Spiritual Diversity:
Contemplative Presence

An interprofessional education program for those who:
- Are interested spiritual seekers, health care professionals, spiritual health care providers or students
- Are seeking to deepen awareness through contemplative reflection and mindfulness
- Are interested in exploring the practice of mindfulness in the hospital setting
- Would like to consider and develop a mindful presence in the face of illness and death

Contemplative Presence

The Spiritual Diversity: Contemplative Presence course provides students with the opportunity to explore and deepen a personal reflective approach to wholeness and healing. It invites students to consider how meditative practice contributes to human health and well-being, and to practice mindful presence in the hospital setting. Students will learn techniques of mindful presence, and explore these techniques as they participate in the practicum experience.

The Learning Environment

Students are invited to enter into a meditation practice and to reflect on their own experience through introspection, keeping a journal, and group sharing. Within the practicum, students provide spiritual support to patients and families within a contemplative framework.

Practicum and classroom time are woven together to deepen student experience of a contemplative approach to health care with the focus on “being with”, and companioning patients and families. Classroom time will include practice in mindful meditation.

Learning Outcomes

Students will create their own specific ongoing learning goals within the parameters of the course. Readings, assignments, and coursework will incorporate the individual student’s areas of interest.

In addition, the following learning outcomes will be highlighted as important areas of knowledge and growth for all students.

- Demonstrated awareness of developing inner resources related to suffering, hope, healing, and meaning
- Ability to articulate how the practice of meditation is an effective approach to care
- The influence of contemplative practice in providing care
- Deepened awareness of self

The Spiritual Diversity Program and its courses are created and offered through Spiritual Health Services at the Health Sciences Centre with the support of the University of Winnipeg.

HSC Spiritual Health Services, (204) 787 3884

[Image of a heron on the shore]