
SPIRITUAL HEALTH AND WELLNESS FOR ONCOLOGY PATIENTS



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CENTERING MOMENT

What Does Spirituality Mean?





WHAT DOES SPIRITUALITY MEAN?

“Spirituality is a dynamic and intrinsic aspect of humanity through which persons seek ultimate meaning, purpose, and transcendence, and experience relationship to self, family, others, community, society, nature, and the significant or sacred. Spirituality is expressed through beliefs, values, traditions and practices.”

(Christina Puchalski, 2014)

Spiritual Practices



Spiritual Distress



Signs of Spiritual Distress

Feeling
Abandoned
by God

Deep Guilt,
Anger or Loss
of Meaning

Asking “Why
Me”

“Am I Being
Punished”



Spiritual Reflection

The Power of Reflection

1

Fear, Hope,
Doubt, Anger or
Gratitude

2

Don't Rush to
"Fix" or Dismiss
Feelings

3

Normalize
Spiritual Distress

FINAL THOUGHTS AND QUESTIONS

