



Integrating Spirituality in Counseling
Thursdays, Sept. 24 – Dec. 17, 2020
10:30am-11:30am

Via Zoom Video Conferencing
CEU's are available
Cost for entire series: \$10

Description:

Spirituality and its organizational form, religion, are present in every known society and perform important functions. This course examines some contributions from scientific studies on the origins and functional roles of the spiritual impulse and the religions it generates. Other classes will cover theory and research of spirituality and its impact on psychotherapy. Drawing on the work of Ken Pargament we will examine definitions of spirituality as well as understandings of psychotherapy and the relationship between the two. The course also addresses the challenges and strengths of using the theory of spirituality in the practice of psychotherapy. We will also focus on the cognitive maps we carry as individuals, and the experience of those external and internal spiritual forces that shape our lives. It reflects on the mechanisms of spiritual growth and cognitive development, as well as the experiences, practices and teachings that address the three classical expressions of spiritual life: knowing, feeling, and acting to produce healthy spiritual formation. Practices from key historical writings, contemporary theoretical perspectives, and a variety of spiritual traditions are explored.

Like any diagnostic process, Spiritual Assessment is the process by which therapists identify a person's spiritual needs so they can properly include it as a dimension of care. The determination of spiritual needs and resources, evaluation of the impact of beliefs on healthcare outcomes and decisions, and discovery of barriers to using spiritual resources are all outcomes of a thorough spiritual assessment.

Series Schedule:

Sept	24	Introduction to Spiritually Integrated Therapy
Oct	1	Origins of Spirituality, Part I
	8	Origins of Spirituality, Part II
	15	Spiritual Assessment, Part I
	22	Spiritual Assessment, Part II
	29	Spiritual Formation, Part I
Nov	5	Spiritual Formation, Part II
	12	Spiritual Formation, Part III
	19	Spiritual History and Diagnosis
	26	Thanksgiving – no class
Dec	3	Spiritual orientation of the Therapist
	10	Understanding Spirituality as a Natural Human Process, Part I
	17	Understanding Spirituality as a Natural Human Process, Part II

Goals:

- To study theories of origins of spirituality, the function of organized religions and how to help direct it, in the counseling process, in constructive ways.
- Students will have identified and discussed the basic concepts of spirituality, therapy (individual and family), and spiritually integrated therapy. We will discuss the implications of these concepts for clinical work, examine the research around spirituality, and critically evaluate it.
- Identify sacred moments in counseling and their implications for the well-being of clients, counselors and the helping relationship.
- Identify ways to deal with negative spiritual and religious phenomena and cultivate healthy sacred moments in counseling.
- To learn the basic components of a spiritual assessment.

Learning Outcomes:

- Students will be able to access theories about the origins of spirituality.
- Describe an empirically-based rationale for the integration of spirituality into counseling.
- Students will demonstrate an understanding of their own religious/spiritual formative heritage and experiences.
- Students will discuss the interaction between their religio-spiritual-cultural context and that of various clients.
- Students will apply principles of spiritual formation to the counseling process.

References:

American Counseling Association, Association for Spiritual, Ethical, and Religious Values in Counseling Spiritual Competencies: <http://www.aservic.org/resources/spiritual-competencies/>

Bekoff, M. (2001). The evolution of animal play, emotions, and social morality: on science, theology, spirituality, personhood, and love. *Zygon*, 36(4), 615-655.

Bisschops, A. (2009). Spiritual disciplines, modern brain research and Bosch's psychological model of human dysfunction. *Journal of Pastoral Care & Counseling (Online)*, 63(3) 1-9.

Brault, E. R. (2014). Pastoral care and counseling in prison: what works? *Journal of Pastoral Care & Counseling (Online)*, 68(3) 1-10.

Calhoun, Adele Ahlberg (2015). *Spiritual Disciplines Handbook: Practices That Transform Us*. Downers Grove, IL: Intervarsity Press.

Cashwell, C. S. & Young, J. S. (2011). Integrating Spirituality and Religion Into Counseling a guide to competent practice <http://www.counseling.org/publications/frontmatter/72906-fm.pdf>.

Denney, R. M., Aten, J. D.; Gingrich, F. (2008). Using spiritual self-disclosure in psychotherapy. *Journal of Psychology & Theology*, 36(4) 294-302.

Fortson, Leah S. (2018). An Integrative Approach to Psychotherapy: A Case Study of Ms. B, *Journal of Psychology & Theology*, 46(2) 127-132.

- Gollnick, James (2004). Religion, spirituality and implicit religion in psychotherapy, *Implicit Religion*, 7(2), 120-141.
- Griffith, J. L. (2010). *Religion that Heals, Religion that Harms: A guide for clinical practice*. New York: Guilford.
- Hill, P. C. & Hood, R. W. (Eds) (1999). *Measures of Religiosity*. Birmingham, AL: Religious Education Press.
- Maltby, L. E., & Hall T. W. (2012). Trauma, attachment, and spirituality: a case study. *Journal of Psychology & Theology*, 40(4) 302-312.
- Meezenbroek, Eltica de Jager, Garssen, B., van den Berg, M., van Dierendonck, D., Visser, A., & Schaufeli, W.B. (2012). Measuring Spirituality as a Universal Human Experience: A Review of Spirituality Questionnaires. *Journal of Religion & Health*, 51(2), 336–354.
- Nja, Arild (2015). *Neural Correlates of Religious and Spiritual Experiences*. Oslo University <https://www.duo.uio.no/bitstream/handle/10852/45982/Prosjekt-karthika.pdf?sequence=1>
- Pargament, K. (2007). *Spiritually Integrated Psychotherapy: understanding and addressing the sacred*. New York: Guilford Press.
- Pargament, Kenneth I. (2013). Spirituality as an Irreducible Human Motivation and Process, *International Journal of the Psychology of Religion*, 23, 271-281.
- Peters, Karl E. (2001). Neurotheology and Evolutionary Psychology: Reflections on the Mystical Mind, *Zygon*, 36(3), 493-500.
- Richardson, P. T. (2007). *Archetype of the Spirit: Origins of Spirituality – Individual and Collective*. Rockford, ME: Red Barn Publishing.
- Sandage, S. J., Paine, D. R., & Devor, N. G. (2014). Psychology and spiritual formation: emerging prospects for differentiated integration. *Journal of Spiritual Formation & Soul Care*, 7(2) 229-24.
- Spiritual Competency Resource Center, Spiritual Assessment Interview <http://www.spiritualcompetency.com/recovery/lesson7.html>.
- Tisdale, T. C. (2014). Psychology and Spiritual Formation: The State of the Union. *Journal of Spiritual Formation & Soul Care*, 7(2) 220-28.
- Vaillant, G. (2008). *Spiritual Evolution: How We Are Wired for Faith, Hope, and Love*. New York: Broadway.
- Ziegler, Geordie W. (2018). Is it Time for a Reformation of Spiritual Formation? Recovering Ontology. *Journal of Spiritual Formation and Soul Care*, 1(1), 74-79.