

INTRODUCING SPIRITUAL DIRECTION A SPIRITUAL DIRECTION PROGRAM AT ORLANDO REGIONAL HEALTHCARE

Kenneth L. Nolen

Spiritual direction is experiencing a rebirth or resurgence in Christianity, and other faith traditions are discovering or rediscovering spiritual direction as well. This interest in spirituality and hunger for spiritual nutrition has permeated into the corporate world. The purpose of the project is to initiate spiritual direction as an offering of the Spiritual Care Department of Orlando Regional Healthcare to its employees and eventually, to individuals of the community served by Orlando Regional Healthcare.

The project consisted of a one-day workshop to provide an introduction of spiritual direction to attendees who may be unfamiliar with spiritual direction and to process ways in which the project can integrate spiritual direction into Orlando Regional Spiritual Care Department initiatives.

This workshop generated an awareness of the need for spiritual direction, introduced spiritual direction concepts and methodology, discussed the benefits gained from spiritual direction, the requirements for an individual to be a spiritual director, some of the reasons individuals seek spiritual direction, and how to find a spiritual director.

Upon successful completion, the project facilitated the introduction of spiritual direction to attendees and provided a foundation for the researcher to determine the next necessary steps for incorporating spiritual direction as a spiritual care intervention for the spiritual care department. The completed project may also serve as a template for other hospitals or institutions that want to integrate spiritual direction into their facilities or workplaces.