

### The CPE Teaching Centre in Fraser Health

Fraser Health is responsible for the delivery of hospital and community-based health services to over 1.9 million people in 20 diverse communities from Burnaby to Fraser Canyon on the traditional territories of the Coast Salish peoples. Within Fraser Health, there are 12 hospitals, 77 long-term care homes and 11 hospices. The vision of Fraser Health is “Better health, Best in health care.”

Students have the opportunity for a clinical placement at one of these sites consistent with their learning goals, aspirations, needs and the availability of a suitable clinical liaison to the Teaching Supervisor-Educator.

#### Students in this program will:

- Work with medical staff and allied health professionals such as clinical counsellors, social workers, occupational therapists, physiotherapists, dieticians, etc.
- Attend medical rounds and participate in care conferences.
- Learn to care for persons we serve from an interdisciplinary approach.

### The Educational Approach

CPE is an internationally recognized, experiential action-reflection model of spiritual care education that combines intense individual and group supervision with hands on experience with persons we serve. It began in the early 20<sup>th</sup> century in a Boston psychiatric hospital. It has been taught in esteemed healthcare settings for decades. Through combining hands-on learning opportunities with rigorous spiritual reflection, the process teaches interns how to support people in times of change, crisis, illness, or chronic struggle through spiritual means. Through this learning method, students develop competencies in spiritual care.

#### Twofold Mission:

- To advance experience-based education in Spiritual Health, spiritual leaders and lay persons of diverse cultures, and faith traditions through collaboration with the inter-professional team and innovative community partnerships.
- To pursue a vision of holistic care that advances the spiritual empowerment of people we serve in distress who are in hospital, clinic, long-term care, palliative care, hospice, home care and community settings.

**Students may expect** the following through case conferences, interpersonal relationship group (IPR), didactic seminars and individual supervisory (IS) sessions:

- Hands-on experience of spiritual care within the context of modern diversity.
- Reflection and articulation of the student’s own spiritual leadership function and relational skills.
- An approach to raising self-awareness, including greater awareness of one’s unconscious assumptions.
- Exploration of the power of transcendence operating in individuals and communities of all spiritual paths.
- Develop skills to enhance whole person care in a cooperative and collaborative inter-professional team environment.
- To learn about the dynamics that function unconsciously between persons and in groups.
- Opportunities to increase self-confidence and fulfilment.

### About the Supervisor – Educator

**CPE Supervisor – Educator, Don Cowie MA (Theology).** He brings over 25 years of diverse spiritual care experience to this position, having provided spiritual care in inner city churches, correctional facilities, shelters, hospitals, hospices, homes and “on the streets”. He is a Certified Spiritual Health Practitioner and a Certified CPE Supervisor-Educator with the Canadian Association for Spiritual Care (CASC). He has specialized in palliative and hospice care in Fraser Health, in a very economically, religiously, and culturally diverse area. He has spent his life teaching, mentoring, and equipping others and nurturing their personal and professional growth. He is passionate about providing and training others to provide inclusive and empowering spiritual care and emotional support.



### Program Information

Supervised CPE is designed to help persons increase competence in psychospiritual care, as well as fulfill requirements for a degree and ordination. Fraser Health provides advanced training for those who wish to obtain certification as a Certified Spiritual Health Practitioner. CPE helps prepare persons as professionals in psychospiritual care who serve in various institutions such as hospitals, long-term care, correctional facilities, mental health facilities, congregational and community settings.

#### Date

The CPE Program is currently offered as extended units, lasting 24 weeks (2 days per week) in Fall and Spring.

#### Credit

Students earn credit with the Canadian Association for Spiritual Care (CASC) and will be able to fulfill requirements for ordination, seminary degrees, practicum requirements, and or continuing education.

#### Tuition Fee

- \$2000 tuition fee plus \$250 course registration (subject to change)
- CASC student membership fee
- Students will register with Vancouver School of Theology

### Who May Apply

Anyone who wishes to hone skills for spiritual care and is committed to personal and professional growth under supervision. An academic, theoretical grounding in theology, psychospiritual care and counseling training (at a Master’s Degree level) is expected.

### Clinical Psychospiritual Education (CPE)

CPE emphasizes a psychospiritual centred approach to care. As a member of an interdisciplinary team, each student’s educational experience involves providing psychospiritual care to people we service and staff.

Students acquire psychospiritual skills through direct clinical bedside experience and a core curriculum, which include:

- reflective exercises
- theory seminars
- group work
- case studies
- individual supervision

### Contact information for an application:

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