

# NM4001

# Developing Self as Healthcare Practitioner

Module Leader:  
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ECTS  
Credits: 6



## Module aim

This summer school interweaves a Celtic spiritual dimension to healthcare exploring the psychosocial, cultural and spiritual elements in developing personal and professional practice. Developing emotional intelligence offers a foundation towards transforming self and caring practice. Engaging in a visit to a practice area aims to inform understanding of the potential application of this approach in developing self in practice.

## Syllabus

Context to Celtic spirituality; beliefs and values underpinning contemporary health care delivery; human inquiry and flourishing; reflective practice; developing and leading the self; sources of evidence and knowledge informing caring practice; complementary therapies; caring practice; emotional intelligence; mindfulness as a continuum; consciousness raising; promoting wellbeing; a journey towards enlightenment and empowerment, sense making in relation to practice visits.

## Learning Experience

The summer school aims to foster an engaged, connected learning environment in the spirit of creativity, dialogue and diversity through a variety of learning and teaching strategies. It provides opportunities for students to draw upon individual experiences using collaborative approaches interweaving theory and practice throughout. Interactive learning environments will foster learning through dialogue, reflection, practice visits and excursions exploring cultural heritage.

## Sites We Visit

- Limerick City and Environs
- Dublin City
- Cliffs of Moher/Lahinch
- Wellness Centre Excursion

## Learning Outcomes

### **Cognitive (Knowledge, Understanding, Application, Analysis, Evaluation, Synthesis)**

Describe Celtic spirituality as an influence in promoting well being.

Clarify personal beliefs and values as a foundation for developing self and practice

Identify insights through reflection in a journey towards personal and professional development.

### **Affective Attitudes and Values**

Recognise the value of a Celtic spiritual dimension towards developing self and practice

Appreciate the potential of holistic therapies in practice

## Texts

### **Prime Text/s**

Cobb, M., Puchlaski, M.C., Rumbold B. (2014) Oxford Textbook of Spirituality in Healthcare , Oxford University

Press. Johns, C. (2017) Becoming a Reflective Practitioner 5th Ed. , Wiley Blackwell. Koenig, H. (2013)

Spirituality in Patient Care: Why, How, When, and What. , Templeton Foundation Press. O' Donohue, J. (1997)

Anam Cara: A Book of Celtic Wisdom. , Harper Collins Publishers. Rolfe, G., Jasper, M., Freshwater, D.(2011)

Critical Reflection in Practice Generating Knowledge for Care. , Palgrave MacMillan Williams, M., Penman, D.

(2011) Mindfulness: A Practical Guide to Finding Peace in a Frantic World. , Piatkus.