



your story. **your** time. **your** wellbeing.

CCL

Delivered by chaplains and (recently) volunteers who have completed a national formational programme.

In over 60 sites across Scotland

In a variety of community health and care settings (mainly family doctor surgeries)

Referred by doctors and other health and care professionals

Referrals – spiritual issues related adjusting to bereavement, loss and transition in life

CCL

- Spiritual listening
- Assets/strengths based
- Short term intervention (1-4 max 50 min sessions)

Nothing or no-one to fix but to some-one to accompany and empower
From eliciting assets to signposting to other services to promote
wellbeing.

Within Context of Spiritual Listening

Focus - meaning and purpose

identity as a unique human being

- Need to love and be loved
- To be creative
- To find hope
- To give and receive
- To connect with beauty and otherness

Adapted from Naryanasamy (1991)

Spiritual Need met by enabling people to
(re) connect with ...assets/resources....

- Within them
- Between
- Around
- Beyond

And the tasks and roles they find fulfilling and meaningful

Assets elicited by questions like.....

What gets you up in the morning right now?

What in the past has raised your spirits?

What makes you feel alive?

What is important to you right now?

How have you coped in the past when life has been difficult?

For more information.....

<http://www.nes.scot.nhs.uk/education-and-training/by-discipline/spiritual-care/areas-of-education/ccl-scotland.aspx>