

Mississippi State University
Department of Counseling, Educational Psychology, & Special Education

COE 8163-Spirituality in Counseling COE 8163

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Catalog Description:

COE 8163. Spirituality in Counseling. (3) Three hours lecture. Didactic instruction of developmental models and clinical intervention related to the interface of spirituality and counseling.

Goals and Objectives:

The focus of this course is on developing knowledge and practical skills in working with spiritual and religious issues in counseling. At the conclusion of the course, students should:

1. Be able to explain how varieties of spiritual phenomena are understood from the perspective of diversity.
2. Understand the relationships, including similarities and differences, among various views of spirituality including, religious, spiritual, transpersonal, and psycho-spiritual.
3. Know the basic beliefs of various spiritual systems, including the major world religions, indigenous peoples spirituality, agnosticism, and atheism.
4. Understand at least two models of human spiritual development across the life span.
5. Describe research, theory, and clinical evidence that indicate the relationships between spiritual phenomena on the one hand and mental health on the other.
6. Explain how the potential power of combining spiritual issues with counseling methods compels the counselor to operate from a solid ethical base.
7. Understand ones own spiritual perspective by identifying key events in ones life that contributed to the development of ones own spiritual perspective and explain how those events contributed.
8. Identify specific attitudes, beliefs, and values from ones own spiritual perspective that may support or hinder respect for and valuing of different spiritual perspectives.

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9. Actively engage in an ongoing process of challenging ones own attitudes and beliefs that hinder respect for and valuing of different spiritual perspectives.
10. Conceptualize oneself from two different models of human spiritual development across the life-span.
11. Conceptualize oneself in terms of research, theory, and clinical evidence that indicate the relationships between spiritual phenomena and mental health.
12. Demonstrate openness to, empathy with, and acceptance of a variety of spiritual phenomena.
13. Describe the role of the client's spiritual perspective in an understanding of the client as a whole.
14. Acquire knowledge needed to better understand clients' spiritual perspective, by requesting information from the client themselves and/or from outside resources.
15. Identify when one's understanding and/or acceptance of the client's spiritual perspective is insufficient to adequately serve the client.
16. Assess the relevance of the spiritual domain in client's therapeutic issues.
17. Use spiritual terms and concepts that are meaningful to the client.
18. Use clients' spiritual perspective in the pursuit of their counseling goals as befits their expressed preferences.
19. Apply spiritual developmental theory to facilitate client understanding of their present stage/status of life-span spiritual development.
20. Be able to share research, theory, and clinical evidence with clients to facilitate their understanding of the relationship between spiritual phenomena and their mental health.
21. Demonstrate competent use of techniques for remediation of problems with, facilitation of, enhancement of, and psychological integration of, spiritual phenomena.
23. Know when to consult with professionals in the area of spirituality, including those client considers a spiritual authority, when such consultation would enhance service to clients.
24. Identify the limits to one's acceptance or competence, seek consultation, seek further education or training, and/or demonstrate appropriate referral skills.

Topics To Be Covered:

1. History of spirituality and religion in counseling (3 hours)
2. Developmental models of spirituality and religion (6 hours)
3. Spiritual development of counselor and client (3 hours)
4. The therapeutic relationship and spirituality (5 hours)
5. Techniques and interventions (18 hours)

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Assessment techniques	3 hours
Theory based interventions	3 hours
Meditation	3 hours
Forgiveness	3 hours
Experiential focusing	6 hours
6. Assessing spiritual and religious functionality	(5 hours)
7. Ethical consideration of spirituality in counseling	(5 hours)
	45 hours

Assignments:

1. Write a spiritual autobiography. Conduct a life review and draw on in-class exercises to identify the significant events (i.e., people, places, and historical events) that have contributed to your current spiritual/religious perspective. Discuss how your current perspective may facilitate and hinder your work as a counselor as well as areas of growth for you. This paper should be approximately 10-12 pages in length. (25 points)
DUE _____
2. Attend two religious or spiritual services different from your religious/spiritual tradition. Cross-cultural events/activities are strongly encouraged. You may team up with other class members, however each individual should write his/her own reaction papers (3-5 pages). Your papers should include the following: 1) a description of the activity; 2) rationale for choosing the activity; 3) what you learned about this religious tradition and your own spirituality from engaging in the activity; and 4) implications for counseling derived from this experience. (25 points)
DUE _____
3. Participate in a spiritual development practice during this course, keep a journal and write a report of your experiences (5 pages). Examples include participating in yoga practice, regular meditation practice, receiving Reiki or other energy/body work, participating in a breath-work session, learning and practicing centering prayer, meeting with a spiritual director, or attending a structured spiritual retreat. This spiritual practice should be something new for you, not just a report of something you already do. Please obtain prior approval from the instructor before you begin your activity. Your paper should include the following: 1) a description of the activity; 2) rationale for choosing the activity; 3) what you learned/experienced by engaging in the activity; and 4) implications for counseling derived from this experience. (25 points) **DUE _____**
4. Take home final examination. This comprehensive examination will be a take-home essay case study requiring you to integrate theory, in-class lectures, presentations, discussion, and personal perspectives. (25 points).
DUE _____

Methods of Instruction:

The format of the class will include assigned readings, didactic instruction, demonstration of skills by the professor, in-class practice of skills by students, videotape examples of spiritually oriented therapeutic techniques, student presentations, and class discussion.

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Assessment of Concepts and Skills/Evaluation of Student Progress:

Students will be evaluated using the following criteria:

Spiritual Autobiography	(25 points)
Religious Diversity Activity	(25 points)
Spiritual Practice	(25 points)
<u>Final Exam</u>	<u>(25 points)</u>
TOTAL	100 points

Grading System

A	90-100
B	80-89
C	70-79
D	60-69
F	below 60

Textbooks:

Required

Frame, M. W. (2003). *Integrating religion and spirituality into counseling: A comprehensive approach*. Pacific Grove, CA: Brooks Cole.

Hinterkopf, E. (1998). *Integrating spirituality in counseling: A manual for using the experiential focusing technique*. Alexandria, VA: American Counseling Association.

Recommended

Lesser, E. (1999). *The seekers guide: Making your life a spiritual adventure*. New York: Villard Books.

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Selected Bibliography:

- Assagioli, R. (1965). *Psychosynthesis: A manual of principals and techniques*. New York: Viking Penguin.
- Boorstein, S. (Ed.). (1996). *Transpersonal psychology*. Albany, NY: state University of New York Press.
- Chandler, K. C., Holden, J. M., & Kolander, C. A. (1992). Counseling for spiritual wellness: Theory and practice. *Journal of Counseling and Development*, 71, 168-175.
- Enright, R. D., & the Human Development Group (1996). Counseling within the forgiveness triad: On forgiving, receiving forgiveness, and self-forgiveness. *Counseling and Values* 40, 107-126.
- Fowler, J. W. (1991). Stages in faith consciousness. *New Direction For Child Development* 52, 27-45.
- Genia, V. (1994). Secular psychotherapists and religious clients: Professional considerations and recommendations. *Journal of Counseling and Development* 72, 395-398.
- Grof, S. (1988). *Adventure of self discovery: Dimensions of consciousness and new perspectives in psychotherapy and inner exploration*. Albany, NY: State University of New York.
- Leshn, L. (1974). *How to meditate*. New York: Bantam.
- Mattson, D. L. (1994). Religious counseling: To be used not feared. *Counseling and Values* 38, 187-192.
- Parker, R. J., & Horton, Jr., H. S. (1996). A typology of ritual: Paradigms for healing and empowerment. *Counseling and Values* 40, 82-97.
- Richards, P.S., & Bergin, A. E. (1997). *A spiritual strategy for counseling and psychotherapy*. Washington, DC: American Psychological Association.
- Walsh, R. & Vaughn, F. (Eds.). (1993). *Paths beyond ego: The transpersonal vision*. New York: Putnam.
- Witmer, J. M., & Sweeney, T. J. (1992). A holistic model for wellness and prevention over the life span. *Journal of Counseling and Development* 71, 140-148.

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5. Write a research paper & give an in-class presentation (12-15 pages) on a topic relevant to the interface of counseling and religion/spirituality. If you choose a book review, you must clear your book with the instructor or see instructor for suggestions. Present a brief oral report to the class and provide an outline and reference list for all class members. Suggested topics: spiritual dimensions of addictions recovery; near death experiences; spiritual emergency; goddess worship, Wicca, new age spirituality, cults, women and the church, Buddhism and western psychology, Native American spirituality, drug induced spiritual experiences, fundamentalism, homosexuality and spirituality, etc. (30 points)

DUE _____

Tentative Schedule of Class Topics

7/1	Introduction to Course Content Definitions of Spirituality and Religion The History of Spirituality and Religion in Counseling Competent Practice <i>Activity: Spiritual Genogram</i>	Ch1 Frame
7/3	Eastern vs. Western worldview Introduction to World Religions: Hinduism, Buddhism, Taoism, Confucianism Islam, Judaism, Christianity <i>Activity: Andrew Weil- Breathing</i>	Ch3 Frame Smith, H.
7/8	Models of Spiritual Development: Religious Sentiments Stages of Faith Wellness Transpersonal (Video Francis Vaughn) Psychosynthesis (Activity from Book) <i>Activity: Spiritual Art Assessment</i>	Ch2 Frame
7/10	Assessing & Spirituality/Religion Beliefs and Values Informal Methods Formal Measures Pathological Religion <i>Discuss Spiritual Autobiographies</i> <i>Activity: Case of Sheila</i>	Ch4 Frame
7/15	Strategies that Address Spirituality and Religion Prayer Meditation Journaling Bibliotherapy Scripture Forgiveness 12-Step Spirituality	Ch6&7Frame
7/17	Special Populations Children Women Gay, Lesbian and Bisexuals	Ch9 Frame

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Death and Dying

7/22	Experiential Focusing: Development and Background Attitudes Six Steps	Hinterkoppf
7/24	Presentations (<i>Topic Papers Due</i>)	
7/28	Presentations (<i>Topic Papers Due</i>) <i>Discuss Spiritual Practices Paper</i>	
7/31	Final exam is due by 5:00pm	

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