

*Kentucky School of Alcohol and Drug
Studies*

Presents

*Integrating Spirituality and Therapy to
Help Clients Recover*

Presenter

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Definition of Key Terms

Religion

A shared belief system that has doctrine, communal practices, and rituals.

An organized system of faith that often includes a belief in and worship of God, traditions, and prescribed rituals.

Religion Continued

Set of beliefs concerning the cause, nature, and purpose of the universe, especially when considered as the creation of superhuman agency or agencies, usually involving devotional and ritual observances and often containing a moral code governing the conduct of human affairs.

Religion Continued

A belief in, and reverence for, a supernatural power or powers regarded as creator and governor of the universe.

Spirituality

The dimension of human experience(s) that enables an individual to experience connectedness, inspiration, hope, transcendence, meaning, purpose, and value in life.

Spirituality Continued

The force of life represented by such images as breath, wind, vigor, and enthusiasm. It is the capacity to move toward love, peace, joy, meaning, hope, transcendence, connectedness, and compassion. It includes the person's capacity for creativity, growth, and wholeness.

Spirituality-integrated Psychotherapy

An approach to therapy that acknowledges, addresses, and integrates the spirituality of the client and the spirituality of the therapist into the process of change.

Why Focus on Spirituality in Therapy

- *94% of Americans believe in God*
- *Nine out of ten adults in America pray*
- *97 percent of those who pray believe prayers are answered*
- *80 percent believe that miracles occur*
- *40 percent report having had a life-changing spiritual experience*

Why Focus on Spirituality in Therapy Continued

- *2/3 of Americans prefer to see a therapist who holds spiritual beliefs*
- *81 percent of clients prefer a counselor who integrates spiritual values and beliefs into his or her work*

Why Focus on Spirituality in Therapy Continued

- *The majority of clients prefer a therapist who welcomes and respects their spiritual orientation*
- *Clients are more likely to refer their friends and relatives to therapists who support their religious and spiritual beliefs*

Sources: Sperry, 2012 & Kahle & Robbins, 2004

Spiritual Crises and Emergencies Addressed in Therapy

- *Trauma*
- *Childhood abandonment*
- *Toxic shame*
- *Addiction*

Spiritual Crises Continued

- *Losses/grief*
- *Suicide*
- *Disillusionment with the church*
- *Internalized homophobia*
- *Religious burnout*

Spiritual Crises Continued

- *Depression*
- *Fatherlessness*
- *Medical illness*
- *Mental illness*
- *Life transitions- "Now what?"*

Spiritual Crises Continued

- *Oppression*
- *Resentments*
- *Personality disorders*
- *Unemployment*
- *Religious abuse and religious addiction*

Religious Abuse

Religion was used to shame and control the child's every want, wish, need and desire.

Religious Addiction

Religious addiction can be described as a disease similar to alcoholism. Some of its symptoms include increased compulsivity, loss of control and continuation of the religious activity in spite of major life consequences.

Who is Vulnerable?

- *Chemically dependent clients and their family members*
- *People fleeing enmeshed family systems*
- *Adults who were religiously abused as children*
- *The sick, elderly and bereaved*
- *Perfectionists*
- *Individuals filled with the shame*

Early Stages

- *Ordinary religious or spiritual lifestyle*
- *A crisis occurs*
- *Excessive church going*
- *Loss of control begins*

Middle Stage

- *Increased use of the church to avoid problems*
- *Thinking the world/the body is evil*
- *Excessive financial contributions*
- *Sneaking church attendance*
- *Sexuality is perceived dirty*
- *Starvation in the name of fasting*
- *Strong judgment of others*
- *Isolation*

Late Stage

- *Loss of jobs*
- *Deterioration of relationships*
- *Obsession with religious practices increases*
- *Depression, trances, suicidal thoughts, psychosis*

Spiritual Crises Continued


- *Secondary PTSD*
 - *Loss of hope*
 - *Loss of energy*
 - *Loss of enthusiasm*
 - *Spiritual distress*

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*Clinical Approaches That Include
The Spiritual Dimension*

Yalom's 11 Curative Factors of Group Therapy

- *University- "I am not alone"*
- *Installation of hope*
- *Altruism*
- *Cohesiveness*
- *Interpersonal learning- insight into how my behavior distances me from other people*
- *Existential factors- the meaning of life*



Logo Therapy- Victor Frankl

Logo Therapy

Definitions

A form of psychotherapy than emphasis meaning/purpose.

A therapy that helps clients discover their purpose. It is derived from the Greek work "logos," which means "purpose."

Developer – Viktor Frankl

"You can take everything away from a person except for one thing: the freedom to choose how they will respond to whatever horrible circumstance they find themselves in."

Viktor Frankl – Third Viennese School of Psychotherapy



Statue of Liberty

The background is a vibrant blue with several curved, overlapping bands of varying shades of blue. A dark blue triangle is positioned in the upper right corner, pointing downwards. The text is centered and written in a yellow, italicized font.

*11 Things That Give Life
Meaning*

1. The attitude that one takes toward unavoidable suffering

2. Meaningful work

The background features a dark blue field with a large, curved, light blue shape on the left side, composed of several parallel, slightly wavy stripes. A dark blue, curved shape is positioned in the center, partially overlapping the striped area. The word "Stemm" is written in a yellow, italicized font across the center of the dark blue shape.

Stemm

3. Love

The background is a gradient of blue. On the left, there is a curved, layered shape that looks like a stylized wave or a stack of pages, with colors ranging from light blue to dark blue. On the right, there is a dark blue, almost black, shape that curves upwards and then downwards, resembling a stylized wave or a shadow.

4. *"Doing the will of God"*



Ruby Bridges

5. Taking a stand



Rosa Parks



Malala Yousafzai

The background features a series of curved, overlapping stripes in various shades of blue on the left side, transitioning into a solid dark blue area on the right. The word "Loretta" is centered in a yellow, italicized font.

Loretta

6. Patriotism

The background is a solid dark blue. On the left side, there is a stylized, layered shape that resembles a wave or a ribbon, composed of several curved bands of varying shades of blue, from light to dark. The shape curves downwards and then back up towards the right.



Winston Churchill



Nelson Mandela



Ghandi

7. Helping others

8. Creativity – Using your artistic gifts to make the world a better place



Bob Hope



Stevie Wonder



Bono and Chris Tucker



Oprah

The background is a solid dark blue. A large, stylized, light blue wave or ribbon shape curves across the upper left and center of the frame. The wave has a 3D effect, with darker blue shading on its underside and lighter blue on its top surface. The text is positioned in the upper left area, overlapping the wave.

9. A life-changing experiential journey

10. Near death or reactions to death

11. Looking out for the next generation

The background is a deep blue color. On the left side, there are several curved, overlapping bands of lighter blue, creating a sense of depth and movement. A dark blue, almost black, shape is positioned in the upper right, partially overlapping the lighter blue bands. The overall composition is abstract and modern.

Mindfulness meditation

*Trauma-based psychotherapy-
Judith Herman*

- *Victim*
- *Survivor*
- *Thriver- finding a trauma mission*

Feminist psychotherapy

- *Empowerment of women*
- *Connection with other women*
- *Acknowledging and protecting the importance of relationships in women's lives*



Solution- focused therapy

Feedback-informed therapy

- *The importance of the therapeutic alliance*
- *A greater predictor of outcomes than*
 - *DSM diagnosis*
 - *Treatment Planning*
 - *Theoretical approach*
 - *Educational degree or non-degree*

Person-centered mental health treatment

- *Goal-to help clients achieve a meaningful life*
 - *Wellness strategies freely chosen by the client*
 - *Supportive employment*
 - *Connection with peers*

Spiritually-influenced cognitive behavioral therapy---To challenge cognitions that can lead to self-destructive behavior, i.e., "God hates me"; "No one could possibly love me as I am"; "God expects me to be perfect"; "I am the worst of the worst."



Breath work

12-step facilitation

Peer-based recovery support

- *Native American Wellbriety Movement*
- *JACS-Jews Who are Alcoholic and Chemically Dependent and Significant Others*
- *African American Faith-based drug Ministries*
- *Quantum Recovery*
- *Celebrate Recovery*

The background is a solid dark blue. In the upper left, there are several curved, overlapping bands of lighter blue, creating a sense of movement or a stylized wave. In the center, there is a dark blue, swirling shape that resembles a vortex or a stylized 'S' curve.

Conducting A Spiritual Assessment



The Hope Model

H-Source of hope, meaning, comfort

- *What are your sources of meaning, comfort, strength, peace, love and connection?*
- *What do you hold on to during difficult times?*
- *What sustains you, keeps you going?*

0- Organized religion

- Are you a part of a religious or spiritual community? Does it help you? How?*
- What aspects of your religion are helpful to you and not so helpful to you?*

P- Personal spirituality and practices

- Do you have any personal spiritual beliefs that are independent of organized religion?*
- What aspects of your spirituality practices do you find most helpful to you personally?*

E- Effects of the presenting problem

- Have the challenges you are addressing in counseling affected your ability to do things that usually help you spiritually?*
- As a counselor, is there anything I can do to help you access the resources that usually help you?*

Performing an Extended Spiritual Assessment

- 1. What was the spiritual tradition of your parents? Were they strict or lenient in their beliefs?*
- 2. What effects do your parents' spiritual traditions have on you today?*
- 3. What were your parents' most important spiritual beliefs? Did they pass these on to you? If yes, how?*

Performing an Extended Spiritual Assessment Continued

- 1. Have you kept your parents' religious/spiritual beliefs, or have you developed your own or a combination? How has your spiritual orientation changed since your upbringing? What is the reason it changed? Were there events or experiences that led to the change?*
- 2. Do you have a current religious or spiritual affiliation? If yes, what are its major beliefs or values?*

God and the Presenting Problem

- *Is there a God?*
- *How does God view you?*
- *How does God view your addiction?*
- *How does God view imperfection?*
- *Where is God when people suffer?*

When Spiritual Interventions May Be Indicated

- *In counseling, the client asks to address spiritual issues.*
- *The client specifically asks for spiritual interventions to be incorporated in the treatment plan.*
- *The client has the capacity to consent to spiritual interventions.*
- *The spiritual issue or concern is related to the presenting problem.*

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Ethical Considerations

Possible Contra-Indications

- *The client is actively psychotic.*
- *The client is extremely paranoid.*
- *The client has expressed a lack of interest in spiritual and religious matters being a part of the treatment plan.*
- *The organization forbids the use of spiritual practices in counseling.*
- *The counselor lacks culturally competent, spiritual sensitivity.*

Interventions

- *Prayer*
- *Meditation*
- *Forgiveness work*
- *Charitable work*
- *Volunteerism*
- *Yoga*

Interventions Continued

- *Gratitude journal*
- *Teaching relationship skills*
- *Helping clients discover their purpose*
- *The use of spiritual/ religious quotes*
- *Homework*
- *Relaxation tapes*

Interventions Continued

- *Stress management*
- *Adventure therapy*
- *Referring clients to spiritually-based mutual aid groups*
- *Referring clients to indigenous community healers*

Ways Therapists Can Support Clients' Spirituality

- *Examine your own beliefs regarding spirituality and religion*
- *Become aware of the impact that your beliefs have on the therapeutic relationship*
- *Respect your client's spiritual and religious beliefs*
- *Consider how you will respond to clients who ask you your spiritual or religious views*
- *Be willing to challenge client's beliefs.*

Ways Therapists Can Harm

- *Debating doctrine*
- *Assuming that clients of your same religion share your same spiritual beliefs*
- *Not exploring spiritual matters important to the client*
- *Trying to rescue God*

Ways Therapists Can Harm Continued

- *Believing that you have divine knowledge*
- *Countertransference reactions*
- *Premature spiritual interventions*
- *Blurring boundaries*

Case Vignettes

- 1. You sense that a client is not opening up to you because of current and historic tension between yours and the client's religious group. What do you do?*
- 2. A client asks you to pray for her during a session. What do you say? What do you do?*
- 3. A client who is atheist asks you to, "Tell me about God." As his therapist, what do you say?*

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