



# Illness and Spirituality: Transpersonal Nurse Coaching Skills

Bonney Gulino Schaub  
MS,RN,PMHCNS-BC,NC-BC

Mary Beth White  
MS,NP,RN,APHN-BC,HWNC-BC



© Bonney Gulino Schaub



George Schaub



# Transpersonal

- Transpersonal means *beyond the personality*.
- It indicates that, beyond the patterns of your personality, deeper natural resources exist in you.
- These *beyond-the-personality* resources are inner peace, inner wisdom, life purpose and oneness. These have traditionally been thought of as spiritual qualities and resources.
- As a nurse coach, you can learn how to awaken these resources in the people who come to you for help – and in yourself.
- We call this work **Transpersonal Nurse Coaching**.

Every illness opens us up to our vulnerability. This is a time when we need all our inner resources available so we can move forward with resiliency and hope. This is obviously also true for every patient we care for.



CULTURE

ETHNICITY



PEOPLE

NATION

DIVERSITY

TRADITION

BELIEF





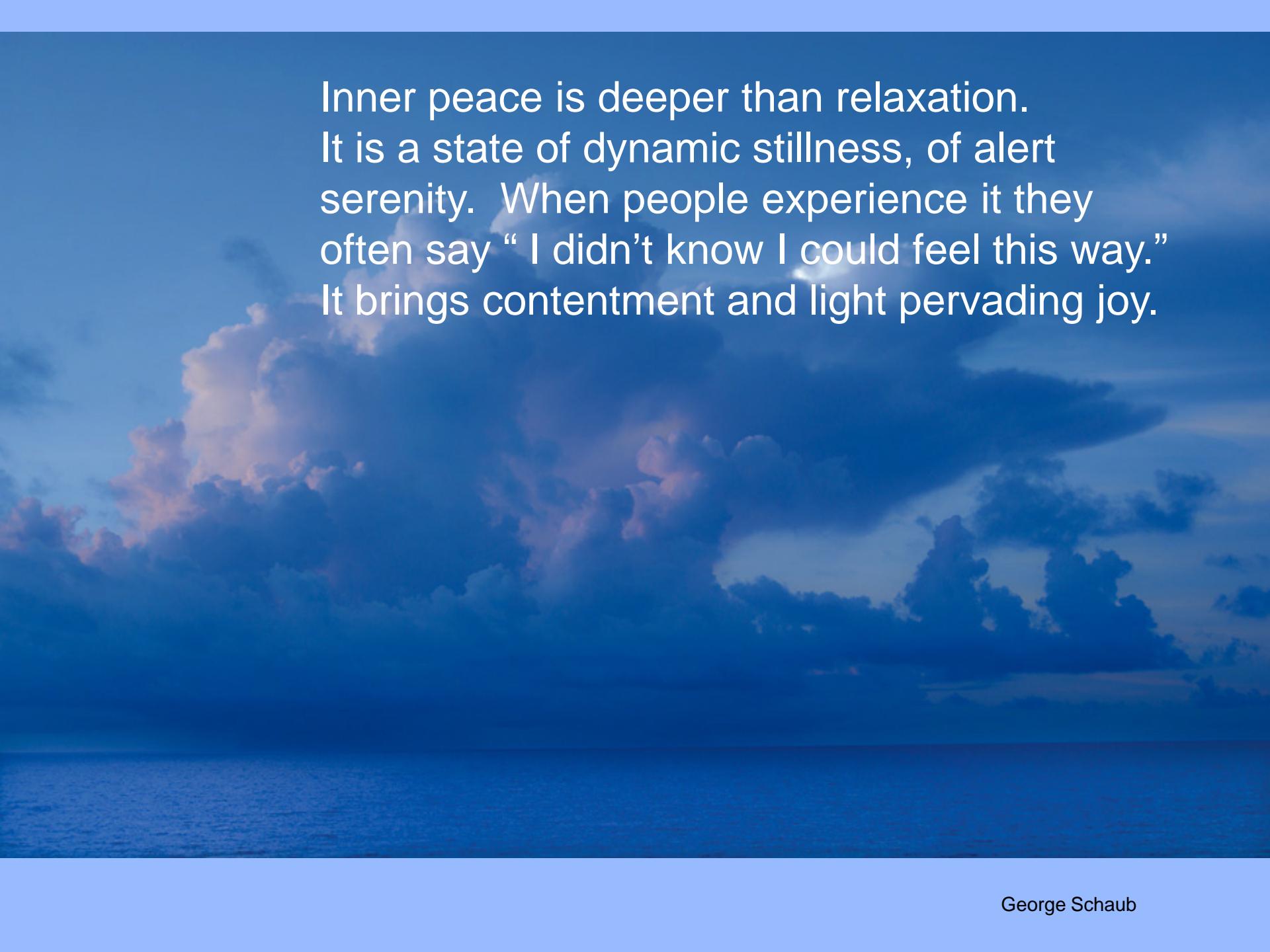
# Multi-Cultural Patient Populations

- Every illness is a crisis.
- In crisis, every resource should be used.
- Everyone has deeper inner resources *beyond their personality*, i.e. transpersonal.
- These resources are natural, universal and not culturally determined.



These transpersonal qualities and experiences are natural aspects of who we are.

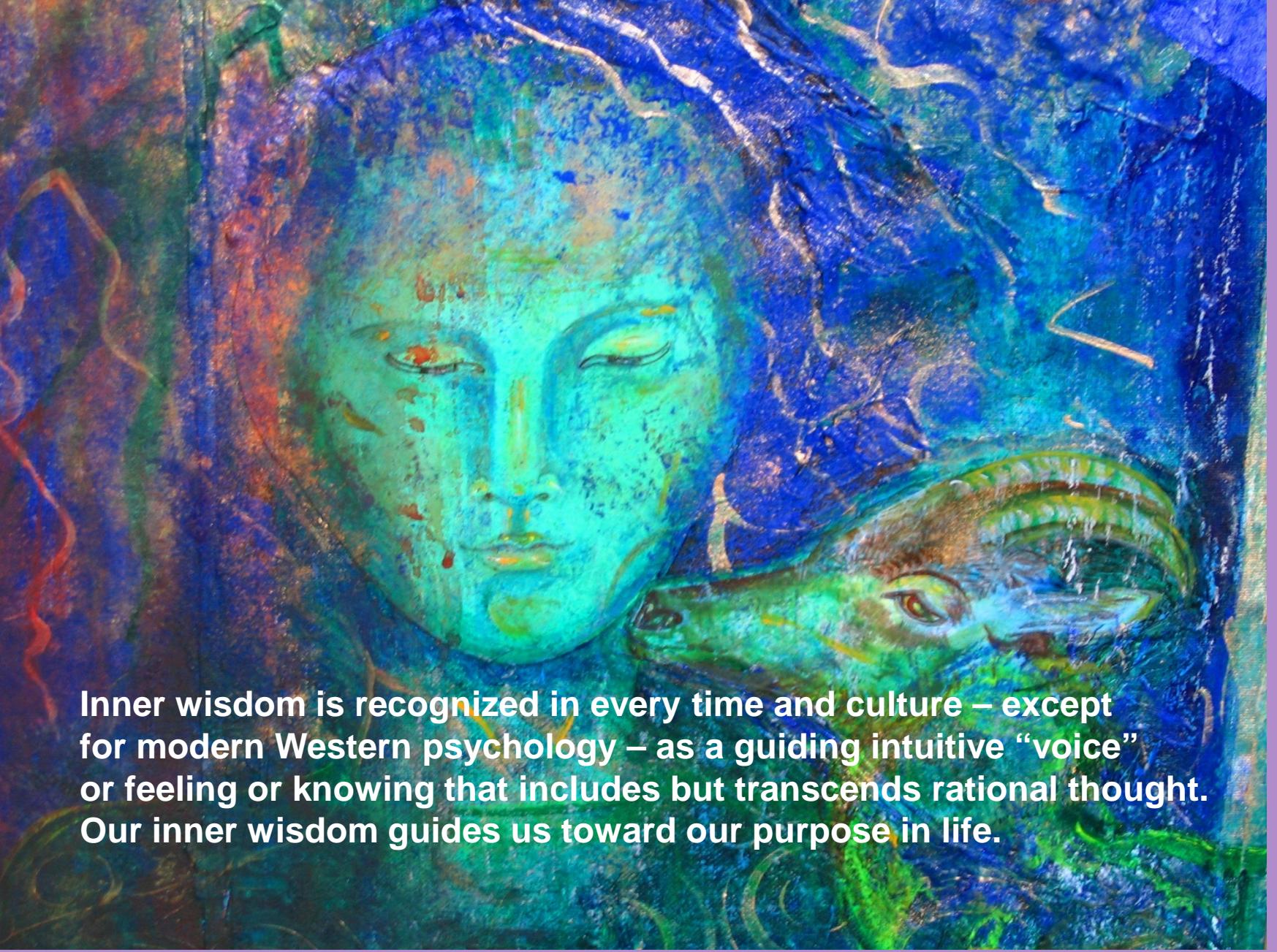
- Inner peace
- Inner wisdom
- Life purpose
- Oneness

A wide-angle photograph of a coastal scene. The lower third shows a calm ocean with a dark blue hue. Above the horizon, the sky is filled with massive, puffy cumulus clouds. These clouds are illuminated from behind, showing shades of orange, pink, and purple, while the foreground and sides remain in deep shadow. The overall atmosphere is one of tranquility and natural beauty.

Inner peace is deeper than relaxation.  
It is a state of dynamic stillness, of alert  
serenity. When people experience it they  
often say “ I didn’t know I could feel this way.”  
It brings contentment and light pervading joy.

George Schaub





**Inner wisdom is recognized in every time and culture – except for modern Western psychology – as a guiding intuitive “voice” or feeling or knowing that includes but transcends rational thought. Our inner wisdom guides us toward our purpose in life.**

Victoria Gulino

**Life purpose is an undeniable urge in each person to find a path that is personally meaningful. Living a life of purpose is now correlated with positive changes in the immune system and the cardiac system, suggesting that we are built to live with meaning and purpose. What we often feel is the absence of life purpose, a nagging sense that “I am not living the life I am supposed to be living.”**





**Oneness is the experience of immersion into the energetic source of life that enlivens and unites us all.**

**It is a state of unifying love. God, enlightenment, liberation, and spiritual home are some of the words associated with oneness. Experiences of oneness are life changing.**

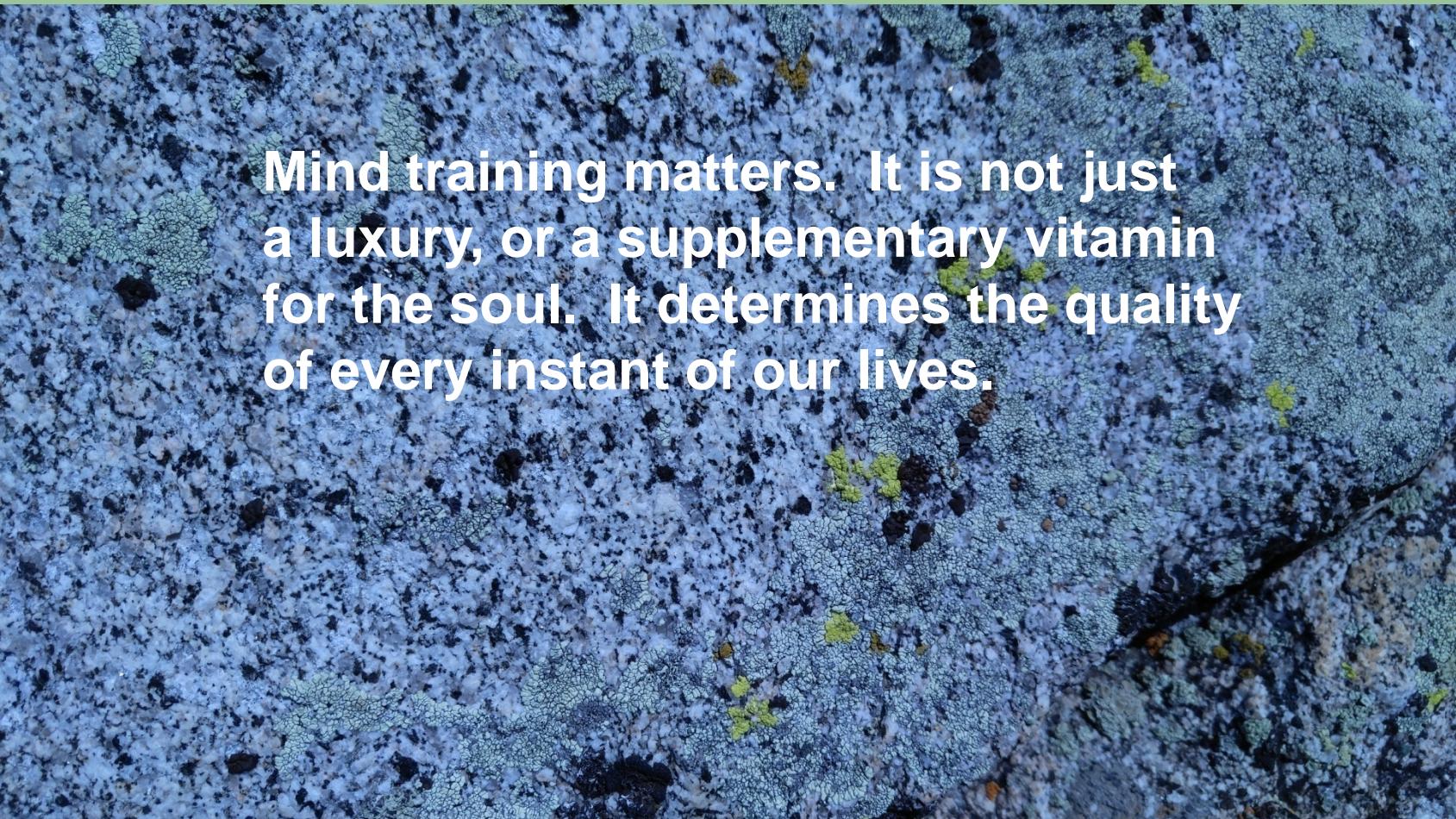


George Schaub



**What trends support the  
importance of transpersonal  
work?**

# **Research demonstrating the plasticity and possibilities of the brain**



**Mind training matters. It is not just a luxury, or a supplementary vitamin for the soul. It determines the quality of every instant of our lives.**

from The Brain That Changes  
Itself - Norman Doidge

**The scientific acceptance of meditation leads to possibility of clinical and educational applications.**



Evidence-based recognition of the importance of meaning and purpose for health and well-being.

# LEARNING

NEVER STOP LEARNING



# Evidence-based recognition of the importance of spirituality for health and well-being



**More nurses who want to focus on their patients' and clients' strengths and how to empower them, rather than focusing solely on what is “wrong” with them.**



**More informed than ever about the pain in the world, we live with more awareness of the vulnerability in life. Outer uncertainties call for inner development that leads to inner stability.**



George Schaub





# The Transpersonal Coaching Perspective

*In recent years, people are waking up to the transpersonal within themselves, through the emerging need to find meaning and purpose in all aspects of their lives, and to work in the service of something beyond just making a profit...Affluence, global communication and the secularization of society have brought the transpersonal onto many people's agenda, both personally and at work.*

Sir John Whitmore, pioneer of executive coaching





# Summary of Transpersonal Nurse Coaching

- It offers an understanding and skill set for awakening the transpersonal resources in our patients and clients.
- It joins us to a long lineage of people who have recognized the healing potential of the transpersonal resources in human nature.
- Its practices can be integrated into any clinical setting as part of other aspects of care or on its own as a specialty practice.
- It re-connects nursing with its spiritual origins.





Contact information:

Bonney Gulino Schaub

[www.TranspersonalNurseCoaching.com](http://www.TranspersonalNurseCoaching.com)

[www.HuntingtonMeditation.com](http://www.HuntingtonMeditation.com)

[Schaub@HuntingtonMeditation.com](mailto:Schaub@HuntingtonMeditation.com)

Mary Beth White

[www.WellCairn.com](http://www.WellCairn.com)



- BIBLIOGRAPHY and RESOURCES FOR TRANSPERSONAL NURSE COACHING
- Assagioli, R. (2008). *Transpersonal development: The dimension beyond psychosynthesis*. Forres, Scotland, UK: Smiling Wisdom.
- Birnbaum, A., Birnbaum, L., Mayseless, O., (2008 ). The role of spirituality in mental health. *International Journal of Transpersonal Studies*, 27(1), 65-73.
- Cohen, R., Bavishi, C. & Rozanski, A. (2016). Purpose in life and its relationship to all-cause mortality and cardiovascular events: a meta analysis. *Psychosomatic Medicine*, 78 (2), 122-133.
- Davidson, R. J., et al. (2003). Alterations in brain and immune function produced by mindfulness meditation. *Psychosom. Med.* 65, 564–570.  
*doi:10.1097/01.PSY.0000077505.67574.E3 (DOI:*  
*10.1097/01.PSY.0000077505.67574.E3. 564. Psychosomatic Medicine 65:564–570 (2003) .... R. J. DAVIDSON et al. 570. Psychosomatic Medicine 65:564–570 (2003).*
- Davis, L.A. (2015). Appreciative inquiry. In Dossey, B.M., Luck, S. & Schaub, B.G. *Nurse Coaching: Integrative Approaches for Health and Wellbeing* (pp. 327-334). North Miami, FL:International Nurse Coach Association.
- Dossey, L.(2011).CAM, religion, and Schrodinger's one mind. *Explore*, 7(1), 1-7.
- Ennis, E.M., Kazer, M.W., (2013). The role of spiritual nursing interventions on improved outcomes in older adults with dementia. *Holistic Nursing Practice: The Science of Health and Healing*, 27(2), 106-113.



- Fanslow-Brunjes, C. (2008). *Using the power of hope to cope with dying: The four stages of hope*. Fresno, CA: Quill Driver Books.
- Goodman, M. J., & Schorling, J. B. (2012). A mindfulness course decreased burnout and improves well-being among healthcare providers. *International Journal of Psychiatry in Medicine*, 43(2), 119–28.
- Halm, M.A., Evans, R., Wittenberg, A., Wilgus, E. (2012). Broadening cultural sensitivity at the end of life: An interprofessional education program incorporating critical reflection. *Holistic Nursing Practice: The Science of Health and Healing*, 26(6), 335-349.
- Hanson, R. (2009). *Buddha's brain: The practical neuroscience of happiness, love and wisdom*. Oakland, CA: New Harbinger.
- Helming, M.A. (2009). Integrating spirituality into nurse practitioner practice. *The Journal for Nurse Practitioners*, 6(8), 599-605.
- Jallo, N., Cozens, R. Smith, M.W., Simpson, T.I., (2013). Effects of a guided imagery intervention on stress in hospitalized pregnant women. *Holistic Nursing Practice: The Science of Health and Healing*, 27(3), 129-139.
- Jordon, M. & Livingstone, J.B. (2013). Coaching versus psychotherapy in health and wellness: overlap, dissimilarities and the potential for collaboration. *Global Advances in Health and Medicine*, 2(4), 44-51.



- Kabat-Zinn, J., & Hahn, T. N. (1990). *Full catastrophe living: Using the wisdom of your body and mind to face stress, pain, and illness*. New York, NY: Bantam Dell.
- Kohls, N., Sauer, S., Offenbächer, M. Giordano, J. (2011). Spirituality: an overlooked predictor of placebo effects? *Philosophical Transactions of the Royal Society: Biological Sciences. B* 2011 366, 1838-1848 Published 16 May 2011.DOI: 10.1098/rstb.2010.0389
- Kohls, Kohls N., Walach H., & Lewith G. (2009). The impact of positive and negative spiritual experiences on distress and the moderating role of mindfulness. *Arch. Psychol. Relig.* 31, 1–18. doi:[10.1163/008467209X12524724282032](https://doi.org/10.1163/008467209X12524724282032)
- Kohls N., Walach H., Wirtz M. (2009). The relationship between spiritual experiences, transpersonal trust, social support, sense of coherence and mental distress—a comparison of spiritually practising and non-practising samples. *Mental Health Relig. Cult.* 12, 1–23. doi:[10.1080/13674670802087385](https://doi.org/10.1080/13674670802087385)
- Kohls N., Walach H. (2007). Psychological distress, experiences of ego loss and spirituality: exploring the effects of spiritual practice. *Soc. Behav. Personal.* 35, 1301–1316. doi:[10.2224/sbp.2007.35.10.1301](https://doi.org/10.2224/sbp.2007.35.10.1301)
- Kohls N. & Walach H. (2006). Exceptional experiences and spiritual practice—a new measurement approach. *Spiritual. Health Int.* 7, 125–150. doi:[10.1002/shi.296](https://doi.org/10.1002/shi.296)



- LeShan, L. (1989). Cancer as a turning point: A handbook for people with cancer, their families and health practitioners. New York, NY: Plume-Penguin.
- Macrae, J.A. Nursing as a spiritual practice. Springer: 2001.
- National Center for Complementary and Alternative Medicine (NCCAM). (2011). Meditationfor health purposes – executive summary. Retrieved 09/18/13 from nccam.nih.gov/news/events/meditation08/summary.htm
- Newberg, A., D'Aquili, E., Rause, V., (2001). Why God won't go away: Brain science & the biology of belief. New York, NY: Ballantine.
- O'Brian, M.E. A sacred covenant: The spiritual ministry of nursing. Sudbury, MA: Jones and Bartlett; 2009.
- Sahebalzamani, M., Farahani, H., Abasi, R., & Talebi, M. (2013). The relationship between spiritual intelligence with psychological well-being and purpose in life of nurses. Iranian Journal of Nursing and Midwifery Research, 18(1), 38–41.
- Schaub, R. & Schaub, B.G. (2017). Psychosynthesis and the reduction of suffering in medical patients. Retrieved 01/12/17 from  
<https://www.integrativepractitioner.com/whats-new/news-and-commentary/psychosynthesis-and-the-reduction-of-suffering-in-medical-patients>
- Schaub, B.G. (2016). Clinical meditation and imagery in holistic mental health care. *Beginnings*, 36(6), 18-20.



- Schaub, B. (2016). Vulnerable and spiritual: Utilizing the process of transpersonal nurse coaching. In Rosa, W. (Ed.), *Nurses as Leaders*(pp. 377-392). New York: Springer.
- Schaub, B.G. & White M.B. (2015). Transpersonal coaching. *Beginnings*, 35(4), 14-16.
- Schaub, B.G. (2015). Awareness and choice. In Dossey, B.M., Luck, S. & Schaub, B.G. *Nurse coaching: Integrative approaches for health and wellbeing* (pp. 211-237). North Miami, FL:International Nurse Coach Association.
- Schaub, B.G. (2015). Awareness practices. In Dossey, B.M., Luck, S.. & Schaub, B.G. *Nurse Coaching: Integrative Approaches for Health and Wellbeing* (pp. 239-253). North Miami, FL:International Nurse Coach Association.
- Schaub, B.G, (2015). Case studies: Awareness and choice. In Dossey, B.M., Luck, S.. & Schaub, B.G. *Nurse Coaching: Integrative Approaches for Health and Wellbeing* (pp. 257-280). North Miami, FL:International Nurse Coach Association.
- Schaub, B.G., & Schaub, R. (2014). *Dante's path: Vulnerability and the spiritual journey*. Huntington, NY: Florence Press.
- Schaub, R., & Schaub, B.G.,(2013). *Transpersonal development: Cultivating the human resources of peace, wisdom, purpose and oneness*. Huntington, NY:Florence Press.
- Schaub, B.G. & Schaub, R. (2003). Imagery and spiritual development. In A. A. Sheikh (Ed. ), *Healing images: The role of imagination in health* (pp. 489-497), Amityville, NY:Baywood Publishing.
- .



- Sheikh, A. A., & Sheikh, K. S. (2003). Death imagery: Confronting death brings us to the threshold of life. In A. A. Sheikh (Ed. ), *Healing images: The role of imagination in health* (pp. 471-488). Amityville, NY: Baywood Publishing.
- Shin, L.M., & Liberzon, I., (2010). The neurocircuitry of fear, stress, and anxiety disorders. *Neuropsychopharmacology*, 35(1), 169-191.
- Taylor, E.J., Mamier, E., (2013). Nurse responses to patient expressions of spiritual distress. *Holistic Nursing Practice: The Science of Health and Healing*, 27(4), 217-224.
- Vago, D.R. & Silbersweig, D.A. (2012). Self-awareness, self-regulation, and self transcendence (S-ART): a framework for understanding the neurobiological mechanisms of mindfulness. *Frontiers in Human Neuroscience*, 25(10), <http://dx.doi.org/10.3389/fnhum.2012.00296>
- Vandenhouten, C., Kubsch, S., Peterson, M., Murdock, J., Lehrer, L. (2012). Watson's theory of transpersonal caring: Factors impacting nurses professional caring. *Holistic Nursing Practice*. 26(6), 326-334.
- Vieten, C. & Scammell, S. (2015). *Spiritual& religious competencies in clinical practice*. Oakland, CA: New Harbinger Publications, Inc.
- Vollman, M.W., LaMontagne, L.L., Wallston, K.A. (2009). Existential well-being predicts perceived control in adults with heart failure. *Applied Nursing Research*, 22(3), 198-203.



- Walsh R. & Shapiro S. L. (2006) The meeting of meditative disciplines and western psychology: a mutually enriching dialogue. *Am. Psychol.* 61, 227–339. doi:10.1037/0003-066X.61.3.227 ([doi:10.1037/0003-066X.61.3.227](https://doi.org/10.1037/0003-066X.61.3.227))
- Whitmore, J. W. (2009). Coaching for performance: GROWing human potential and purpose (4th ed.). London, UK: Nicholas Brealey Publishing.