



RĪGA STRADIŅŠ  
UNIVERSITY



## PROJECT

### BEING IN SILENCE: MINDFULNESS AS A RESOURCE FOR THERAPEUTIC SPIRITUAL RELATIONSHIP (acronym BinS)

Lithuanian University of Health Sciences implements the project „**Being in silence: mindfulness as a resource for therapeutic spiritual relationship** “(acronym BinS). Project leader is assoc.prof.Lina Spirgienė, Lithuanian University of Health Sciences. This project of the Baltic-German University Liaison Office is supported by the German Academic Exchange Service (DAAD) with funds from the Foreign Office of the Federal Republic Germany.

Project duration 2020 June 1 st –2020 November 30 d.

The countries and institutions involved in the project:

- Lithuanian University of Health Sciences, Faculty of Nursing, Nursing and Care Department. Website: [www.lsmuni.lt](http://www.lsmuni.lt)
- Witten/Herdecke University, Faculty of Health, Professorship for Quality of Life, Spirituality and Coping, Germany Website: <https://www.uni-wh.de/en/uwh-international/university/faculty-of-health/>
- Tartu Health Care College, Tartu, Estonia Website: [www.nooruse.ee](http://www.nooruse.ee)
- Rīga Stradiņš University, Riga, Latvia, Website: <https://www.rsu.lv/>

*Online seminar 2020 October 8 for Lithuanian, Latvian and Estonian* student nurses, student-midwives and nurse educators, focusing on skills of mindfulness as a health-related resource for spiritual relationship in nursing practice.

During the workshops the competences of situational awareness particularly for workplace situation will be developed, exactly in the light of burnout and cool down tendencies. Strategies to foster own emotional stability and to develop spiritual practices relevant for their own resources will be discussed and individually tested. The principal lecture is Prof. Dr. med. Arndt Büsing (Germany).

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<http://www.hochschulkontor.lv/en/projects/projects-of-this-year>