

Application of Morita Therapy Principles Into Clinical Pastoral Care in Palliative Care: Lessons from Zen-Buddhism in the Health Care Setting

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This study explores the applicability of Morita Therapy, a Japanese psychotherapeutic method, as a way of practicing clinical pastoral care in palliative care settings. In palliative care, the main focus is on healing, rather than curing, through palliation. From a clinical pastoral care perspective, it is essential for healing that patients accept their own unique conditions as they are rather than struggling to find out why they have to suffer. By focusing on the wisdom of Zen-Buddhism deciphered from Morita Therapy principles, this study examines how Morita Therapy could guide patients on their journeys to acceptance and into the healing process regardless of whether there is a cure. Although Morita Therapy was developed in Japan, this study also demonstrates the cultural neutrality of Morita Therapy principles when they are applied to clinical pastoral care to enhance palliation in a non-Zen-Buddhism setting.