

International Symposium on “Spirituality, Culture, and Chinese Societies:  
Interdisciplinary and Interfaith Dialogues”

Session 3 Spirituality and Holistic Care

Prof. Alan W.L. Fung

Professorial Fellow, Wycliffe College, University of Toronto

Research Professor, Tyndale University, Canada

Chair, World Psychiatric Association Section on Religion, Spirituality and Psychiatry

**The relevance of spirituality to mental health and care - some considerations for Chinese communities**

Presentation Outline and Key Messages:

- 1) Basic concepts: spirituality, health, well-being, mental health and conditions
  - Spirituality may enhance mental health / well-being
- 2) Spirituality and coping with stressors
  - Spirituality may enhance our resilience / coping with stressors
- 3) Spirituality in addressing mental health issues
  - Spirituality impacts on mental health care, including for ethnic Chinese. Cultural sensitivity is also important.
- 4) The role of faith leaders and communities in addressing mental health issues
  - Faith communities and leaders, as well as theological colleges, can play major roles in addressing mental health needs of many. Collaborations with mental health professionals would enhance these endeavours.

Overall Conclusion:

- Spirituality can be an important determinant of mental health and care.
- Potential implications for Chung Chi College Divinity School are discussed.