

# **“Serving Those Who Serve”**

**A Spiritual HealthCare Model for  
Members of the Military, Veterans, &  
First Responders**

**By**

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# CREDENTIALS

- ~ Ordained Minister (Elder) in the United Methodist Church
- ~ Master of Divinity Degree specializing in Evangelism from Saint Paul School of Theology in Kansas City, MO
- ~ Doctor of Ministry Degree specializing in Health and Welfare from Saint Paul of Theology in Kansas City, MO
- ~ Master of Arts in Counseling specializing in Marriage, Family, and Child Therapy (MFT) from Webster University
- ~ Chaplain in the United States Army & Army National Guard, an Iraqi Combat Veteran, Lieutenant Colonel, with 30 Years of Service

# References:

1. The Psychology of Religion (3<sup>rd</sup> Edition): An Empirical Approach, Bernard Spilka, Ralph W. Wood Jr., Bruce Hunsberger, & Richard Gorsuch (2003)
2. Pneumatology: The Holistic Science of the Human Spirit, Spiritual Health, Care & Leadership In a Post 9/11 Era, K. Llewellyn McGhee (2007)
3. The Psychology of Religion and Coping: Theory, Research, Practice, Kenneth I. Pargament (1997)
4. The Relaxation Response, Herbert Benson (2000)
5. Man's Search for Meaning, Viktor E. Frankl (2006)

Definitive Question (21 Years Ago):

“How do I provide a  
Standard of Chaplain  
Care (Holistic), to  
everyone in my Unit  
without bias?”

Contemporary Question:

“As a Chaplain, how do I  
ensure that there is a  
continuum of care, for  
Everyone in my Unit and  
the Veterans that I  
serve?”

Definitive Concept:  
Medical Model vs./& Holistic Health

“The Mind is to the Spirit  
as  
the Brain is to the Body”

—

K. Llewellyn McGhee

# Medical Model

The Medical Model includes the following:

1. Complaint
2. History
3. Examination (Physical?)
4. Diagnosis
5. Treatment
6. Prognosis (With & W/O Treatment)

# Holistic Health Model

The Holistic Health Model is a concept in medical practice that upholds that all aspects of people's needs including psychological, physical and social should be taken into account and the person is seen as whole.



# Definitive Universal Definition of Spirit:

“The animating life-force in all living organisms”

The same universal concept in other languages, cultures, and religions include: *Pneuma, Akasha or Atman, Prana, Geist, Esprit, Spiritus, Qi, and Ruach, etc.*



Body

Mind/Brain

Spirit

Meaning Needs (MN)

The Needs that are important to a person to energize and sustain their life.

Meaning Perspective (MP)

A person's Worldview on Life and issues in Life that are especially important to them.

Meaning Expectations (MEx)

The Expectations that are important to a person as they deal with the stresses of Life.

Meaning Strategies (MSt)

The Ways in which a person Copes when they deal with the stresses of Life.

Meaning Needs (MN)

Abraham Maslow

Meaning Perspective (MP)

Jack Mezirow

Viktor Frankl

“He who has a Why to live for, can brar almost any How” - Nietzsche

Meaning Expectations (MEx)

Jack Mezirow

Meaning Strategies (MSt)

Kenneth  
Pargament

Viktor Frankl

## PHYSICAL SYSTEMS

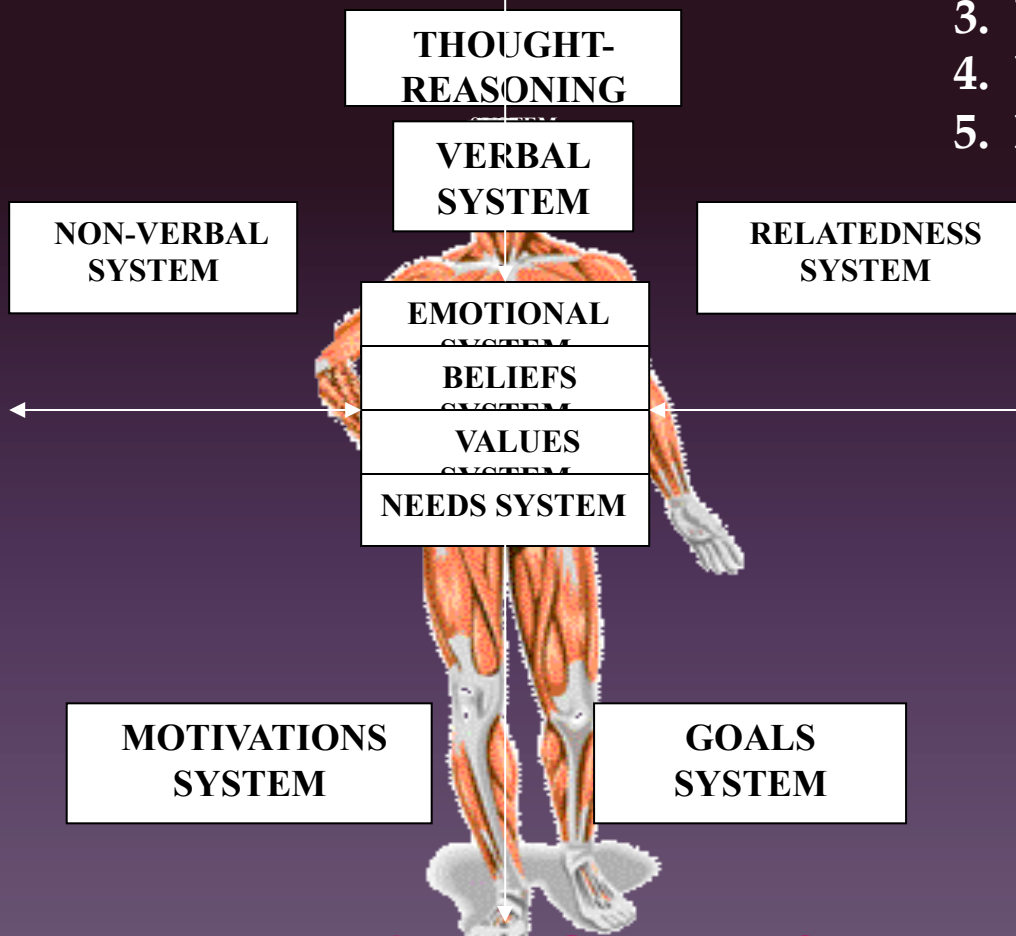
6. Nervous
7. Reproductive
8. Respiratory
9. Skeletal
10. Urinary

## MEANING PERSPECTIVE

## PHYSICAL SYSTEMS

1. Cardiovascular
2. Digestive
3. Endocrine
4. Lymphatic
5. Muscular

## MEANING STRATEGY



## MEANING EXPECTATIONS

## MEANING NEEDS

# SPIRITUAL SYSTEMS

1. Thought-Reasoning System: The system of Reflection and Justification of one's actions and behaviors.
2. Emotional /Feeling System: The system that reveals one's internal Disposition of Mood.
3. Verbal Communications System: The system of one's ability to Articulate a Message Orally.
4. Non-Verbal Communications System: The system that articulates an Internal Message of one's Physical Body (Body Language).
5. Relatedness System: The system that reveals how one Connects to People, Places, and Things.
6. Beliefs System: The system that reveals one's ability to Trust, Define, and the level of Morality for Action/Behavior.
7. Values System: The system that reveals one's Prioritizations of Significance.
8. Goals System: The system that reveals one's Future Expectations.
9. Motivations System: The system that reveals one's Passions and gives Energy to do something.
10. Needs System: The system that reveals one's necessities of life: Physiological (Physical), Psychological (Mental), & Pneumatological (Spiritual).

# SPIRITUAL HEALTH

1. Spiritual Health (81 – 100)
2. Spiritual Concern (61 – 80)
3. Spiritual Distress (41 – 60)
4. Spiritual Despair (21 – 40)
5. Spiritual Emergency (1 – 20)

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VERY OFTEN (10)

OFTEN (8)

SOMETIMES (6)

SELDOM (4)

NEVER (2)

# QUESTIONS FOR SPIRITUAL SYSTEMS

## VOSSN (E-10, D-8, C-6, B-4, A-2)

1. How often do you “think” positively about your life?
2. How often do you have chronic negative “feelings” and harmful “emotions”?
3. How often do you have negative “verbal communications”?
4. How often does your “physical body” say that you are well?
5. How often do you “relate” well with others in your life?
6. How often do you believe that your life has “meaning and purpose”?
7. How often do you believe that your life has “value and worth”?
8. How often do you believe that you have a “future hope”?
9. How often do you feel “motivated” in life?
10. How often do you feel that all your “needs” are met?



# CASE STUDY

A Soldier recently returns from Iraq. He has experienced many traumatic events, to include losing many members of his Unit and he has lost Mother who died from Cancer while he was still in Iraq.

The Soldier has a comorbid diagnosis of Post Traumatic Stress Disorder (PTSD) and Major Depressive Disorder (MDD), along with still Grieving from the lost of his Unit Members and his Mother.

He has been prescribed Ambien to help him sleep and Zoloft for Anxiety and Depression by his Psychiatrist.

He is being counseled by the Psychologist every week and seeing his Psychiatrist once a month.

He is a very religious person and wants to involve a Chaplain in his care.

# QUESTIONS