

Title	Insider-experiences focusing on one of three dimensions (self-reflective part), I try to include in lectures: 1. Knowledge, 2. Practices, 3. Self-reflexion.				
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EPICC Standard Competency	General Teaching & Learning	1 Intrapersonal Spirituality	2 Interpersonal Spirituality	3 Spiritual Care: Assessment and Planning	4 Spiritual Care: Intervention and Evaluation
Teaching Group	Midwifery				
Year of Teaching	3				
Learning Objectives	<ul style="list-style-type: none"> • Understand your own values and beliefs, own strengths and limitations, and be aware of the impact of this on your own practice. • Understand the concepts of availability, authenticity and presence. • Understands the concepts of caring and compassion. • Insight in one's own motivational drivers for being in nursing/midwifery and possible fallouts in the upcoming transition to a professional life (not being a student anymore). 				
Strategy Description	I used the SoMe Cards based on the work on meaning fullness by the Austrian Researcher Tatjana Schnell, which they used in pairs.				
Educator's Role	An introduction to the concept of meaning in life, based on the work of Schnell.				
Resources	<ul style="list-style-type: none"> • SoMe Cards. 				
Learner Assessment	<ul style="list-style-type: none"> • The cards had students reflect on personal values and motivations, both in relation to their professional role and motivations for studying nursing/midwifery, but clearly also in relation to their personal/private life. • The exercise provided students with a new way of listening to others, without having a specific agenda, which is so often the case in the clinical work in maternity services. 				
Additional Comments					
References	<p>la Cour, P., & Schnell, T. (2016). Presentation of the sources of Meaning Card Method: The SoMeCaM. <i>Journal of Humanistic Psychology</i>. doi: 10.1177/0022167816669620</p> <p>Jacobsen, B. (2008). <i>Invitation to existential psychology: A psychology for the unique human being and its applications in therapy</i>. John Wiley And Sons Ltd.</p> <p>Schnell, T., Höge, T., & Pollet, E. (2013). Predicting meaning in work: Theory, data, implications. <i>The Journal of Positive Psychology</i>, 8, 543-554. doi: 10.1080/17439760.2013.830763</p>				