

Post Graduate Diploma in Values in Healthcare: a spiritual approach

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And

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In collaboration with

The Janki Foundation for Global Healthcare, UK

The postgraduate diploma in Values in Healthcare: a spiritual approach is a one-year course comprising of three study sections. For each study section there will be a paper, which will be the main course workbook. Each paper will consist of five units. The course will be in English and delivered through distance learning.

There will be two compulsory residential workshops or personal contact programme (PCP), which will be facilitated in semester 1 and semester 3. A separate paper will be provided for students to record personal insights and give information of their end of course project. Throughout the course students will use this paper

to keep a personal journal that will be assessed at the end of the course. A compulsory end of course project must also be submitted by each student, as the basis of completion of the course. There will also be an introductory paper will provide course guidelines, study support and a glossary.

SYLLABUS

INTRODUCTORY PAPER: COURSE GUIDELINES

Unit 1: Introduction to the PG Diploma in Values in Healthcare

- Introduction
- Procedure for Admission
- Fees Structure
- Compulsory Personal Contact Programme (CPC)
- University Examinations

Unit 2: The course

- What the course covers
- Learning outcomes
- Course Papers
- Assessment
- Studying the course

Unit 3: Study Support

- Tutor Support
- Online forums
- Getting help

- Glossary

PAPER 1: NEW DIMENSIONS IN HEALTH CARE

Unit 1: About Values in Healthcare, Its Themes, Influences and Inspirations

- Challenges and opportunities in health care
- Learning from the past
- Inspirations – Creating a Holistic Approach to Health Care
- New dimensions in Health Care
- Need of the hour – Finding Solution to current Ills
- Key themes - Core Values-Holism-Positivity-Spirituality-Coping skills

Unit 2: Underlying Principles

- Physician heal thyself
- Learning through experience
- Relevance to work
- New skills for new situations
- Enhancing Patient-medical professionals relationships

Unit 3: A Values-based approach

- Benefits of a values-based approach -Professional-Personal-Organizational-Educational
- Who can benefit from a values-based approach to healthcare
- Identifying Personal learning Plans and Continuing Professional development
- Exploring the Values – Peace, Positivity, Compassion, Co-operation, Valuing the self

Unit 4: A Spiritual approach

- Meaning of Spirituality-call of the time
- Experiencing core values-Identification and Expression
- 7 Spiritual tools – meditation, visualisation, reflection, listening, appreciation, creativity, play
- Additional resources to enhance a spiritual learning experience – Warm-up, movement and closure exercises, Learning logs,

Unit 5: Inner Values, Values at Work

- My favourite things
- What are values?
- A high point in my working life

- Values that matter most to me
- Experiencing personal values
- Heroes and heroines
- Rekindle the dream
- Values in Health Care
- Taking values back to work-Action Planning

References and resources for follow-up reading and exploration

PAPER 2: VALUES IN HEALTH CARE

Unit 1: Peace – Being Peaceful & Peace at Work

- The meaning of peace
- Practicing peace – muscle relaxation and breathing, becoming silent
- Discovering Peace in action – a peaceful day
- Discovering peace at work
- Outer reflects inner-Being peaceful
- Designing Peace - Action Planning

Unit 2: Positivity – Being Positive & Positive interaction at Work

- The Impact of being positive
- Valuing the self
- Surfacing positive thoughts
- Thought exchange
- Inspired to be me
- Appreciating others at work
- Recycling thoughts
- Thoughts into Action - Action Planning

Unit 3: Compassion Finding Compassion & Compassion in Practice

- Compassionate in action
- Meditation on Compassion
- Compassionate listening
- Compassion in Practice - Understanding anger
- Breathing out anger
- Standing like a tree
- Mistakes

- Forgiveness
- Walking into happiness
- Positive plans – Action Planning
- Changing situations
- Protection

Unit 4: Co-operation – Understanding Co-operation & Working in teams

- Co-operation - What does it mean?
- Inner values of co-operation
- Cooperative listening
- Working in Teams - A co-operative workplace
- Creating a team vision of cooperation
- Exploring the process of cooperation
- Taking co-operation back to work- Action Planning

Unit 5: Valuing yourself – Self Care & Support at Work

- Caring for myself
- A healing space
- Being cared for
- Self-confidence
- Sources of support
- Cleansing colour
- Making changes – Action Planning
- The roles we play/Who am I?

References and resources for follow-up reading and exploration

PAPER 3: SPIRITUALITY IN HEALTH CARE

Unit 1: Exploring Spirituality and Healing

- Exploring Spirituality and Healing
- A spiritual person
- Experiencing wonder
- What is Health and Healing
- What is Spirit and Spirituality
- What is Spiritual Care

Unit 2: Spiritual Care in Practice

- Meeting spiritual needs
- Reflection on spiritual care
- Assessing spiritual needs – Action Planning
- Healing Meditation

Unit 3: Healing Thyself

- Holistic health care
- Caring and sharing
- The place of ritual in healthcare
- Healing through illness

Unit 4: Meditation in Health Care

- Rajyoga meditation-self awareness-Right thinking-Contemplation-Visualization-Communication-Concentration-Creativity-Silence
- Basics in Meditation-Stages in Meditation
- Benefits of meditation-Physiological-Mental-Inter personal-Social

Unit 5: Personal development and Action Plans

- Creating inner space
- Time for the self – Taking time out
- Balancing acts of Life
- Achieving the purpose of Living
- Individual action Plan

References and resources for follow-up reading and exploration

PRACTICAL: PERSONAL JOURNAL AND PROGRESS

A separate paper will be written to document students' personal journal experiences and reflections throughout the course. It will also give guidelines for the end of course projects.

Unit 1: Personal Journal and Progress

- Values
- Peace
- Positivity
- Compassion
- Co-operation
- Valuing Yourself

Unit 2: End of Course Project

N. Ragbir-Day, 22/11/11