

**LIST OF CITES AND RESOURCES RELATED TO THE LINK OF SPIRITUALITY AND HEALTH (WELL BEING) September 2009**

**JOURNAL ARTICLES RELATED TO SPIRITUALITY AND HEALTH (Particularly Stress/Burnout)**

Sharma, Radha, R. 2006. Role of Spiritual Intervention in Executive Burnout, Asia Pacific Review, Vol. II, No.2, 25-36.

Csiernik, R. & Adams, D. W. (2002). Spirituality, stress and work. Employee Assistance Quarterly, 18(2), 29-37.

Golden, J., Piedmont, R. L., Ciarrocchi, J. W., & Rodgerson, T. (2004). Spirituality and burnout: An incremental validity study. Journal of Psychology & Theology, 32(2), 115-125.

KoloKomala, K., & Ganesh, L. S. (2007). Individual Spirituality at Work and Its Relationship With Job Satisfaction and Burnout: An Exploratory Study Among Healthcare Professionals. The Business Review, Cambridge, 7(1), 124.

Perrone, K. M., Webb, L. K., Wright, S. L., Jackson, Z. V., & Ksiazak, T. M. (2006). Relationship of Spirituality to Work and Family Roles and Life Satisfaction Among Gifted Adults. Journal of Mental Health Counseling, 28(3), 253-268.

van Dierendonck, D., Garssen, B., & Visser, A. (2005). Burnout Prevention Through Personal Growth. International Journal of Stress Management, 12(1), 62-77.

How does one become spiritual? The Spiritual Modeling Inventory of Life Environments (SMILE), Pages 427 – 456 Authors: Doug Oman; Carl E. Thoresen; Crystal L. Park; Phillip R. Shaver; Ralph W. Hood; Thomas G. Plante  
DOI: 10.1080/13674670902758257

Link:

[http://www.informaworld.com/openurl?genre=article&issn=1367-4676&volume=12&issue=5&spage=427&uno\\_jumptype=alert&uno\\_alerttype=new\\_issue\\_alert,email](http://www.informaworld.com/openurl?genre=article&issn=1367-4676&volume=12&issue=5&spage=427&uno_jumptype=alert&uno_alerttype=new_issue_alert,email)

Plante, T. G. (Ed). *Contemplative Practices in Action: Diverse Paths for Well Being, Wisdom, and Healing*. Praeger/Greenwood. In preparation.

Plante, T. G. (2009). *Spiritual Practices in Psychotherapy: Thirteen Tools for Enhancing Psychological Health*. Washington, DC: American Psychological Association.

Plante, T. G., & Thoresen, C. E. (Eds.) (2007). *Spirit, Science and Health: How the Spiritual Mind Fuels Physical Wellness*. Westport, CT: Praeger/Greenwood. ISBN: 0-275-99506-2.

Plante, T. G., & Sherman, A. S. (Eds.) (2001). *Faith and Health: Psychological Perspectives*. New York: Guilford. ISBN: 1-57230-682-3.

Plante, T. G. & Thoresen, C. E. Spirituality and health: Research on prayer and practice. In E. M. Altmaier & J. Hansen (Eds.), *Oxford handbook of counseling psychology*. New York: Oxford University Press, in press.

Plante, T. G. & Thoresen, C. E. Spirituality and health: Research on prayer and practice. Reprinted in L. Miller (Ed.), *Oxford handbook of the psychology of religion and spirituality*. New York: Oxford University Press, in press.

## **OTHER BOOKS/CITES RELATED TO MEDITATION AND HEALTH**

The following book contains a summary of research on mindfulness and meditation on stress and overall health

[The Art and Science of Mindfulness: Integrating Mindfulness into Psychology and the Helping Professions](#) by Shauna L. Shapiro, Linda E. Carlson, and Jon Kabat-Zinn

See also empirical and conceptual articles on spiritual practices and its effects on stress and overall health by Shauna Shapiro of the Counseling Psychology Department at Santa Clara University **shauna shapiro <shaunashapiro@hotmail.com**

<http://www.tm.org/research>

<http://www.researchingmeditation.org/>

<http://www.meditationresearch.co.uk/>

See also Dr Ramesh Manocha has recently completed his MD on Impact of Meditation on has literature in this regard. <http://www.drrameshmanocha.com/>

See also Deepak Chopra's books and articles (not academic research, but relevant ideas)

## **OTHER RESOURCES/WEBSITES/AUTHORS RELATED TO SPIRITUALITY & HEALTH**

Society for Spirituality and Social Work (SSSW) <http://ssw.asu.edu/portal/research/spirituality>

*Journal of Religion & Spirituality in Social Work*

A SUMMARY OF RESEARCH ON MINDFULNESS/MEDITATION BY Dr. Shauna Shapiro of the Counseling Psychology Department at Santa Clara University.

## **BOOKS ON RELIGION/SPIRITUALITY IN RELATION TO HEALTH (MORE OF A HEALTH CARE OR MD PERSPECTIVE)**

[Handbook of Religion and Health](#) by Harold G. Koenig, Michael E. McCullough, and David B. Larson (Hardcover & paperback - 2001)

[Handbook of Religion and Mental Health](#) by Harold G. Koenig (Hardcover - Sep 25, 1998)

**How God Changes Your Brain: Breakthrough Findings from a Leading Neuroscientist**  
[Andrew Newberg M.D.](#) & [Mark Robert Waldman](#)

This book is on how spiritual practices change the structure and function of our brain.

[The Healing Power of Illness: The Meaning of Symptoms and How to Interpret Them](#) by Thorwald Dethlefsen, Rudiger Dahlke, and Peter Lemesurier (Paperback - Aug 1997)

Note: Dethlefsen is a German M.D.

[The Healing Power of Illness: Understanding What Your Symptoms Are Telling You](#) by Thorwald Dethlefsen, Rudiger Dahlke, and Rudiger Dahlke (Paperback - Oct 28, 2002)

## **GEORGE WASHINGTON INSTITUTE FOR SPIRITUALITY & HEALTH (GWISH) MEDICAL CARE RELATED ARTICLES ON SPIRITUALITY AND HEALTH**

<http://www.gwish.org/> The following articles are among some of those published by Dr. Puchalski of GWISH:

Puchalski, C. M. (2008). **Addressing the spiritual needs of patients.** *Cancer Treatment and Research*, 140, 79-91. ([PubMed](#)).

Puchalski, C. M., & McSkimming, S. (2006). **Creating healing environments.** *Health Progress (Saint Louis, Mo.)*, 87(3), 30-35. ([PubMed](#)).

Puchalski, C. M. (2006). **Spirituality and medicine: Curricula in medical education.** *Journal of Cancer Education: The Official Journal of the American Association for Cancer Education*, 21(1), 14-18. ([PubMed](#)).

Kilpatrick, S. D., Weaver, A. J., McCullough, M. E., Puchalski, C., Larson, D. B., Hays, J. C., et al. (2005). **A review of spiritual and religious measures in nursing research journals: 1995-1999.** *Journal of Religion and Health*, 44(1), 55-66. ([PubMed](#)).

Puchalski, C. M. (2001). **Reconnecting the science and art of medicine.** *Academic Medicine: Journal of the Association of American Medical Colleges*, 76(12), 1224-1225. ([PubMed](#)).

Astrow, A. B., Puchalski, C. M., & Sulmasy, D. P. (2001). **Religion, spirituality, and health care: Social, ethical, and practical considerations.** *The American Journal of Medicine*, 110(4), 283-287. ([PubMed](#)).

Puchalski, C. M. (2001). **The role of spirituality in health care.** *Proceedings (Baylor University Medical Center)*, 14(4), 352-357. ([Full-text article via PubMed Central](#)).

Puchalski, C. M., Larson, D. B., & Post, S. G. (2000). **Physicians and patient spirituality.** *Annals of Internal Medicine*, 133(9), 748-749.

Post, S. G., Puchalski, C. M., & Larson, D. B. (2000). **Physicians and patient spirituality: Professional boundaries, competency, and ethics.** *Annals of Internal Medicine*, 132(7), 578-583. ([PubMed](#)).

Puchalski, C. M., & Larson, D. B. (1998). **Developing curricula in spirituality and medicine.** *Academic Medicine: Journal of the Association of American Medical Colleges*, 73(9), 970-974. ([PubMed](#)).

Levin, J. S., Larson, D. B., & Puchalski, C. M. (1997). **Religion and spirituality in medicine: Research and education.** *JAMA : The Journal of the American Medical Association*, 278(9), 792-793. ([PubMed](#)).

#### **Additional spirituality and health organizations and websites from the GWISH website**

[American Academy of Hospice and Palliative Medicine](#)

[Association of Professional Chaplains](#)

[Benson-Henry Institute for Mind Body Medicine \(BHI\)](#)

[End of Life / Palliative Education Resource Center](#)

[Finding Meaning in Medicine: Reclaiming the Heart and Soul of Medicine](#)

[Good Endings: Caring for the Dying Resident](#)

[Hospice and Palliative Nurses Association](#)

[National Council on Aging](#)

[Spirit-Health Connections](#)

[Spirituality Diversity and Social Work Resource Center](#)

[Spiritual Competency Resource Center](#)