



# *The* **CLINICIAN'S** **GUIDE TO**

*Spiritually Attuned Care*

*Moving Beyond Transactional Checklists  
to Awaken Meaning, Purpose, and  
Longevity in Your Practice*



*Welcome:*

## **A Note on Clinical Longevity**

As a healthcare clinician, you enter patient rooms with a wealth of evidence-based knowledge. Yet, so much of modern healthcare forces you into a transactional rhythm—checking boxes, charting symptoms, and managing high-turnover schedules.

Over time, ignoring the deeper, existential landscape of your patients doesn't just limit their healing; it drains your own professional energy, leading to moral distress and burnout.

This booklet is a practical toolkit to help you bridge that gap. Inside, you will find three distinct pathways to evaluate your current practice, safely assess your patients' deeper needs, and intentionally re-awaken your original calling.





Part 1:

## **SELF ASSESSMENT**

### **Are You Practicing Spiritually Attuned Care?**

Before we look outward at our patients, we must look inward at the environment we create in our sessions.

Spiritually attuned care is the practice of recognizing and honoring a patient's inner world—their sources of meaning, value, hope, and connection—while staying firmly within your clinical scope.

Review the statements below to assess where your practice sits on the spectrum between transactional care and spiritual attunement.

*Struggles are common, and they don't define you.*



# Mini Reflective Quiz

Is your practice spiritually-aware?

Check the statements that resonate with your current practice:

- I acknowledge that a person's meaning, values, and purpose influence their health decisions
- I ask about my clients' or patients' inner life (e.g., what gives them strength or peace)
- I am aware of the signs of spiritual distress (loss of hope, identity, purpose)
- I refer to or collaborate with chaplains, clergy, or spiritual mentors when appropriate
- I include practices like mindfulness, prayer, or reflection as part of care planning
- I've had training in spiritual care or would like to receive it
- I believe spiritual care belongs in lifestyle medicine or mental health practice
- I reflect on my own beliefs and how they shape the way I care for others

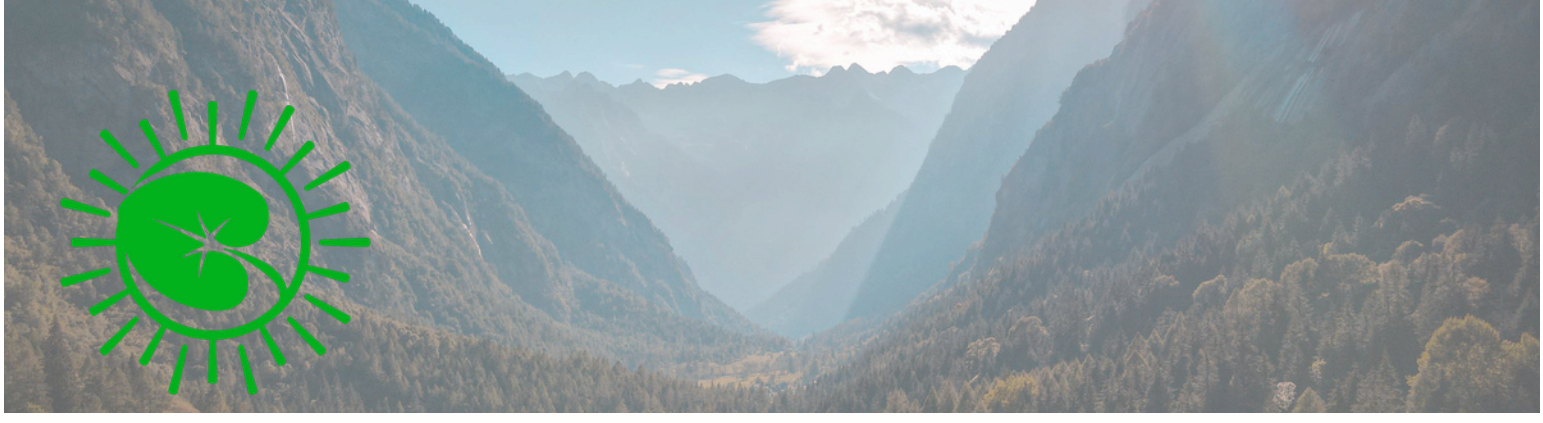
## ✓ Scoring

- 6–8: You're well on your way to being a Renewed Practitioner
- 3–5: You're ready to deepen your impact—training can help bridge the gap
- 0–2: Start where you are—small shifts can transform your care

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## The Attunement Scale

- **The Transactional Baseline:** You focus primarily on clinical markers, dietary adherence, or physical symptom management. You find yourself watching the clock or feeling rushed to complete electronic charting during the patient interaction.
- **The Emerging Awareness:** You notice when a patient expresses existential distress (e.g., "Why is this happening to me?" or "I've lost all control"), but you feel unequipped or hesitant to lean in, quickly steering the conversation back to clinical data.
- **Spiritually Attuned Care:** You actively hold space for the patient's narrative. You recognize that a patient's beliefs and values directly dictate their clinical compliance, health choices, and coping mechanisms, and you deliberately weave these priorities into their care plan.

# How to **CARE** for Your **CENTER**

- **Reflective Prompt:** Think of your last three patient interactions. Did you treat a clinical condition, or did you treat a whole person who happens to have a clinical condition?

*Small habits can create big changes.*



Part 2:

The  
**CLINICAL TOOL**

## *The Spiritual Care Checklist*

*Assessing spiritual needs is not about proselytizing or stepping into the role of a religious leader; it is about uncovering what anchors your patient both during a crisis & when they are living their best life.*

*Use this three-step framework during initial evaluations or when a patient faces a difficult new prognosis.*

## ***Identify the Anchors (Meaning & Hope)***

Listen for what gives the patient the strength to get out of bed or comply with difficult medical protocols.

What to ask: *"When things get difficult during this treatment, what or who do you lean on for strength?"* or *"What gives you a sense of hope or purpose right now?"*

## ***Uncover the Barriers (Spiritual Distress)***

Recognize when spiritual or existential beliefs are causing psychological or physical resistance to medical care.

- *What to ask: "Are there any deeply held beliefs or values that you feel conflict with the medical recommendations we are discussing?"*

## ***Map the Community (Connection)***

Determine if the patient is isolated or supported by a broader framework of meaning.

- *What to ask: "Is there a community, a spiritual practice, or a group of people that is vital to your well-being right now?"*



# Spiritual Checklist

## How to describe a Spiritual Need

- A Life Principle, A Sacred Journey, The Radical Truth
- A Meaning & Purpose, A Connection to Mystery
- Higher Power, God, Belief that Relates a Person to the World
- A Universal Phenomenon that Demonstrates Love, Hope, Peace

## What to ask about to Assess Spiritual Needs

- A way of believing that builds them up?
- Having people who support/help them?
- Something to hold onto in troubles?
- Practices that build their spirit?
- Burdens and anger towards God
- Carried grief, doubts, guilt
- Harmful coping practices

## Spirituality Impacts:

physical health,

capacity to learn about themselves/health

readiness to change

body satisfaction, eating & self-care behaviors

Involvement in the community & with God

Consider these aspects for yourself: what role  
does your spirituality play in your own life?

# Part 3:

# The Awakening

## **IGNITING YOUR CLINICAL WELLBEING**

A "clinical awakening" is the moment you shift from viewing your work as a job to experiencing it once again as a profound calling. It requires disrupting your autopilot habits.

- Use this Triggering Checklist at the start of your clinic day or right before crossing the threshold into a patient's room to instantly awaken your presence.

**A Path Forward:** Spiritually attuned care doesn't require extra hours added to your day—it requires a deeper level of intention within the minutes you already have. By operationalizing these checklists, you honor the sacred trust between clinician and patient, ensuring your clinical practice sustains you for years to come.

# TRIGGER

## A CLINICAL AWAKENING

## FIND OUT WHAT MATTERS TO YOU

# 1

### PAY ATTENTION

As you interact with your patients & life, notice your own reactions, feelings & needs. These give you clues to your personal values.

# 2

### ASK YOURSELF 3 ?'S

1. Does my life make sense or following a plan?
2. Is my life directed & am I living my values/goals?
3. Have I experienced the unexpected or traumatic?

# 3

### IS MY LIFE SIGNIFICANT?

- Consider & reflect: is my clinical practice significant
- Does my life have lasting value? Why or why not?

# 4

### WHAT'S MY LEVEL OF WELL-BEING?

Learn daily practices to cultivate your openness to your movements of heart & mind.  
Attentiveness brings deeper meaning/purpose

# 5

### HOW CAN I GROW IN MY AWARENESS?

Build greater life and professional satisfaction by exploring your spirituality and strengths with supportive care & learning through *Renewed Practitioner..*



## WHAT IS MY PLAN FOR A SIGNIFICANT LIFE?

By living consistently with our deeply held values, cultivating a connection to what matters and the sacred element, however I see it, is how I make a positive difference in living<sup>10</sup>

# Spiritual Practices

**The Threshold Pause:** Before turning the doorknob to enter a patient's room, take one deep, intentional breath. Consciously leave the stress of your last charting task or phone call on the outside of that door.

**The Eyeline Reset:** For the first 60 seconds of the interaction, lower your clipboard or move away from the computer screen. Establish direct, unhurried eye contact to signal to the patient—and your own nervous system—that you are fully present.

**The Narrative Trigger:** Intentionally ask one non-clinical question before diving into symptoms.

- Example: "Before we look at the numbers today, tell me how you've really been holding up this week?"

**The Moral Distress Check:** At the end of the day, note one moment where you felt frustrated or drained. Ask yourself: "Was this frustration caused by a clinical failure, or a systemic barrier that prevented me from offering compassionate, whole-person care?" Acknowledging this protects you from internalizing burnout.



*Thanks for joining us!*

## **Your Journey of Professional Renewal Starts Here**

**This booklet is just the beginning of evaluating your practice, assessing patient needs, and re-awakening your calling.**

Because true clinical transformation takes time, we invite you to take the next step based on your current season of practice:

**For Flexible, Self-Paced Growth:** Explore our anytime, anywhere learning resources. These affordable, foundational toolkits fit seamlessly into a demanding schedule, providing immediate strategies to combat moral distress.

**For Deep, Collaborative Mastery:** Join an upcoming 8-week interactive training cohort. Move beyond theory alongside a community of peers through live mentorship, case studies, and deep professional formation.

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**[Explore Pathways to Professional Longevity](#)**