



LEWIS & CLARK COLLEGE

GRADUATE SCHOOL OF EDUCATION AND COUNSELING
CPSY 563: Treatment Issues in MCFT: Spirituality/Islam

Time & Day: Saturday & Sunday, September 6th & 7th, 2008

Instructor of record: Teresa McDowell, Ed.D.

Guest Instructor: Hanan Hosny, Ph.D.

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COURSE DESCRIPTION

This course offers an overview of spirituality and religion in family therapy with an emphasis on learning about diverse Muslim faiths, traditions, and families as a case in point. Participants will consider the role of spirituality and religion in therapy in understanding family dynamics, developing solutions to problems, and building on strengths and resiliency. Participants will also become familiar with the relationship between Islamic law and family life for many Muslims. The guest co-presenter, Dr. Hanan Hosny is from Menoufia University in Egypt. She will provide a closer look at Egyptian Muslim family life. The course is designed to raise awareness and offer considerations for working with spirituality and religion in therapy and for working with Muslim families in and out of the U.S.

COURSE OBJECTIVES

This course will help participants develop a working knowledge of 1) religion & spirituality in family therapy, 2) assessing and treating Muslim families as a case in point, and 3) self-of-the-therapist relative to spirituality and religion.

ASSIGNMENTS

Class Preparation

Participants are expected to complete the assigned readings and to synthesize and apply them in class. Participants are also expected to arrive with the first course assignment completed. Classroom discussions are an opportunity to bring up questions about the assigned readings, deepen one's understanding of the issues under study, and integrate course material with one's own personal and professional experience.

Demonstration that reading assignments have been completed is worth 10 points.

Spirituality/Religion Assessment

It is important that therapists are aware of their own spiritual and religious histories, values and beliefs. It is also important to have tools available to explore spirituality and religion with clients. This assignment offers experience using an established tool while exploring self-of-the-therapist.

Using the article “Developing a spiritual assessment toolbox: A discussion of the strengths and limitations of five different assessment methods” by David Hodge (see readings below for complete reference), select one of the following three assessment tools: the spiritual genogram, spiritual ecomap, or spiritual lifemap. Complete an assessment of yourself using one of these tools. Prepare the suggested visual representation (one of the maps or the genogram) and bring it with you to the first day of class. Be prepared to share your assessment and to turn it in. Include only what you feel comfortable sharing. You may not think of yourself as spiritual or religious, so it may be important to consider spirituality in broad terms that encompass human experience and humanity beyond what is typically identified as religion or even spirituality.

This assignment is worth 40 points and due the first day of class

Interview

After the 2-day seminar, you will complete an interview based on another’s spiritual and religious history, beliefs, and values. Chose a couple, family or individual you do not know well to proximate what it is like to talk with clients about this part of their lives. The interview should take about an hour. We will spend some time in class preparing for the interview. While interviewing, you should keep notes about important points and themes that emerge as well as your own thoughts and reactions. Write a short 5-8 page reflection paper describing the following:

1. How did your interviewee(s) describe themselves spiritually and/or religiously?
2. What seemed important relative to your interviewee(s)’ religious/spiritual histories, values, and beliefs? How did these relate to making meaning of life, strength/resilience, relationships, and so on? Include both “positive” and “negative” experiences and effects.
3. What did you experience as an interviewer? What was it like for you to be asking questions and discussing spirituality and religion with another? What did you notice about your own thoughts and reactions relative to your interviewee(s)’ story?
4. Drawing from your own assessment (first assignment), readings and what you learned in class, and this interview experience, identify your growing edges relative to being able to fluidly and competently explore and integrate spirituality and religion into your clinical work.

This assignment is worth 50 points and is due on October 1st.

GRADING

A = 93-100

B = 83-87

C = 73-77

A- = 90-92

B- = 80-82

C- = 70-72

B+ = 88-89

C+ = 78-79

NON-DISCRIMINATION POLICY/SPECIAL ASSISTANCE

Lewis & Clark College adheres to a nondiscriminatory policy with respect to employment, enrollment, and program. The College does not discriminate on the basis of race, color, creed, religion, sex, national origin, age, handicap or disability, sexual orientation, or marital status and has a firm commitment to promote the letter and spirit of all equal opportunity and civil rights laws.

SPECIAL ASSISTANCE

If you need course adaptations or accommodations because of a disability and/or you have emergency medical information to share please make an appointment with the instructor as soon as possible.

COURSE SCHEDULE & READINGS

****COMPLETE ALL READINGS AND FIRST ASSIGNMENT BEFORE CLASS****

Day 1: Morning Session (9 a.m. – 12 p.m.)

Topics:

Welcome and introductions

Religion & Spirituality in family therapy: U.S. perspective

Assessment and self-of-the-therapist

Readings:

Aponte, H. (2002). Spirituality: The heart of therapy. *Journal of Family Psychotherapy*, 13(1/2), 13-27.

Haug, I. (1998). Including a spiritual dimension in family therapy: Ethical considerations. *Contemporary Family Therapy*, 20(2), 181-194

*Hodge, D. (2005). Developing a spiritual assessment toolbox: A discussion of the strengths and limitations of five different assessment methods. *Health & Social Work*, 30(4), 314-323.

*First assignment due on arrival in class is based on this article

Lunch Break (12 p.m. – 1 p.m.)

Day 1: Afternoon Session (1 p.m. – 4:00 p.m.)

Topics:

Practical considerations for integrating spirituality and religion into therapy

Readings:

Bernandez, M. & bernandez, S. (2002). Altar-making with Latino families: A narrative therapy perspective. *Journal of Family Psychotherapy*, 13(1/2), 329-347.

Griffith, M. (1995). Stories of the South, stories of suffering, stories of God. *Family Systems Medicine*, 13(1), 3-9.

Hoogstraat, T. & Trammel, J. (2003). Spiritual and religious discussions in family therapy: Activities to promote dialogue. *The American Journal of Family Therapy*,(31), 413-426.

Day 2: Morning Session (9 a.m. – 12 p.m.)

Topics:

Global perspectives on religion and therapy

Overview of a diverse faith: Islam in our contemporary world

Islamic law and family life

Readings:

Ali, S. R. & Liu, W. M. (2004). Islam 101: Understanding the religion and therapy implications. *Professional Psychology: Research and Practice*, 35(6), 635-642.

Marks, L. (2004). Sacred practices in highly religious families: Christian, Jewish, Mormon, and Muslim Perspectives. *Family Process*, 43(2), 217-231.

Meyers, G. (2004). Merging the horizons of psychotherapeutic and religious worldviews: New challenges for psychotherapy in the global age. *Mental Health, Religion & Culture*, 7(1), 59-77.

Review: <http://www.religioustolerance.org/islam.htm>

Lunch Break (12 p.m. – 1 p.m.)

Day 2: Afternoon Session (1 p.m. – 4:00 p.m.)

Topics:

Working with Muslim families in the U.S.

Religious & cultural self of the therapist relative to therapy with Muslim families

Readings:

Beitin, B. & Allen, K. (2005). Resilience in Arab American couples after September 11, 2001: A systems perspective. *Journal of Marital and Family Therapy*, 31(3), 251-267.

Carolan, M., Bagherinia, G., Juhari, R., Himmelright, J., & Mouton-Sanders, M. (2000). Contemporary Muslim families: Research and Practice. *Contemporary Family Therapy*, 22(1), 67-79.

Hall, R. & Livingston, J. (2006). Mental health practice with Arab families: The implications of spirituality vis-à-vis Islam. *The American Journal of Family Therapy*, 34, 139-150.