



Der Entwickler -  
The Developer

Michael U. Baumgartner  
info@derentwickler.ch  
www.derentwickler.ch

## Information for Clients of Spiritual Care

### When the soul is suffering

The soul is the part of the human being in which our perceptions and sensations (sympathy and antipathy), our intellect and our mind (our social abilities) and our consciousness (the awareness of others, our environment and ourselves) can be located. The soul 'sits' 'between' our actual core being (our spiritual being, the I, which structures our entire organism - including our soul life) and our vital forces (etheric or vital body).

When the soul suffers, one of these soul activities may have been thrown off 'its track'. Reasons for this can be a restriction of our physical vital forces (organ vitality) or a lack of constructive 'I-ness' (which reveals itself through our thinking). The soul strives for life. But sometimes our 'courage to live' is lost, then it becomes especially important to care for the soul. Working on the higher level – spiritually - is a step in this direction.

### The task of spiritual care

Spiritual care helps to localize a crisis; to separate the mental from the physical. The latter belongs in a physical therapy to build up the physical-organic life forces. The former is the task of spiritual care. Spiritual care helps to recognize, name and express suffering. It helps to recognize a crisis and to understand its 'why'. It helps to grasp the basic 'colours' of the human emotions that of fear, anger, grief and joy in their mission and thus make them livable. Spiritual care promotes life forces by bringing people closer to the mystery of death (as a transition). In this way, critical life events can be better comprehended and life - also as a place of suffering - can be understood.

### Working method in spiritual care

Spiritual care is not therapy it is healing. It helps to develop our higher self so that it can have a healing effect on our soul. This is a very individual and sensitive path. For pain is also part of every human path. Spiritual care helps a person to find a healthy way of dealing with 'perodes of pain'. For this purpose, spiritual processes of cognition are used as well as different methods of conversation and psychotherapy and body- and perception-oriented approaches.

A counsellor is bound by professional confidentiality.

Imminent danger to oneself or others should be steered in a protective direction in consultation with the person concerned.

### Your spiritual carer

In spiritual care, the spiritual carer must lay open her/his spiritual understanding – idea of humans and understanding of life. In my case these are anthroposophical. I trained as a hospital chaplain (CPT) at San Francisco General Hospital, among other places. After studying social work in Bern, London and Berlin, I worked as a clinical social worker in psychiatry and health promotion. I continued my education in externalized emotion work with Dr. Elisabeth Kübler-Ross, in neuro-linguistic programming (NLP) at the Institute for Psycho trauma and in neuro-systemic coaching with Dr. Gunter Schmidt as well as in the Zurich Resource Model with Dr. Maja Storch. Most recently, I completed my ethics studies at the Institute for Applied Ethics at the University of Zurich (with a focus on medical and environmental ethics) (see also [www.derentwickler.ch](http://www.derentwickler.ch))

### Quality assurance

My spiritual care work is reflected on a case-by-case basis in designated supervision sessions.

### Scope, type and fee

My spiritual care can take the form of a personal conversation on site (Zurich and near Bern in Switzerland) or a conference call (computer or telephone). It lasts until the person has found the right ground for the moment or can be referred to another place.

Pastoral care should not be withheld from a person in emotional distress. Thus, the client determines a fee within his/her means.

### Getting in touch

I can offer spiritual care to humans I already know or have been in touch before. Getting in touch is best via [info@derentwickler.ch](mailto:info@derentwickler.ch)

In acute emergency situations, contact the local help lines.