

10 key books to read relating to spiritual care

Adams, K., Hyde, B., & Woolley, R. (2008). *The spiritual dimension of childhood*. London: Jessica Kingsley Publishers.

Publisher's summary: This book takes an in-depth look at spirituality and its continual expression in children, to support those working with children in developing their own perceptions and interaction with them.

The authors outline exactly what is understood by contemporary spirituality, and discuss the importance of context in a consideration of spirituality. They explore key issues in understanding children's spirituality under three broad headings: children's voices - how they are often lost in the context of spirituality and what the implications of that loss are; children's worlds - how children draw on the spiritual as a means of addressing notions of meaning and value in life; and children's lives - how context shapes the spiritual dimension.

Drawing on interdisciplinary perspectives, this accessible book will enrich the working practices of educators and other professionals who work with children, and will also be of interest to parents and anyone interested in children's spirituality.

Browning, D. S., & Bunge, M. J. (Eds.). (2009). *Children and childhood in world religions: Primary sources and texts*. New Brunswick: Rutgers University Press.

Publisher's information: While children figure prominently in religious traditions, few books have directly explored the complex relationships between children and religion. This is the first book to examine the theme of children in major religions of the world.

Each of six chapters, edited by world-class scholars, focuses on one religious tradition and includes an introduction and a selection of primary texts ranging from legal to liturgical and from the ancient to the contemporary. Through both the scholarly introductions and the primary sources, this comprehensive volume addresses a range of topics, from the sanctity of birth to a child's relationship to evil, showing that issues regarding children are central to understanding world religions and raising significant questions about our own conceptions of children today.

Cobb, M., Puchalski, C. M., & Rumbold, B. (2012). *Oxford textbook of spirituality in healthcare*. Oxford: Oxford University Press.

Publisher's summary: The relationship between spirituality and healthcare is historical, intellectual and practical, and it has now emerged as a significant field in health research, healthcare policy and clinical practice and training. Understanding health and wellbeing requires addressing spiritual and existential issues, and healthcare is therefore challenged to respond to the ways spirituality is experienced and expressed in illness, suffering, healing and loss. If healthcare has compassionate regard for the humanity of those it serves it is faced with questions about how it understands and interprets spirituality, what resources it should make available and how these are organised, and the ways in which spirituality shapes and informs the purpose and practice of healthcare? These questions are the basis for this book that presents a coherent field of enquiry, discussion and debate that is interdisciplinary, international and vibrant. There is a growing corpus of articles in medical

and healthcare journals on spirituality in addition to a wide range of literature, but there has been no attempt so far to publish a standard text on this subject. *Spirituality in Healthcare* is an authoritative reference on the subject providing unequalled coverage, critical depth and an integrated source of key topics. Divided into six sections including practice, research, policy and training, the book brings together international contributions from scholars in the field to provide a unique and stimulating resource.

Fosarelli, P. (2003). *Whatever you do for the least of these: Ministering to Ill and Dying Children and Their Families*. Liguori: Liguori.

Publisher's information: *Whatever You Do to the Least of These* is one of the few books available for pastoral workers called upon to represent their churches at the bedsides of ill and dying children and adolescents. It introduces pastoral visitors, both ordained and non-ordained, to the main issues confronting children and adolescents of different ages when they are faced with illness, injury, or dying. It also highlights the issues faced by parents and siblings in these same circumstances.

Friesen, M. F. (2000). *Spiritual care for children living in specialized settings: breathing underwater*. New York: Haworth Press.

Publisher's information: *Spiritual Care for Children Living in Specialized Settings: Breathing Underwater* offers social service staff, child care workers, and youth ministers techniques and methods to create a common language and framework for interventions with children and teens in care facilities. This unique resource will help you design spiritual care programs that will foster good communication and spiritual growth. *Spiritual Care for Children Living in Specialized Settings* provides you with insights into the dynamics of spirituality and offers practical ways of creating a spiritually nurturing environment for children and teens in a variety of settings.

Spiritual Care for Children Living in Specialized Settings offers social service staff, child care workers, and youth ministers tips and suggestions for implementing spiritual care in your youth care setting, such as:

- using principles from different religions to teach children about suffering and spiritual growth
- examining aspects of American culture that support or hinder spiritual growth
- understanding the condition of spiritual brokenness that often occurs in children living in specialized settings
- exploring recommendations from children and teens that reveal what helps them gain spiritual growth

Informative and compelling, *Spiritual Care for Children Living in Specialized Settings: Breathing Underwater* provides you with resources for learning about a variety of religions to best relate to children in need. This wonderful resource provides you with answers to commonly asked questions to help you promote spirituality and give guidance through

understanding and caring. Use it to improve the emotional well-being and quality of life of the children you work with!

Grossoehme, D. H. (1999). *The pastoral care of children*. New York: Haworth Pastoral Press.

Publisher's information: The Pastoral Care of Children focuses on the need for pastoral caregivers, clergy and chaplains to develop relationships with youths and gives you suggestions to overcome the anxiety associated with caring for an acutely ill child through unique, playful, and child-centered approaches. Many pastoral caregivers have high anxiety when children are ill or hurt, are unsure how to have a substantive conversation with a nine-year old, or their fears of what could be said keep them from hearing what children have to say. The effective approaches in *The Pastoral Care of Children* are illustrated to assist you with serving the spiritual needs of children. You will explore actual pastoral care experiences that will help you gain confidence in handling situations such as a teenager's desire to be baptized out of fear of death when neither he nor his parents believe in Christ.

Intelligent and heartfelt, this valuable book gives you a complete theological exploration of ministering to children who may ask you "Why me?", "Why do people have to die?" and "What happens to children if they die before they are baptized?" *The Pastoral Care of Children* helps you answer these questions with meaningful responses that are genuine and grounded with yourself, and reflect the parents' beliefs. Some of the help you will discover in *The Pastoral Care of Children* includes:

- understanding the similarities and differences of caring for children in comparison to adults, such as different vocabularies but similar emotions, and realizing that children are very perceptive
- using play as a tool, for example referring to a puppet's experience in reference to the child to eliminate the child's self-consciousness and help him or her open up
- confronting pastoral issues in acute care settings, such as fear, guilty feelings, and anger, from parents, family and the child
- helping children recover from mental health issues such as depression, eating disorders, and identity and self-esteem issues by using cognitive therapy
- conducting prayer and rituals with children such as baptism, naming ceremonies, anointings, and funerals to assist the child and family through this spiritual rite of passage

Complete with child and family focused approaches for dealing with the questions surrounding death, *The Pastoral Care of Children* also provides you with several cited scriptures, and a list of questions you may be asked by a child who is facing death. You will learn from actual circumstances pastoral caregivers have encountered and discover how to approach topics, and answer questions on God and death. *The Pastoral Care of Children*, an extremely resourceful book that will assist you in overcoming anxiety and help you deliver thoughtful and uplifting pastoral care to children and youth.

Hay, D., & Nye, R. (2006). *The spirit of the child*. London: Jessica Kingsley Publishers.

Publisher's information: Spirituality is increasingly acknowledged to be an essential part of child development. David Hay argues for the inclusion of spiritual awareness as a cross-curricular element in the school syllabus to promote the development of morality and social cohesion.

While culturally constructed pressures and the decline in institutional religion have led to the suppression of spiritual expression, children are, the author maintains, capable of profound and meaningful beliefs from an early age. A three-year research study into young children's spirituality and its survival value informs Hay's view that spirituality in education needs to overcome traditional approaches and should adopt a theory of spirituality that includes religion but is not confined to it.

This stimulating book will encourage educators, parents and others involved in teaching children to consider new approaches to foster children's natural spiritual development.

Nash, P., Darby, K., Nash, S. (2015). *Spiritual Care with Sick Children and Young People*. London: Jessica Kingsley Publishers.

Publishers information: Spiritual care is recognised as an important facet of healthcare, yet it is a concept that is prone to misinterpretation. This book seeks to demystify the role of spiritual care in the treatment of sick children and young people.

Inspiring, informing and practical, the book will help you develop your knowledge of spiritual care, equipping you with everything you need to know to provide the best possible spiritual support for sick children and young people. It presents a coherent philosophy and approach for offering spiritual care to sick children and young people in a variety of settings and provides clear definitions of spiritual care and related terms including religious and pastoral care. With the inclusion of models of spiritual support, best practice principles, example resources as well as case studies and discussion of ethical issues, it will help you gain a more comprehensive, practical understanding of this aspect of treatment. The book also benefits from contributions by the wider Paediatric Chaplaincy Networks and multi-disciplinary teams.

The result of evidence-based practice and research, this book will be essential reading for chaplains, doctors, nurses, arts therapists and anyone involved in the care of sick children and young people.

Nash, P., Parkes, M. Hussain, Z. (2015). *Multifaith care for sick and dying children and their families*. London: Jessica Kingsley Publishing.

Publisher's information: What do you need to know in order to provide the best possible care for sick children of different faiths? What, in the context of the young person's faith, might it be helpful to know to support the child and the family, improve care, communicate sensitively and avoid causing offence?

Drawing on extensive, evidence-based research and practice, this practical resource

addresses the multi-faith needs of sick and dying children and young people in hospitals and the wider community. Covering Islam, Christianity, Hinduism, Sikhism, Judaism and Buddhism, it provides the key information needed to help multi-disciplinary healthcare staff offer the best, culturally-appropriate care to sick children and their families. The book discusses daily, palliative, end of life and bereavement care in a range of settings, including hospitals, hospices, schools and home. The information provided covers those aspects of the religions discussed that are essential for healthcare staff to understand, including modesty and hygiene, taboos, food and prohibited products, age-related issues, sacred objects, visitors, and the expectations of the family. It includes important information on the issues of disability and mental health in each faith as well as addressing the significance within different faith traditions of the transitions from childhood to adolescence to adulthood.

A comprehensive resource that uniquely focuses on the care needs of sick children from different faiths, this book will be of immeasurable value to multi-disciplinary healthcare professionals including doctors, nurses, bereavement support and palliative care workers, carers, counsellors, chaplains and arts therapists.

Walker, D. F., & Hathaway, W. L. (2013). *Spiritual interventions in child and adolescent psychotherapy*. Washington DC: American Psychological Association.

Publisher's information: Many children are raised in families where religion and spirituality are key factors in their development, and clinical experience shows that addressing this spirituality can assist the therapeutic process. In psychotherapy, spiritual interventions must be blended effectively with secular evidence-based techniques. Furthermore, when such interventions are applied with children, there are unique ethical, developmental, and family considerations. This book presents guidance for integrating spiritual interventions in psychotherapy with children and their families. The interventions are appropriate for a range of settings, presenting problems, and client belief systems. Specific chapters address the use of prayer, forgiveness, acceptance, spiritual awareness, sacred texts, and God images in therapy. Illustrative case studies are included, and ethical issues are given special consideration. This volume will be a valuable resource for therapists who work with spiritually diverse children, adolescents, and their families.

Yust, K. M., Johnson, A. N., Sasso, S. E., Roehlkepartain, E. C. (2005). *Nurturing Child and Adolescent Spirituality: Perspectives from the World's Religious Traditions*. New York: Rowan and Littlefield.

Publisher's summary: provides a forum for prominent religious scholars to examine the state of religious knowledge and theological reflection on spiritual development in childhood and adolescence. Featuring essays from thinkers representing the world's major religious traditions, the book introduces new voices, challenges assumptions, raises new questions, and broadens the base of knowledge and investment in this important domain of life. It specifically and intentionally focuses on theological and philosophical perspectives from within religious traditions, creating space for the religious traditions to find their voices. *Nurturing Child and Adolescent Spirituality* is firmly grounded in the language and priorities of religious studies, and helps stimulate explorations of whether and how religious

communities are tapping their own wisdom and strengths in nurturing today's young people in a complex and changing world. *Nurturing Child and Adolescent Spirituality* will set the stage for new waves of scholarship and dialogue within and across traditions, disciplines, and cultures that will enrich understanding and strengthen how the world's religious traditions, and others, understand and cultivate the spiritual lives of children and adolescents around the globe.