

Center for Spirituality and Health

The Center for Spirituality and Health is to pursue research and provide curriculum at the interface of spirituality and the health sciences. It is designed to promote within UF the rigorous, interdisciplinary study of the human experience of faith, belief and spiritual knowledge in relation to health at the individual, community and global levels. The Center will foster free and creative communication about these issues. We are also committed to the academic exploration of the wider contexts of spirituality, religion and sciences as a whole, using the interface of spirituality and health sciences to bring Humanities, Natural and Social Sciences into relationship.

Research and Wisdom

Research in the area of meditation is normally interdisciplinary in nature. Meditation research encompasses many fields of research from religious studies to psychology to neuroscience. The following study was an interdisciplinary venture that brought together researchers from the fields of religious studies, psychology, sociology, and neuroscience.

Arts in Medicine

The goal of the proposed quantitative/qualitative study is to test (a) if creative arts/guided imagery interventions for patients with advanced cancer and their primary informal caregivers will promote spiritual transformation and psychosocial growth in both patients and caregivers; (b) if a high intensity intervention is more effective than a low intensity intervention; and (c) if spiritual transformation and psychosocial growth will lead to better social relationships, enhanced subjective well-being, more accepting attitudes toward death and, ultimately, a better dying experience of the cancer patients.