

Horizon Health Network offers both Intensive and Extended CPE Units.

### Extended CPE

- ◇ Two days per week from September to April
- ◇ Students have the option to do their clinical placement in Moncton, Saint John, Fredericton, or Miramichi.
- ◇ Classroom days alternate between in-person and online.
- ◇ Students will need to commute for class a maximum of twice per month.

### Intensive CPE

- ◇ Five days per week through the summer
- ◇ The unit is based in Moncton.
- ◇ There is an option for clinical placement in Moncton, Saint John, Fredericton, or Miramichi.
- ◇ Students must be physically present for classes in Moncton 3 of every 10 days.

**For more information contact:**

Pam Driedger, MDiv, CSCP, CSE  
Manager of Spiritual Care  
The Moncton Hospital  
[Pam.Driedger@Horizon.NB.ca](mailto:Pam.Driedger@Horizon.NB.ca)  
(506) 857-5347

## CPE in Horizon Health Network New Brunswick, Canada



**Spiritual Care is a specialized practice in healthcare.**

For more information about this clinical specialty go to:

[Canadian Association for Spiritual Care \(CASC\)](http://www.casc.ca)

<https://spiritualcare.ca>



# CPE

## Clinical Psychospiritual Education

The path to certification as a Spiritual Care Practitioner



Developing the ability to assess and respond to the spiritual needs of patients and families within a clinical context

# What is CPE?

CPE is **Clinical Psychospiritual Education**.

CPE is theoretical education and practical training that fosters the progressive development of nationally standardized competencies in providing spiritual care in a clinical setting.

CPE is an experience-based approach to learning spiritual care and reflective practice.

CPE combines a clinical practicum with individual and group supervision, and structured reflection, led by a Certified Supervisor/Educator.

CPE teaches a spiritually integrated approach to psychotherapy that combines spirituality, theology, and psychology.

## Each CPE unit is a minimum of 400 hours:

- ◇ 50% patient and family care
- ◇ 50% didactic presentations, group supervision using case conferences, interpersonal relations (IPR) group to develop reflective practice skills, and individual supervision



## Who is CPE for?

- ◇ Individuals interested in becoming a Certified Spiritual Care Practitioner (CSCP)
- ◇ Health Professionals who wish to enhance their ability to respond to the spiritual needs of patients
- ◇ Students of Theology or Religious Studies pursuing a career in ministry
- ◇ Volunteers who wish to provide competent emotional, spiritual, and religious support
- ◇ Faith Leaders who wish to expand their competencies in providing care to hospitalized patients and their families
- ◇ Anyone interested in a transformative experience that promotes excellence in caring for people experiencing spiritual distress

## The Canadian Association for Spiritual Care (CASC)

CPE programs are authorized and approved through the Canadian Association for Spiritual Care (CASC).

CASC defines a common scope of practice for clinical spiritual care and holds its members accountable to recognized standards, best practices, and a common code of ethics.

**Academic Credit** is offered through various educational institutions.

The program can also be taken on a non-credit basis.

## CPE and Mindfulness

Mindfulness is a leading-edge, non-invasive practice increasingly used for stress reduction, pain, and distress management in healthcare.

The essence of mindfulness practices can be found in every spiritual tradition. Developing a clinical expertise in mindfulness practices such as mindful meditation, mindful inquiry, and mindful self-compassion is one of the goals of this CPE program.