

## 5-day Workshop on Religion, Spirituality and Health, August 13-17, 2012

### Schedule and Curriculum:

#### **Sunday** (August 12, 7:00P)

Informal get-together at the Quality Inn & Suites (3710 Hillsborough Rd, Durham, NC 27705)

#### **Monday** (August 13) (6.25 hrs CE eligible, includes 1 hr mentorship, if approved)

- 8:00-8:30A Registration
- 8:30-9:00 Introduction and review of schedule<sup>1</sup>
- 9:00-10:30 Presentation by Dr. Dan Blazer on building an academic career
- 10:30-10:45 Break
- 10:45-11:30 Discussion of participants' interests
- 11:30-12:00 Sources of information on religion, spirituality and health
- 12:00-1:00 Lunch on your own
- 1:00-2:30 Individual meetings with mentors or library time
- 3:00-4:00 Religion, spirituality and health: past, present and future
- 4:00-4:15 Break
- 4:15-5:00 Definitions
- 5:00- Individual meetings with Dr. Koenig

#### **Tuesday** (August 14) (5.25 hrs CEU eligible)

- 8:30-10:00 Presentation by Dr. John Oliver on research by chaplains
- 10:00-10:15 Break
- 10:15-11:00 Review of previous research – mental health
- 11:00-12:00 Review of previous research - physical health
- 12:00-1:00 Lunch on your own
- 12:00-2:30 Individual meetings with mentors or library
- 3:00-3:30 Review of previous research – use of health services
- 3:30-4:00 Mechanisms – why and how
- 4:00-4:15 Break
- 4:15-5:00 Highest priority studies for future research; lowest priority studies & dead ends
- 5:00- Individual meetings with Dr. Koenig

#### **Wednesday** (August 15) (5.25 hrs CEU eligible)

- 8:30-10:00 Presentation by Dr. Allen Verhey on theological aspects of spirituality & health
- 10:00-10:15 Break
- 10:15-12:00 Measures of religion and spirituality
- 12:00-1:00 Lunch on your own
- 1:00-2:30 Individual meetings with mentors or library time
- 3:00-3:45 Where to obtain funding for research
- 3:45-4:00 Break
- 4:00-4:30 Designing a study I. Research question, sample, and a design
- 4:30-5:00 Designing a study II: Qualitative research
- 5:00- Individual meetings with Dr. Koenig

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<sup>1</sup> Unless otherwise specified, all presentations are by Dr. Koenig

**Thursday (August 16) (5.25 hrs CEU eligible)**

- 8:30-10:00 Presentation by Dr. Verna Carson on healthcare provider spirituality
- 10:00-10:15 Break
- 10:15-11:15 Designing a study III: observational studies (epidemiology)
- 11:15-12:00 Designing a study IV: randomized clinical trials
- 12:00- 1:00 Lunch on your own
- 1:00-2:30 Individual mentorship meetings or library time
- 3:00-3:45 Designing a study V: randomized clinical trials (examples R/S-health research)
- 3:45-4:00 Break
- 4:00-5:00 Statistics and modeling
- 5:00- Individual meetings with Dr. Koenig

**Friday (August 17) (8.0 hrs CEU eligible)**

- 8:30-10:00 Presentation by Dr. Redford Williams on biology of spirituality
- 10:00-10:15 Break
- 10:15-11:30 Writing a Grant
- 11:30-12:00 Writing a Grant, questions and discussion
- 12:00-1:00 Lunch on your own
- 1:00-2:00 Managing a research project (hiring staff, protecting data, IRB issues, etc.)
- 2:00-3:00 Writing a research paper for publication; revising and resubmitting
- 3:00-3:15 Break
- 3:15-4:00 Presenting research to professional and public audiences
- 4:00-4:30 Working with the media
- 4:30-5:00 Final thoughts on career development
- 5:00 Adjourn
- 5:00- Individual meetings with Dr. Koenig

**Information about Breaks**

Coffee and modest snacks will be provided in a separate room during the breaks. There will be a mid-morning 10-15 min break and a similar late-afternoon break. For those not having individual mentorship sessions, there will be a 3-hour break in mid-day (12:00-3:00P) on Mon-Thurs. Friday will be a full day for everyone.