor of Work and Organisational Psychology, Lancaster University
Chair: Prof Jacqueline Whelan. This session will include a live Q&A.
- 16.00-17.00** **Cultivating wellbeing in our lives and communities**
Prof Mary Jo Kreitzer: Founder and Director of the Earl E. Bakken Center for Spirituality & Healing, University of Minnesota
Chair: Prof Kathleen Neenan. This session will include a live Q&A.
- 17.00** **Closing address**
Prof Jacqueline Whelan: Chair of SRIG, TCD School of Nursing and Midwifery