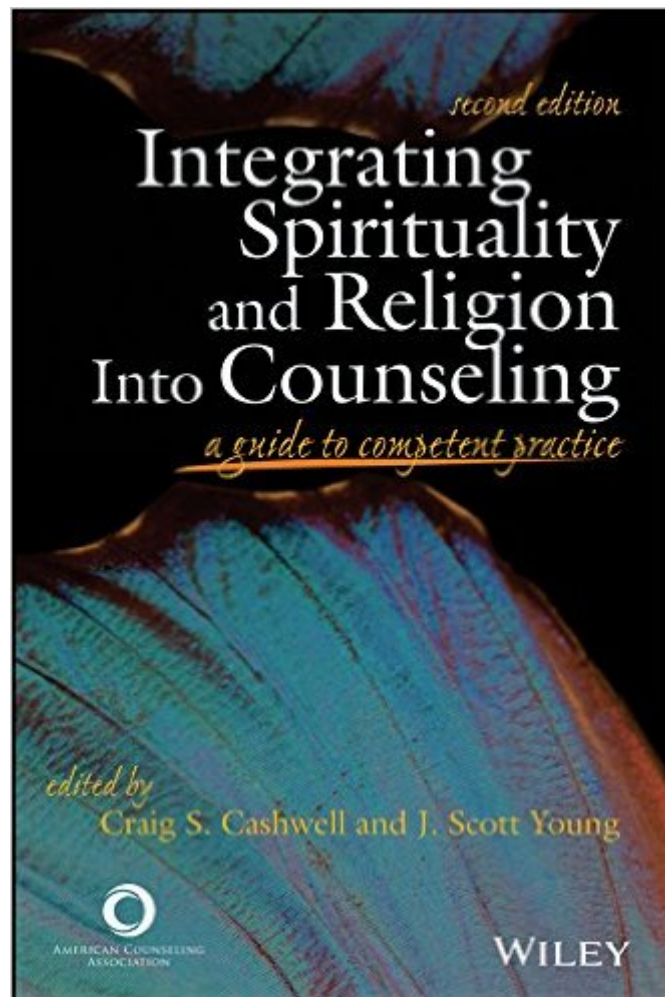


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# Integrating Spirituality And Religion Into Counseling: A Guide To Competent Practice



## Synopsis

In this book, experts in the field consider how spiritual and religious issues can be successfully incorporated into counseling in a manner consistent with 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 proven tools and techniques, this book will guide you in providing ethical services to clients presenting with these deeply sensitive and personal issues. After an introduction to spirituality and religion and to the development and revision of the ASERVIC Competencies, Section II examines the six major categories of the new competencies-Culture and Worldview, Counselor Self-Awareness, Human and Spiritual Development, Communication, Assessment, and Diagnosis and Treatment Planning-with a detailed discussion of each competency, strategies for clinical application, and a case illustration. Section III further links theory to clinical practice with new application chapters on mindfulness, ritual, 12-step spirituality, prayer, and feminine spirituality.

## Book Information

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## Customer Reviews

For a book that is theoretically spiritually neutral, it was almost entirely new age, and positioning counselors as gurus of every religion (what Jew, Christian, Muslim, or even new-ager wants a non-believer to pray for him or her as if to the same god/goddess?) The majority of authors were blatantly anti-Christian, and in fact, anti any religion that had absolute values, such as Islam. One

author went so far as to imply that those who have a strong belief in any one religion should not be counselors. Because of the number of authors represented in the book, there was a great deal of redundancy. I kept thinking "I already read this chapter." Very little original thinking; relativism is the religion of almost all the authors, and they were very evangelistic in their religion. With the exception of just a few authors, this is definitely not a book that considers all faiths to be equally worthy of respect. It is an excellent example, however, of how impossible it is for any individual, whether atheist or priestess, to be genuinely neutral in discussing faith issues.

I used this book heavily for a lengthy graduate school paper on integrating religious and spiritual concerns into psychotherapy. The book corresponds directly to the ASERVIC Competencies for Addressing Spiritual and Religious Issues in Counseling. (ASERVIC is a division of the American Counseling Association, and stands for the Association for Spiritual, Ethic, and Religious Values in Counseling). It is an edited work, with each chapter authored by different experts in the field. There is an entire chapter devoted to each ASERVIC Competency (e.g. culture and worldview; counselor self-awareness; understanding and spiritual development models, etc.), with some additional chapters on other issues of interest (e.g. 12-step Spirituality, Use of Prayer in Counseling). Ethical issues are discussed, exercises are suggested for developing competencies, and case studies illustrate how the issues can be applied in clinical practice. It takes a multicultural, interfaith, and universalist approach. It is true, as another reviewer mentioned, that therapists who feel a strong sense of certainty about their theology and wish to guide clients on that basis, will have their professional ethics called into question. I found it insightful and readable, and it deepened what I thought was already considerable knowledge about the topic. Highly recommended.

Very detailed and presents diverse views. Not too hard to read. Few bits repetitive.

Everything I needed. The book was in perfect shape Quickly received. Good job !

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