Second Edition Integrating Spirituality And Religion Into

In the last fifteen years, the field of palliative care has experienced a surge in interest in spirituality as an important aspect of caring for seriously ill and dying patients. While spirituality has been generally recognized as an essential dimension of palliative care, uniformity of spiritual care practice has been lacking across health care settings due to factors like varying understandings and definitions of spirituality, lack of resources and practical tools, and limited professional education and training in spiritual care. In order to address these shortcomings, more than forty spiritual and palliative care experts gathered for a national conference to discuss guidelines for incorporating spirituality into palliative care. Their consensus findings form the basis of Making Health Care Whole. This important new resource provides much-needed definitions and charts a common language for addressing spiritual care across the disciplines of medicine, nursing, social work, chaplaincy, psychology, and other groups. It presents models of spiritual care that are broad and inclusive, and provides tools for screening, assessment, care planning, and interventions. This book also advocates a team approach to spiritual care, and specifies the roles of each professional on the team. Serving as both a scholarly review of the field as well as a practical resource with specific recommendations to improve spiritual care in clinical practice, Making Health Care Whole will benefit hospices and palliative care programs in hospitals, home care services, and long-term care services. It will also be a valuable addition to the curriculum at seminaries, schools of theology, and medical and nursing schools. In this book, experts in the field discuss how spiritual and religious issues can be successfully integrated into counseling in a manner that is respectful of client beliefs and practices. Designed as an introductory text for counselors-in-training and clinicians, it describes the knowledge base and skills necessary to effectively engage clients in an exploration of their spiritual and religious lives to further the therapeutic process. Through an examination of the 2009 ASERVIC Competencies for Addressing Spiritual and Religious Issues in Counseling and the use of evidence-based tools and techniques, this book will guide you in providing services to clients presenting with these deeply sensitive and personal issues. Numerous strategies for clinical application are offered throughout the book, and new chapters on mindfulness, ritual, 12-step spirituality, prayer, and feminine spirituality enhance application to practice. *Requests for digital versions from the ACA can be found on wiley.com. *To request print copies, please visit the ACA website here. *Reproduction requests for material from books published by ACA should be directed to permissions@counseling.org

Achieve faith and understanding when dealing with the loss of a loved one or a major change in your life! Losses in Later Life: A New Way Of Walking with God, Second Edition, focuses on seven major losses: loss of youth, loss of family, loss of parents, loss of work, loss of spouse, loss of health, and loss of identity. This second edition has been reworked with...
new research to include updated information about the loss of independence and several additional losses not discussed in the previous edition. You will explore the path to becoming a spiritually mature person who has faith and is able to grieve, let go, and release what is lost in order to live a mentally healthy and rewarding life. With this valuable book, you will explore the issues of losses in later life from an approach that integrates psychology and spirituality to help you understand that loss is an inevitable and significant factor in the lives of people over the age of 40. Discussing the dynamics of loss and grief and defining spiritual health, Losses in Later Life examines common losses of the second half of your life from a positive perspective. Caregivers and anyone interested in the psychology and spirituality of aging will find excellent help and suggestions from Losses in Later Life. This book is a necessary tool for spiritually assisting your times of grief and confusion. With proven suggestions and advice, Losses in Later Life serves to enlighten your path through the later years and enrich your soul.

Paloutzian (experimental and social psychology, Westmont College) and Park (psychology, U. of Connecticut) provide a 33-chapter handbook on the psychology of religion and spirituality, for social and clinical psychologists, pastoral counselors, and students and researchers in psychology and religious studies. Psychologists and a few religious studies specialists from the US and some countries in Europe address the foundations, including definitions, core issues, measurement assessment, research methods, psychodynamic psychology and religion, and evolutionary psychology as a foundation for the psychology of religion; religious and spiritual development across the lifespan; and the neural and cognitive bases of religion and connections to emotion, personality, culture, and social behavior. They discuss religious practices and rituals, conversion experiences, prayer, spiritual struggles, fundamentalism, forgiveness, values, and morality, and implications for individual and collective well-being in terms of health, mental health, coping, psychotherapy, workplace spirituality research, terrorism, and other areas. New topics in this edition include cross-cultural issues, spiritual goals, emotional values, and mindfulness. Most chapters have been redesigned or rewritten, with 25 new and eight revised chapters. The main themes of the book are more integrated, and the introductory and concluding chapters argue that the application of religious meaning systems and the multilevel interdisciplinary paradigm can allow reconceptualization of the field and expand research. Annotation ©2013 Book News, Inc., Portland, OR (booknews.com). One of the greatest gifts helping professionals can share with others is a sense of their own peace. However, retaining and renewing a sense of a healthy perspective requires not only self-care strategies, but also an awareness of basic profound, yet simple, wisdom themes. The Inner Life of the Counselor presents classic and contemporary wisdom that examines and explores each of these themes in a way that both professional and non-professional helpers will find revealing and meaningful in understanding their own journey. Informed by the author’s over thirty years of experience as
a therapist, mentor, and clinical supervisor of professional helpers?as well as by his expertise in resiliency and prevention of secondary stress?The Inner Life of the Counselor thoughtfully looks at those elements that encourage sustained personal growth and professional development, such as self-care, stress management, and mindfulness. Lively, practical, and marked by an elegant sense of simplicity, this nurturing book demonstrates how exploring the inner life can lead counselors to new wisdom and inner peace?not only for themselves but also for those who come to them for relief and insight. It is an invitation to pause, reflect, renew, and navigate one of contemporary society’s most challenging yet rewarding professions.

This book will be released on June 30, 2005. You may order it now using your credit card and we will ship it to you when it arrives. Preorder Now! A Spiritual Strategy for Counseling and Psychotherapy, Second Edition shows mental health professionals how to deal sensitively with clients whose spirituality or religion is an important part of their lives. This book highlights the therapeutic possibilities religion and spirituality can offer. Building on the success of the first edition, the new edition provides timely updates and additional theoretical grounding for integrating a theistic, spiritual strategy into mainstream psychology. Also ideal for students and scholars, this book provides helpful background and insight into the history and philosophy of science and psychology, the world religions, the practice of psychotherapy, and the process of research and scientific discovery.

Psychology for Nurses and Health Professionals, Second Edition is an accessible guide providing comprehensive coverage of psychology for nurses and healthcare professionals in training and practice. Key features include: Fully updated and restructured to ensure content matches training requirements for nurses and healthcare practitioners Stronger focus on the biopsychosocial model, therapeutic relationships and self-awareness More examples to highlight application with theories demonstrated through scenarios relevant to practice Accessible style with critical discussion boxes, student diary entries, reflection points, summary boxes and glossary Free lecturer PowerPoints, extension material, MCQs and exercises available to download Written by the bestselling psychology author Richard Gross and Nancy Kinnison, an experienced nurse and lecturer, this is an essential guide to applying theoretical aspects of psychology to nursing and health care.

Widely regarded as the definitive reference, this volume comprehensively examines the psychological processes associated with religion and spirituality. Leading scholars from multiple psychological subdisciplines present developmental, cognitive, social psychological, cultural, and clinical perspectives on this core aspect of human experience. The forms and functions of religious practices and rituals, conversion experiences, and spiritual struggles are explored. Other key topics include religion as a meaning system, religious influences on prosocial and antisocial
behavior, and connections to health, coping, and psychotherapy. New to This Edition *Two chapters on cross-cultural issues. *Chapters on spiritual goals, emotional values, and mindfulness. *Reflects significant theoretical and empirical developments in the field. *Many new authors and extensively revised chapters. *Robust index amplifies the volume's usefulness as a reference tool. A Choice Outstanding Academic Title

Print+CourseSmart

Anyone can become a victim of domestic violence. As such, it is essential for all of us to continue the war against domestic violence. Supplying a comprehensive overview of domestic violence across racial/ethnic groups, the new edition of this popular reference explores topics rarely discussed in other domestic violence texts as well as the barriers that often discourage victims from reporting abuse. Continuing the War Against Domestic Violence, Second Edition provides readers with the benefit of varied perspectives from both academics and professionals. It outlines prosecution and defense strategies and supplies a balanced critique of mandatory arrest policies. This fully revised edition supplies new coverage of the problems often encountered when victims seek police help. It includes three new chapters on dating violence, religion and domestic violence, and historical interventions in response to domestic violence. In part I readers will gain an understanding of the salient issues unique to certain racial/ethnic/cultural groups. Part II offers a unique and rare insight into the correlates, causes, and contextual properties of domestic violence. Part III, which constitutes the substance of this book, explores the substance of this book, explains how criminal justice systems—through their policies, procedures, and operations—respond to domestic violence. Following in the tradition of the first edition, this book devotes considerable attention to the experiences and perspectives of criminal and social justice practitioners alongside researchers, child welfare workers, and other renowned scholars across disciplines. Offering comprehensive and interdisciplinary coverage of key topics that benefit a diverse audience, the book concludes by offering a unique perspective on punishing and rehabilitating offenders.

Practical and provocative, this book serves as a guide for those who want a deeper look into the human psyche and a more encompassing vision of the less predictable aspects of the mind.

In the Templeton Science and Religion Series, scientists from a wide range of fields distill their experience and knowledge into brief tours of their respective specialties. The series was launched in 2008 with the publication of Harold G. Koenig's book, Medicine, Religion, and Health. Since that time, the series editors J. Wentzel van Huyssteen and Khalil Chamcham have expanded it to nine titles covering everything from paleontology, to neuroscience, to technology. Also found in the bundle is the TSR Reader and a companion study guide. The books found in the bundle are: •Medicine, Religion, and Health by Harold G. Koenig, •Neuroscience, Psychology and Religion by Malcolm Jeeves and Warren Brown •Technology and Religion by Noreen Herzfeld •Horizons of Cosmology by Joseph Silk •Paleontology by Ian Tattersall •Cognitive Science, Religion, and Theology by Justin L. Barrett •Ecology and the Environment by R. J. Berry •The Language of Genetics by Denis Alexander •Mathematics and Religion by Javier Leach •The Templeton Science and Religion Reader •The Templeton Science and Religion Study Guide This bundle is only sold in e-book format!

Praise for the First Edition: "I highly recommend The Counseling Practicum and Internship Manual. It is the single best all-in-one resource live read for all things practicum and internship." nRyan Thomas Neace, LPC, NCC, CCMHC, Blogger, American Counseling Association; Founder, CounselingInternships.com and Change, Inc. "[U]sing this text in my practicum course. It is a very user friendly book with many resources in addition to good clinical information." nJessica Brumm-Larson, PhD, Alverno College This best-selling guide to the practicum
and internship experience, written expressly for graduate counseling students by a seasoned counselor and educator, is now substantially revised with updated and expanded content including the 2014 ACA Standards of Ethics. With a strong focus on counseling as a specific professional identity, the book includes new information on developing one's own approach to counseling and supervision, maintaining satisfactory working relationships with supervisors and colleagues, developing good writing skills and record keeping, and managing crisis and trauma. The Second Edition also reflects such developments as DSM-5 and CORE/CACREP standards. With a concise, accessible writing style, the book describes everything students need to know as they enter and progress through the practicum and internship process. Replete with plentiful case examples and downloadable sample forms and templates, this supportive manual encompasses information addressing how to select and apply for practicum/internships in all settings, including mental health, rehabilitation, schools, addictions, and marriage and counseling. It examines such ethical legal and issues as informed consent, confidentiality, client records, boundary issues, and liability insurance. Multicultural considerations that impact counseling along with the importance of self-care including stress management and dealing with aggressive client behaviors are also discussed in detail. This "mentor in a book" gives counseling students invaluable assistance in preparing for and successfully assimilating their first experiences with the realities of working with clients, and eases the journey toward developing into a self-confident, skilled, and ethical practitioner. New to the Second Edition: Updated to include content on 2014 ACA Ethics Code, CACREP/CORE developments, legal issues, DSM-5, and social media Expanded content on developing an individual approach to counseling and supervision Provides new information on crisis intervention Increased content on supervision styles and models Expanded information on student safety at field sites Augmented discussion of careers Includes expanded self-reflection exercises for the intern Provides downloadable versions of student forms and templates Key Features: Focuses on counseling as a specific professional identity Covers everything students need to know as they enter and progress through the practicum/internship process Helps students to understand the realities of working with clients after they leave the "safe" learning environment Mentors students in a supportive, user-friendly style Includes abundant case examples Includes abundant forms and templates for students, available as online downloads Research has indicated that spiritual and religious factors are strongly tied to a host of mental health variables, both positive and negative. That body of research has significantly grown since publication of the first edition 20 years ago. The second edition of the Handbook of Spirituality and Religion and Mental Health identifies not only whether religion and spirituality influence mental health and vice versa, but also how and for whom. The contents have been re-organized to speak specifically to categories of disorders in the first part of the book and then more broadly to life satisfaction issues in the latter part of the book. Hence 100% of the book is now revised with new chapters and new contributors.

Spirituality and Religion Within the Culture of Medicine provides a comprehensive evaluation of the relationship between spirituality, religion, and medicine evaluating current empirical research and academic scholarship. In Part 1, the book examines the relationship of religion, spirituality, and the practice of medicine by assessing the strengths and weaknesses of the most recent empirical research of religion/spirituality within twelve distinct fields of medicine including pediatrics, psychiatry, internal medicine, surgery, palliative care, and medical ethics. Written by leading clinician researchers in their fields, contributors provide case examples and highlight best practices when engaging religion/spirituality within clinical practice. This is the first collection that assesses how the medical context interacts with patient spirituality recognizing crucial differences between contexts from obstetrics and family medicine, to nursing, to gerontology and the ICU. Recognizing the interdisciplinary aspects of spirituality, religion, and health, Part 2 of the book turns to academic scholarship outside the field
of medicine to consider cultural dimensions that form clinical practice. Social-scientific, practical, and humanity fields include psychology, sociology, anthropology, law, history, philosophy, and theology. This is the first time in a single volume that readers can reflect on these multidimensional, complex issues with contributions from leading scholars. In Part III, the book concludes with a synthesis, identifying the best studies in the field of religion and health, ongoing weaknesses in research, and highlighting what can be confidently believed based on prior studies. The synthesis also considers relations between the empirical literature on religion and health and the theological and religious traditions, discussing places of convergence and tension, as well as remaining open questions for further reflection and research. This book will provide trainees and clinicians with an introduction to the field of spirituality, religion, and medicine, and its multi-disciplinary approach will give researchers and scholars in the field a critical and up-to-date analysis.

What kind of character strengths must leaders develop in themselves and others to create and sustain extraordinary organizational growth and performance? In this updated and expanded second edition, the author, John J. Sosik, answers this question by reviewing what is known about the connection between authentic transformational leadership and positive psychology. He summarizes a wealth of leadership knowledge in a unique collection of captivating stories about 25 famous leaders from business, history and pop culture: Aung San Suu Kyi, John F. Kennedy, Maya Angelou, Bill Gates, Brian Wilson, Rosa Parks, Martin Luther King, Jr., Joe Namath, Malala Yousafzai, Mother Teresa, Angelina Jolie, Pope Saint John Paul II, Shirley Chisholm, Sheryl Sandberg, Andy Griffith, Margaret Thatcher, Oprah Winfrey, Nelson Mandela, Warren Buffet, Carlos Ghosn, Eleanor Roosevelt, Herb Kelleher, Steve Jobs, Johnny Cash, and Fred Rogers. What do these leaders have in common? Each possesses virtues of wisdom, courage, humanity, justice, temperance, and transcendence and their associated character strengths that form the foundation of their outstanding leadership. Besides generating astonishing results for their organizations, these leaders reaped numerous physical, mental, social and spiritual benefits from their strong character. Their stories teach readers leadership principles that they too can apply to achieve sustainable growth and excellence. The author includes dozens of interesting examples, vivid anecdotes, and clear guidelines to offer readers an in-depth look at how character and virtue forms the moral fiber of authentic transformational leadership. Individuals currently in leadership positions as well as aspiring leaders will find the book’s conversational style, fascinating stories, and practical guidelines both useful and inspiring.

This text is intended to help counselors and other mental health practitioners make informed and effective interventions with clients for whom religion and spirituality are significant concerns. It is comprehensive, providing information on religious systems and spiritual beliefs as well as clinical strategies and interventions. Throughout the text, the author weaves the theme in of understanding how the counselor's own worldview and values impact working with clients and offers activities and cases for exploring this further.

Elfie Hinterkopf describes the Experiential Focusing Method, a model to help clients work through religious and spiritual problems, deepen existing spiritual experiences, and bring about new, life-giving connections to spirituality. Focusing can be used in conjunction with any psychotherapeutic model and is an essential part of any mental health professional or counselor's repertoire. Through Focusing, the client learns to examine subtle, but concrete, bodily feelings that are a vital part of spiritual discovery and growth. Hinterkopf describes the Six Focusing Steps and illustrates the attitudes crucial to the Focusing process (receptive, expectant, patient, and accepting) with case examples, revealing how they help facilitate spiritual development. She also discusses how counselors can use Focusing to explore their own spirituality and outlines special considerations to ensure that sessions suit the individual client's religious tradition or spiritual orientation.

The 13 years between the publication of the original edition of the handbook and this second edition have been marked by memorable growth.
in psychotherapy integration. The original classic was the first compilation of the early integrative approaches and was hailed by one reviewer as "the bible of the integration movement." In the interim, psychotherapy integration has grown into a mature, empirically supported, and international movement. This second edition provides a state-of-the-art, comprehensive description of psychotherapy and its clinical practices by leading proponents. In addition to updates of all of the chapters, the new edition features: (1) eight new chapters covering topics such as cognitive-analytic therapy, integrative psychotherapy with culturally diverse clients, cognitive-behavioral analysis system, and blending spirituality with psychotherapy, (2) an entirely new section with two chapters on assimilative integration, (3) updated reviews of the empirical research on integrative and eclectic treatments, (4) chapter guidelines that facilitate comparative analyses and ensure comprehensiveness, and (5) a summary outline to help readers compare the integrative approaches. Blending the best of clinical expertise, empirical research, and theoretical pluralism, the revision of this "integration bible" will prove invaluable to practitioners, researchers, and students alike. This widely respected text and practitioner guide, now revised and expanded, provides a roadmap for effective clinical practice with clients with substance use disorders. Specialists and nonspecialists alike benefit from the authors’ expert guidance for planning treatment and selecting from a menu of evidence-based treatment methods. Assessment and intervention strategies are described in detail, and the importance of the therapeutic relationship is emphasized throughout. Lauded for its clarity and accessibility, the text includes engaging case examples, up-to-date knowledge about specific substances, personal reflections from the authors, application exercises, reflection questions, and end-of-chapter bulleted key points. New to This Edition *Chapters on additional treatment approaches: mindfulness, contingency management, and ways to work with concerned significant others. *Chapters on overcoming treatment roadblocks and implementing evidence-based treatments with integrity. *Covers the new four-process framework for motivational interviewing, diagnostic changes in DSM-5, and advances in pharmacotherapy. *Updated throughout with current research and clinical recommendations. Written for people in and out of church, this book offers three core concepts which have always been present in Catholic tradition. The Society of Children's Spirituality: Christian Perspectives launched in 2003 with its first conference held at Concordia University Chicago, in River Forest, Illinois. An earlier edition of this book, composed of chapters based on presentations from that conference, was published in 2004. In 2018 a decision was made to revise this book from the inaugural conference, updating some chapters and providing a new perspective on the ongoing work of the organization, now called the Children's Spirituality Summit. For example, given the advances in what we are learning from brain research, a chapter on this topic has been extensively updated. What this revised volume provides is a collection of chapters offering theological perspectives, social science research, and insights on ministry practice about the spiritual lives of children: how they relate to God, how this relationship grows, and what helps in promoting the spiritual formation and vitality of children in the home, church, and school This book offers twenty-three chapters by professors, graduate students, social science researchers, and ministry leaders from different denominational traditions addressing a wide range of issues in theory, research, and ministry practice with children. This second edition offers much to learn from, stimulate your thinking, and improve your practice. Learn to initiate the integration of your clients’ spirituality as an effective practical intervention. A client’s spiritual and religious beliefs can be an effective springboard for productive therapy. How can a therapist sensitively prepare for the task? The Therapist's Notebook for Integrating Spirituality in Counseling is the first volume of a comprehensive two-volume resource that provides practical interventions from a wide range of backgrounds and theoretical perspectives. This volume helps prepare clinicians to undertake and initiate the integration of spirituality in therapy with clients and provides easy-to-follow examples. The book provides a helpful starting point to address a broad range
of topics and problems. The chapters of The Therapist’s Notebook for Integrating Spirituality in Counseling are grouped into five sections: Therapist Preparation and Professional Development; Assessment of Spirituality; Integrating Spirituality in Couples Therapy; Specific Techniques and/or Topics Used in Integrating Spirituality; and Use of Scripture, Prayer, and Other Spiritual Practices. Designed to be clinician-friendly, each chapter also includes sections on resources where counselors can learn more about the topic or technique used in the chapter—as well as suggested books, articles, chapters, videos, and Web sites to recommend to clients. Each chapter utilizes similar formatting to remain clear and easy-to-follow that includes objectives, rationale for use, instructions, brief vignette, suggestions for follow-up, contraindications, references, professional readings and resources, and bibliotherapy sources for the client. The first volume of The Therapist’s Notebook for Integrating Spirituality in Counseling helps set a solid foundation and provides comprehensive instruction on: ethically incorporating spirituality into the therapeutic setting professional disclosure building a spiritual referral source through local clergy assessment of spirituality the spirituality-focused genogram using spirituality in couples therapy helping couples face career transitions dealing with shame addiction recovery the use of scripture and prayer overcoming trauma in Christian clients and much more! The Therapist’s Notebook for Integrating Spirituality in Counseling is a stimulating, creative resource appropriate for any clinician or counselor, from novices to experienced mental health professionals. This first volume is perfect for pastoral counselors, clergy, social workers, marriage and family therapists, counselors, psychologists, Christian counselors, educators who teach professional issues, ethics, counseling, and multicultural issues, and students.

In this book, experts in the field discuss how spiritual and religious issues can be successfully integrated into counseling in a manner that is respectful of client beliefs and practices. Designed as an introductory text for counselors-in-training and clinicians, it describes the knowledge base and skills necessary to effectively engage clients in an exploration of their spiritual and religious lives to further the therapeutic process. Through an examination of the 2009 ASERVIC Competencies for Addressing Spiritual and Religious Issues in Counseling and the use of evidence-based tools and techniques, this book will guide you in providing services to clients presenting with these deeply sensitive and personal issues. Numerous strategies for clinical application are offered throughout the book, and new chapters on mindfulness, ritual, 12-step spirituality, prayer, and feminine spirituality enhance application to practice.

"As disciplines, psychology and theology share an overlapping interest in the nature and functioning of human beings. This book provides an introduction to many of the worldview issues and philosophical foundations that frame the relationship of psychology and theology, includes scholarly reflection on the integration literature, and surveys five paradigms of possible relationships between psychology and Christianity. Questions at the end of each chapter are included to help readers evaluate both the material and their own burgeoning approach to integration. This book is ideal as a textbook for students of psychology and other behavioral and social sciences (social work, sociology, theology, counseling, pastoral counseling) at both the graduate and undergraduate level. It is also written for the broader readership of psychologists, counselors, pastors, and others who are interested in integration"--Publisher description.

"While America is in the midst of a spiritual awakening, it is not surprising that psychotherapists are increasingly expected to incorporate the spiritual as well as the psychological dimension in their professional work. Therapists also are increasingly required to utilize evidence based practices and demonstrate the effectiveness of their practice. Unlike books that focus primarily on the therapist's spiritual awareness, the second edition of Spirituality in Clinical Practice addresses the actual practice of spiritually oriented psychotherapy from the beginning to end. Spirituality in Clinical Practice has been significantly updated and revised to emphasize the therapeutic processes in spiritually oriented
psychotherapy with individual chapters on the therapeutic relationship, assessment and case conceptualization, intervention, termination and evaluation, as well culturally and spiritually sensitive interventions. As in the original edition, the second edition continues to provides a concise, theory-based framework for understanding the spiritual dimension. This framework then serves as the basis for competently integrating spirituality in effective, evidence-based psychotherapy practice."--

Integrating Spirituality and Religion Into Counseling
A Guide to Competent Practice
John Wiley & Sons

Spirituality in Clinical Practice includes perspectives not found in other texts such as a developmental perspective integrating moral and spiritual development, the interface of spiritual development with personality functioning, and insights from object relations, self psychology and transpersonal psychotherapy as they relate to various spiritual traditions and contemporary spiritual practices. This brief, reader-friendly text is written in a highly accessible style and is destined to set a precedent for excellence in the emerging field of spirituality in clinical practice or psychotherapy and counseling.

Weaving together interdisciplinary theory and research, as well as the results from a national survey of practitioners, the authors describe a spiritually oriented model for practice that places clients' challenges and goals within the context of their deepest meanings and highest aspirations. Using richly detailed case examples and thought-provoking activities, this highly accessible text illustrates the professional values and ethical principles that guide spiritually sensitive practice. It presents definitions and conceptual models of spirituality and religion; draws connections between spiritual diversity and cultural, gender, and sexual orientation diversity; and offers insights from Buddhism, Christianity, Confucianism, Hinduism, Indigenous religions, Islam, Judaism, Existentialism, and Transpersonal theory. Eminently practical, it guides professionals in understanding and assessing spiritual development and related mental health issues and outlines techniques that support transformation and resilience, such as meditation, mindfulness, ritual, forgiveness, and engagement of individual and community-based spiritual support systems.

Spirituality has long been regarded as "off-limits" in clinical practice, leaving family therapists and counselors uncertain as to how to approach it. Yet the majority of families regard religion as important in their lives, and research has begun to document the psychological and health benefits of faith and congregational support. Further, many who seek help for physical, emotional, or interpersonal problems are also in spiritual distress. Filling a crucial void, this volume explores the influences of faith beliefs and practices on suffering, healing, and health. Leading family therapists describe how attending to this vital dimension of human experience can inform and enrich therapy, illuminate spiritual sources of distress, and help clients tap into wellsprings for resilience and growth.

Mental health professionals provide better care to their clients when they care for themselves. This highly practical guide--now revised and expanded with even more self-care strategies--has helped thousands of busy psychotherapists balance their personal and professional lives. The book presents 13 research-informed self-care strategies and offers concrete methods for integrating them into daily life. Featuring examples and insights from master therapists, every chapter concludes with a self-care checklist. Infused with a positive message of self-renewal and growth, the book shows clinicians how to leave distress at the office and tend actively to their physical, emotional, and spiritual needs. New to This Edition *Chapter on mindfulness and self-compassion. *Increased emphasis on simple, real-time self-care activities. *New examples from additional master therapists and hundreds of workshop participants. *Up-to-date research findings on therapist stress and resilience. *Discussions of competence constellations, building on self-care strengths, moral stress, deliberate practice, presession preparation, journaling, and multiculturalism.
Innovative and reflective, the first edition of Counseling and Spirituality strives to integrate the spiritual and clinical perspectives of counselors in order to successfully support clients' religious or spiritual journeys through utilizing appropriate knowledge and interventions. With cultural concerns such as religion and spirituality quickly becoming of growing importance and interest in the helping professions, this book serves to define varieties of spiritual beliefs, assess spiritual wellness, and apply theory- and practice-based approaches to individualized spiritual counseling situations. Throughout the 15 chapters of the text, author Joshua Gold helps current and future counselors alike to contemplate how they see religion and spirituality in their own lives and to appraise how their own spirituality sways who they are as clinicians and what they do in the provision of mental health services for their clients.

A therapist's guide to psychotherapy, spirituality, and self-development.

Spirituality as a Working Model in Brief Psychotherapy is a practical book that describes easily applicable methods for use by nontheologically trained therapists. The focus is on brief psychotherapy, since long-term treatment is no longer possible for many individuals today living busy lives on a limited budget. The book is unique in its approach involving real-life encounters between patients and therapists with years of experience in both spirituality and psychotherapy. While there are other books in the field of spirituality and psychotherapy, they are written from a traditional Freudian-based philosophy and do not include practical, easily applicable methods for use when time is limited. Most assume a traditional longer commitment by both therapist and patient, which today is often unrealistic. The authors of this book come from multiple disciplines including pastoral counseling, psychology, psychiatry, medicine, social work, and theology. Major areas of presentation include: Spirituality as a Multidimensional Model for Psychotherapy; The Ubiquity of Spirituality; Dynamics of Faith: Understanding Religion and Spirituality; Spirituality and the Therapist; Counseling Body/Soul Persons; Energy of Change; Spiritual Competence in a Medical Setting; Rituals and Symbols in Brief Psychotherapy; Working through the Steps of Spiritual Development; and Ethics in Spiritually Based Psychotherapy. The primary audience for this text is students in all the human behavior fields, professional counselors, clergy, chaplains, as well as professionals already in practice looking for better ways to achieve real results using brief psychotherapy. Each of the 11 chapters contains many practical applications for therapists.

Focuses on the inclusion of spiritual issues in the clinical social work process. Part of Advancing Core Competencies Series, a unique series that helps students taking advanced social work courses apply CSWE's core competencies and practice behaviors examples to specialized fields of practice. Integrating Spirituality in Clinical Social Work Practice: Walking the Labyrinth focuses on the inclusion of spiritual issues in the clinical social work process using the metaphor of the labyrinth to discuss the implementation of spiritual issues in the various phases of the treatment process – engagement, assessment, intervention, endings, and more. It makes the clear distinction between the concepts of “spirituality” and “religion” and addresses sensitive issues such as guilt, shame, forgiveness, death & dying, trauma, gender and social justice. Learning Goals Upon completing this book, readers should be able to: Understand how the labyrinth's cyclical nature resembles the therapeutic process and reminds us that our work with clients often includes moving towards and moving away before we achieve the goal Acknowledge the importance of the sacred
Learn the importance of understanding our countertransference reactions, exploring our own beliefs and biases and reflecting on how they may affect our work. Distinguish between the concepts of “spirituality” and “religion.” Note: MySocialWorkLab does not come automatically packaged with this text. To purchase MySocialWorkLab, please visit: www.mysocialworklab.com or you can purchase a valuepack of the text + MySocialWorkLab (at no additional cost). VP: 0205206840

Learn how to help your congregants work cooperatively with mental health professionals! This revised edition of The Soul in Distress is a reader-friendly overview of the full range of adult psychiatric disorders. Updated with new information on genetics, brain scans, heredity, developmental concerns, new medications, and stress, it suggests ways for clergy to assist their congregants suffering from these illnesses and provides ethical guidance and clinical examples, often illustrating how physical disease can affect mental health. It also examines new short-term therapies and ways to handle difficult personalities. From author Richard W. Roukema, MD, FAPA: “With the recent events of terrorism in our country, the need for the clergy to be alert to the fallout on the lives of their congregants is clear. Anxiety, depression, prolonged grief, and post-traumatic stress disorder will be increasingly evident as the threat of terrorism continues. Now more than ever, the clergy should obtain a basic overview of the emotional and mental disorders they may encounter in their congregations. This book will update the clergy to the current state of knowledge in the field.” With fascinating case studies, and practical suggestions for dealing with various psychiatric disorders, Counseling for the Soul in Distress: What Every Religious Counselor Should Know About Emotional and Mental Illness, Second Edition examines: new trends in psychotherapy such as EMDR and Christian counseling the art of providing appropriate referrals to psychiatrists the aftermath of the September 11 attacks the ways that loss and grief affect the personality personality disorders depression and other mood disorders eating disorders such as anorexia, bulimia, binge eating, and obesity stress and its implications schizophrenia and other psychotic disorders neuroses organic mental disorders sexual problems drug abuse and alcoholism Written specifically for the clergy by a well-respected psychiatrist, this new edition of Counseling for the Soul in Distress is an essential addition to your reference shelf!

Now updated in its second edition, Handbook of Clinical Issues in Couple Therapy provides a comprehensive overview of emerging issues that impact couple therapy. Unlike other guides that concentrate more on theoretical approaches, this invaluable resource contains the latest research and perspectives that every clinician needs when dealing with the challenging issues often found in practice. Carefully referenced, it explores a range of issues that include intimate partner violence, posttraumatic stress disorder and its effect on couple relationships, divorce therapy, remarriage and cohabitation issues, cultural issues, and couple therapist training. This insightful edited volume is suitable for a wide spectrum of readers, including couple and family therapists, counselors, psychologists, social workers, pastoral counselors, educators, and graduate students. This is a very helpful book for mental health professionals providing therapy, counselling and health and social care services, as it explores and integrates multicultural and spiritual perspectives in a practical and informative manner. It highlights the fact that
The spiritual dimension has an enormous relevance to multicultural counselling - Transcultural Psychiatry. This book challenges practitioners with the proposal that integrating spiritual values in multicultural counselling and exploring spirituality from multicultural perspectives are synergistic and mutually reciprocal processes. Chapter topics include: developmental models of the spiritual journey; integrating spiritual and multicultural perspectives.

Exploring the role of spirituality in couple and family relationships, this successful text and practitioner guide illustrates ways to tap spiritual resources for coping, healing, and resilience. Leading experts in family therapy and pastoral care discuss how faith beliefs and practices can foster personal and relational well-being, how religious conflicts or a spiritual void can contribute to distress, and what therapists can gain from reflecting on their own spiritual journeys. The volume is rich with insights for working with multi-faith and culturally diverse clients.

Spirituality is increasingly accepted as integral to human psychology, vital for physical and mental health. The Psychology of Spirituality is an accessible book that introduces the relationship between spirituality and psychology. The author sets out what spirituality is, the values it represents and how it can contribute to mental health and well-being. He then illustrates how knowledge of spirituality can provide a deeper understanding of people’s problems and can help them develop resilience and aid recovery.

With reference to a new holistic or ‘psycho-spiritual’ paradigm, the book then covers stages of spiritual development: from having natural spiritual awareness in early childhood to the waning of interest in later childhood; largely conforming to group mentality in adolescence before discovering individuality; and then the final journey towards full personal and emotional maturity. Finally, the author outlines practical advice on how to explore and make use of spirituality, covering a range of spiritual skills and practices, including meditation and contemplation. Each chapter includes case examples and exercises to explore the ideas covered. This book will be compelling reading for psychologists, psychiatrists, chaplains, healthcare professionals, students, and anyone wanting to understand better the role of spirituality and psychology in the lives of all.