

Science, Spirituality and Human Health

International ph.d. course, Mon 24 June – Fri 5 July 2024, Copenhagen-Cambridge, 7.5 ECTS

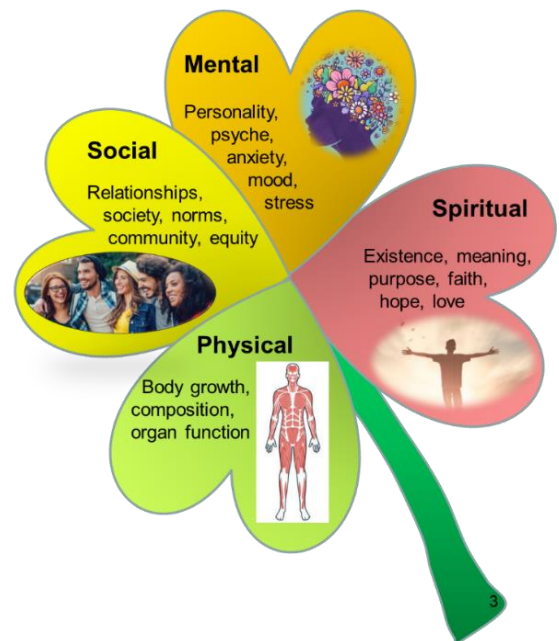
<https://phdcourses.ku.dk/detailkursus.aspx?id=111254&sitepath=SUND>; <https://phdcourses.dk/Course/110465>

Course background

Health is 'a state of complete physical, mental and social well-being, not only absence of disease', as defined by WHO in 1947. Recently, 'spiritual health' has been acknowledged as a critical 4th dimension of human health. Spirituality is concerned with personal/communal meaning, purpose and hope, beyond physical, social, and mental health aspects. Recent evidence suggests that insight into spirituality complements knowledge obtained from science to support holistic health care. This course investigates if, how, and when modern medical science can benefit from incorporating aspects of spirituality in health care. The course challenges inherent presumptions about what we know and believe regarding human health, and how new science can broaden our understanding of health care.

Science provides evidence-based medicine by systematic studies of health and disease, based on peer-reviewed publications. The theory and practice of *spirituality* is difficult to define scientifically, but its effects on human health is well-documented. In medical science, widely different methodologies, each with their own 'scientific language', together seek to advance health. This requires interdisciplinary collaboration across natural, social, and human (humanistic) sciences. However, language barriers across scientific fields, laboratories, clinics, and the public often become a limitation for collaboration and health benefits. In the ph.d. course, we present and discuss some core characteristics of modern health science and combine this with attention to spirituality. The course educates participants in the potentials and limitations of modern medical science, and its relationship with applied health care.

In the course, lectures by scientists, health professionals, philosophers, and theologians are coupled with discussions, group work, and selected site visits (with lectures) to introduce participants to interdisciplinary 'holistic' health care principles. Examples are taken from pediatrics, oncology, and geriatrics, but the principles apply to all fields of health care. Spirituality has a role beyond palliative care. Workshops and group work are used to train participants to evaluate and navigate across health science methodologies, including perspectives related to spiritual health. The course is a platform for students, scientists, and health professionals to collaborate on the theoretical and philosophical principles of holistic health care science. The combined course site in Copenhagen and Cambridge provides an ambitious, cross-cultural learning environment, with insights from the roots of modern (medical, biological, social) sciences, and how to improve physical, social, mental and spiritual health.



Key learning objectives A participant who has met the objectives of the course will:

- Know the potentials and limitations of health science and its interplay with concepts of spirituality.
- Understand the philosophical, cultural, and historical roots of academic health science research.
- Appreciate inter-disciplinary health research and work across regions, cultures, and religions.
- Achieve a better understanding of the communication of health science to patients and the public.

Core course elements

- Epistemology of different health sciences: Natural, social, and humanistic (human).
- Existence, faith, hope and meaning – the post-secular framework of spirituality.
- Concepts of health, happiness, and contentment in modern and traditional societies.
- Potentials and limitations of clinical trials – patients as experiments and/or human beings.
- Science and spirituality in neonatology, cancer, terminal illness, and palliative care medicine.
- Field visits to the roots of Western universities and their interactions with laboratories and hospitals.
- Communication across the traditional borders of science, practice, and philosophy in health care.
- Philosophy and ethics in health science. Navigating between science and religion in health care.
- Theological perspectives on health care. The religious and spiritual dimensions in health care.

Expected participants

The course provides cross-disciplinary knowledge across health science fields, from universities and university colleges (e.g. nursing schools), to hospitals, medical industries, and the general society. We welcome participants of all educational backgrounds. Anyone can apply for the course. If you are not a ph.d. student at a Danish university, or a NorDoc member university (www.nordochealth.net/members) you will come on a waiting list until enrollment deadline (1 March 2024). After deadline, 15 available free seats are allocated to applicants. An additional 10 participants, incl. non-ph.d. students, may sign up after application to the course directors, and must pay the course fee (unless discounted, see below). We welcome participants of any or no religion, gender, race or ethnicity. Fluency in English is required. All participants have to deliver a course report by the end of the course (individually or as group work).

Course form and learning methods

- Lectures with discussions, coupled with group work and presentations to fellow participants
- Excursions and lectures at relevant university settings, medical laboratories and hospitals
- Reports (individual/group) and presentations, based on a self-selected topic (3-5 pages, 12', 1½')
- 7.5 ECTS credit points – participants are expected to attend all course days (max. 20% absence).

Beginning of life



Disease or terminal illness



End of life



Course directors

Per Torp Sangild, Prof., ph.d., DMSc, DVSc, Faculty of Health and Medical Sciences, Faculty of Theology (Center for Science & Faith), Univ. Copenhagen, Denmark. Email: pts@sund.ku.dk

Pui Him Ip, ph.d., Tutorial Program Director, Faraday Institute of Science and Religion; Faculty of Divinity, Unive. Cambridge, UK; Faculty of Theology, Univ. Copenhagen. Email: Pui Him Ip <phi@teol.ku.dk

University of Copenhagen



University of Cambridge



Dates in 2024

Monday 24 June – Friday 28 June (Copenhagen, Denmark)

Monday 1 July – Friday 5 July 2024 (Cambridge, United Kingdom)

Course location, lodging, and logistics

The need for cross-disciplinary learning across modern and traditional health care requires course visits to relevant universities, hospitals, and health care institutions. The dual course site allows exposure to world-leading, international academic environments with inter-disciplinary studies of health. Cambridge University is easily accessible from Copenhagen via London airports (e.g. Stanstead, 500-2000 DKK).

In Denmark, the course is hosted by Health Science Faculty at University of Copenhagen and its cross-faculty Center for Science and Faith (<https://teol.ku.dk/afd/center-for-videnskab-og-tro/>). Course site is a private health care institution (Den Danske Diakonissestiftelse, www.diakonissestiftelsen.dk), with easy access from city centre and airport), and to expose participants to different health care views. Meals (but no accommodation) is provided for course days in Denmark. In United Kingdom, course is hosted by Faraday Institute of Science and Religion (www.faraday.cam.ac.uk/) and held at Lucy Cavendish College (<https://www.lucy.cam.ac.uk/subjects>, including meals and accommodation).

Registration and budget

Register as early as possible, or latest 1st March 2024. All participants are expected to cover their own travel to/from Denmark and UK, and accommodation in Denmark. The course is free of charge for 15 ph.d. students from Denmark or from NorDoc universities (www.nordochealth.net/members). All other participants (+10 seats) should apply directly to the course secretariat (Malene Cilieborg: macilie@sund.ku.dk). These participants must pay a course fee (20.640 DKK). Contact the course secretariat if you need assistance, or have special requests/needs for participating in the course.

Course program 2024: Science, Spirituality and Human Health

Date	Time	Topic/event	Site	Lecturer/lead
Mon 24.6	11.00-12.00	Course and participant introductions. Course report contents.	DS	PTS/NCH/TS
	12.00-13.00	Lunch with discussions		
	13.00-14.30	Natural, social and humanistic sciences in health care research	DS	PTS
	14.30-16.00	Integration of biological, social, mental, and spiritual health care		NCH
	16.00-18.00	Site visit and discussion: Palliative and spiritual health care in Denmark	DS	KT/RH
	18.00-19.30	Welcome course dinner and introductions	DS	RH/PTS
Tue 25.6	09.00-10.30	Health dilemmas for doctors, nurses, parents at the beginning of life	DS	GZ
	10.30-12.00	Compassion and love - relevant in modern hospital settings?		JC
	12.00-13.00	Lunch with discussions		
	13.00-15.00	Site visit with discussions on ethics at Univ. Copenhagen/Rigshospitalet	RH	GG, TP
	15.00-17.00	Site visit and discussions, Niels Bohr Institute: Physics and philosophy	NBI	PTS
Wed 26.6	09.00-10.30	Relevance of medical spirituality at beginning or end of life	DS	CP
	10.30-12.00	Hospital chaplaincy/prayer as integrated part of health care?	DS	KT/CBM
	12.00-13.00	Lunch with discussions		
	13.30-17.00	Site visit, lecture at Medical Museion: Medical reductionism and holism	MM	KTY
Thu 27.6	09.00-10.30	Classical and modern science-religion controversies	DS	NHG/EBN
	10.30-12.00	Philosophy of existence, personhood, and mental health	DS	RR
	12.00-13.00	Lunch with discussions		
	13.00-14.30	Obesity reflecting social, mental and existential health challenges?	DS	TSØ
	15.00-17.00	'Alternative' medical therapy: Site visit/discussion at Ayurvedic center	DS	TS
Fri 28.6	09.00-10.30	Cultural differences in modern health care. Intro to Cambridge part	DS	PTS/PHI/TS
	10.30-12.00	Spirituality in health care: Spiritual needs in post-secular society	DS	TS
	12.00-13.00	Lunch with discussions		
	13.00-14.30	Presentation of topics for course report	DS	PTS/PHI/TS
	14.30-17.00	Course report work under supervision		PTS/TS
Sat 29.6 – Sun 30.6		Free time in Copenhagen + traveling to Cambridge (Sunday)		
Mon 1.7	09.00-09.30	Course and participant introductions	LC	PHI/PTS/NCH
	09.30-11.00	Theology and/of healthcare: Contemporary perspectives	LC	PHI
	11.30-12.30	The Philosopher-Priest-Scientist and the new age of medicine		BD
	12.30-14.00	Lunch with discussions		
	14.00-15.30	Religion, spirituality and healthcare: Contemporary approaches	LC	NCH
	15.30-17.00	University Cambridge site visits (Reformation Walk, Round Church etc)	CA	PHI/PTS
Tue 2.7	09.00-10.30	Biotechnologies: Philosophical and ethical perspectives	LC	JW
	11.00-12.30	AI and robotics in health care in the future – faith perspectives	LC	JH
	12.30-14.00	Lunch break with discussions		
	14.00-16.00	Addenbrooks Hospital and role of spirituality in the UK NHS system	CA	DF
	16.00-17.00	Discussion groups		JW/RA
Wed 3.7	09.00-10.30	Biotechnologies: Philosophical and Christian perspectives	LC	SH
	11.00-12.30	Are we slaves to our genes? Individualized medicine and genomics		GB
	12.30-14.00	Lunch break		
	14.00-16.00	History of science intros at Zoology, Sedgwick, and Whipple museums	CA	PHI/PTS
	16.00-17.00	Discussion groups		AM/DA
Thu 4.7	09.00-10.30	Spirituality, the courage to care, and compassion?	LC	CW
	11.00-12.30	Art, spirituality, and healing	LC	PMK
	12.30-14.00	Lunch break with discussions		
	14.00-17.00	Course report work, supervision, preparation for exam presentation	LC	PHI/PTS/NCH
Fri 5.7	09.00-12.30	Report presentations by participants	LC	PHI/PTS/NCH
	12.30-14.00	Lunch break with discussions		
	14.00-16.00	Course evaluation and final wrap-up	LC	PHI/PTS/NCH

Abbreviations:

DS: Danske Diakonissestiftelse, Copenhagen; LC: Lucy Cavendish College, Cambridge, UK; CA: Cambridge; CP: Copenhagen; MM: Medical Museion; NBI: Niels Bohr Institute; RH: Rigshospitalet, Copenhagen

Lecturers and their overall research topics related to the course contents

Course part in Copenhagen, Denmark (DK, alphabetically):

CBM: Christian Backer Mogensen, Prof., Dept. Regional Health Research, Head of Research, Hospital Sønderjylland, Univ. Southern Denmark: Holistic patient care at hospitals, including Covid-19

CP: Christina Prinds, Ass. Professor, ph.d., Dept. Clinical Research, University of Southern Denmark, Gynaecology and Obstetrics: Pregnancy, maternal and newborn care, meaning in perinatology

GG: Gorm Greisen, Prof., Neonatology, Rigshospitalet, Univ. Copenhagen: Science, faith, ethics at birth.

GZ: Gitte Zachariassen, Prof., Neonatology, Univ. South DK: Science and care of compromised newborns

JC: Jane Clemensen, Prof., Fac. Health Science, Univ. Southern DK: Compassion in modern health care

KT: Karsten Thomsen, ph.d. stud., Univ. South Denmark, DK: Chaplaincy in modern hospital health care

KTY: Karin Tybjerg, Ass. Prof., Dept. Publ. Health, Univ. Copenhagen: History, knowing, doing in medicine

NCH: Niels Christian Hvidt, Prof., Public Health, Faculty of Health Science, Univ. Southern Denmark: Religion, spirituality and healthcare and modern societies

NHG: Niels Henrik Gregersen, Prof., Faculty of Theology, Univ. Copenhagen: Science interactions with spirituality/faith/religion – historical and contemporary perspectives

PTS: Per Sangild, Prof., Faculty of Medicine, Univ. Copenhagen: Science-spirituality across academic disciplines, how to do experimental and clinical medical research

RH: Rikke Vinter Hedensted, Ass.Prof., Diakonisse KP Health Education, Copenhagen: Health psychology

RR: René Rosfort, Ass. Prof., Theology, Univ. Copenhagen: Philosophy of existence, mental health, equity

TP: Thomas Plough, Prof., Dept. Comm. and Psychology, Aalborg Univ.: Medical ethics and philosophy

TS: Tobias Stripp, postdoc, ph.d., Fac. Medicine, Univ. Copenhagen: Health, faith and spiritual needs

TSø: Thorkild Sørensen, Prof., Public Health, Univ. Copenhagen: Sciences and philosophies of obesity

Course part in Cambridge, United Kingdom (UK, alphabetically):

BD: Benjamin Doolittle, Prof. Medicine, Pediatrics and Divinity, Yale School of Medicine & Yale Divinity School, USA: The Philosopher-Priest-Scientist and the New Age of Medicine

CW: Christie Watson, Prof., Medical Humanities,, Univ. East Anglia, UK: Spirituality, care, & compassion

DF: Derek Fraser, Deputy Chaplain, Cambridge Univ. Hospital: Spiritual care and chaplaincy in hospitals

GB: Graham Budd, Director, Faraday Inst. Science and Religion, Cambridge: AI and robotics in health care

JH: Joshua Hordern, Prof., Christian Ethics., Theology and Religion, University of Oxford, UK: Ageing

JW: John Wyatt, Prof.emer. Neonatology, Univ. College London, UK: Dilemmas at human birth and death

PHI: Pui Him Ip, Director of Tutorial Programs, Faraday Inst. Science and Religion: Theology of healthcare

PMK: Sr Pavlína M. Kašparová, Faraday Inst. Science and Religion, Cambridge: Art, spirituality & healing

SH: Søren Holm, Prof. Bioethics, Univ. Manchester, UK: Biotechnologies, philosophies and ethics

Course materials and background readings (necessary reading material will be sent before the course)

Balboni T, Balboni M: Hostility to Hospitality: Spirituality and Professional Socialization within Medicine; Bishop, J: The Anticipatory Corpse: Medicine, Power, and Care of the Dying; Cassell E: The Nature of Suffering and the Goals of Medicine; Cobb MR, Puchalski CM, Rumbold B: Oxford Textbook of Spirituality in Healthcare; Frankl V: Man's Search for Meaning; Koenig H, King D, Carson VB: Handbook of Religion and Health; Kramer, Kenneth: The Sacred Art of Dying; Miller L: The Spiritual Child: The New Science on Parenting for Health and Lifelong Thriving