

Clinical Training Necessity/CTN

Psychodynamic Approach to Training

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Helen Flanders Dunbar

- Mother of Psychosomatic Medicine
 - Interdisciplinary thinker: Theology, Medicine and Psychology
 - Advocate for the integration of the mind, body and the spirit in healing
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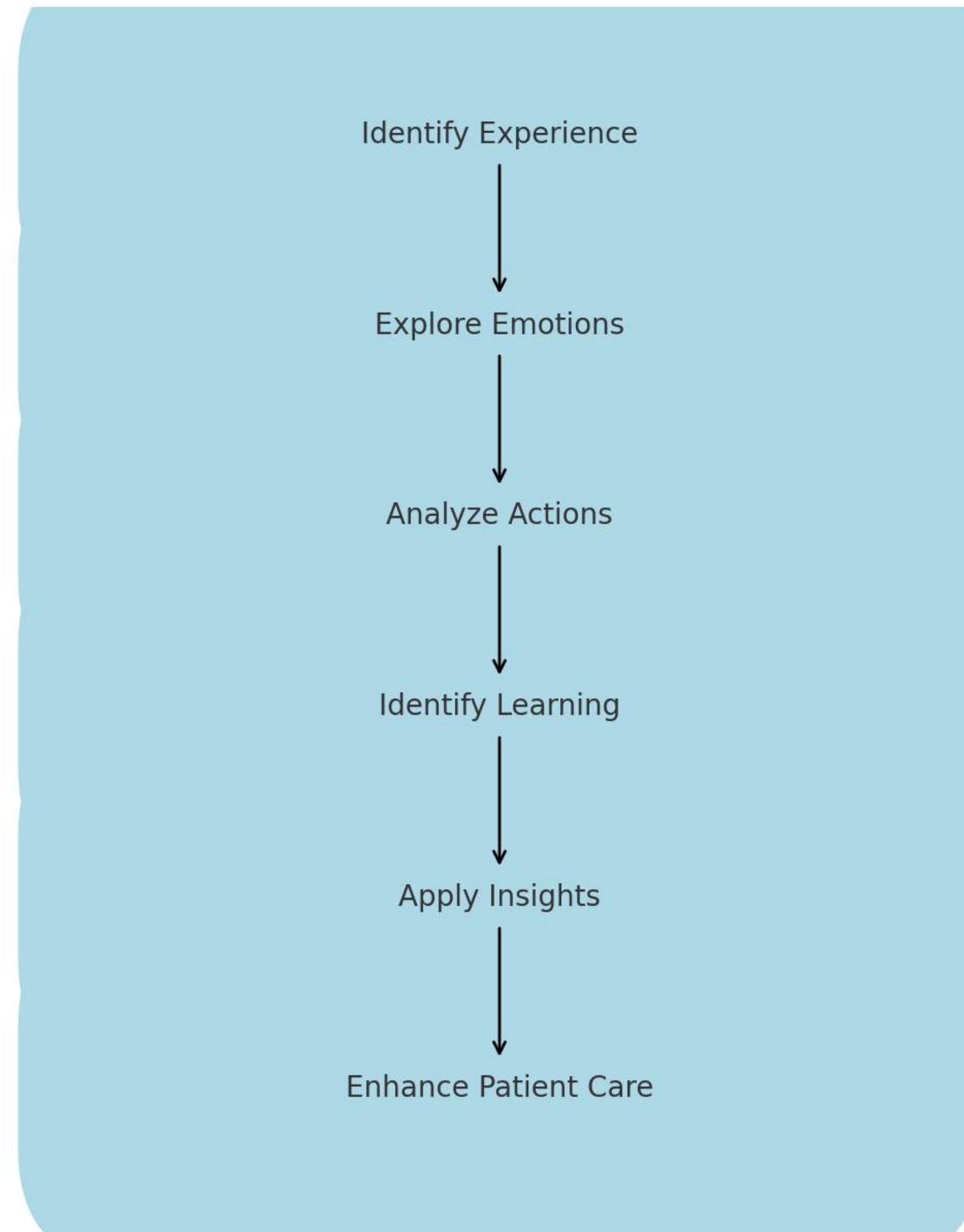
Application in Pastoral Care

- Focus on understanding the emotional and spiritual roots of illness
 - Pastoral Counseling techniques
 - Reflective listening
 - Narrative Exploration
 - Engaging the Unconscious through empathic dialogue
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Dunbar Emphasis/Integrated Care Model

- Dunbar emphasized the importance of understanding psychological processes in pastoral care
 - Her work encouraged chaplains to explore their own emotions and those of the patients
 - Self reflection encourage and emotional awareness
 - Chaplains were taught to engage in deep self reflection to improve their care giving
 - Emotional awareness is a cornerstone for building genuine and empathetic connections with patients
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Flow Chart



Flow Chart

- Awareness of experience
 - Emotional exploration
 - Analysis of actions and decisions
 - Learning and insights
 - Applications
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Case Presentation from Cave Walker

- The patient struggling with a spiritual problem manifesting as a psychological problem (Anton Boisen)



Resources

Mind and Body: Psychosomatic Medicine (1947). This book further elaborates on the interplay between psychological and physiological processes in health and illness.

A Pioneer of Psychosomatic Medicine by Robert M. Kaplan. Published in *Psychiatric Times*, this piece discusses Dunbar's contributions to the field and her integration of spirituality in medical practice

Emotionally, Soulfully, Spiritually 'Free to Think and Act': The Helen Flanders Dunbar (1902–59) Memorial Lecture on Psychosomatic Medicine and Pastoral Care by Robert C. Powell.
