



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

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Time & Day: June 2<sup>nd</sup>, 9<sup>th</sup>, 16th, & 23<sup>rd</sup>, 8:30-12:15

Instructors: Sebastian Perumbilly, ABD & Teresa McDowell, Ed.D.

Place: Howard Hall, Room 254

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COURSE DESCRIPTION

Applications of family systems approach to treatment of families in crisis and transition. Topics include issues such as substance abuse, domestic violence, sexual abuse, trauma and loss, poverty, and chronic illnesses. A portion of this course emphasizes clinical case conceptualization and treatment planning.

In particular, this course offers an overview of spirituality and religion in family therapy with an emphasis on learning about diverse faiths, traditions, and families. Participants will consider the role of spirituality and religion in therapy in understanding family dynamics, developing solutions to problems, and building on strengths and resilience.

COURSE OBJECTIVES

This course will help participants develop a working knowledge of:

1. The historical relationship between psychotherapy and religion,
2. Trends related to integrating religion/spirituality into practice in various mental health fields,
3. Ethical considerations in integrating spirituality/religion and psychotherapy,
4. Self-of-the-therapist relative to spirituality/religion,
5. Assessing spirituality/religion with clients,
6. Connection between spirituality/religion and resilience, change, strengths & solutions,
7. Practice integrating spirituality/religion into therapy, and
8. Diversity and religion/spirituality and collaboration with diverse religious communities/leaders.

ASSIGNMENTS

Participants are expected to complete the assigned readings and to synthesize and apply them in class. 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.

## **Spiritual/Religious Self Assessment**

Each student will complete one of several spiritual assessment tools as described in:

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

The student will bring his/ her completed self-assessment for discussion on June 9<sup>th</sup>. In addition, each student will complete a 3-5 page reflection paper that will address the following questions:

1. When reflecting upon your own background, what connections do you make between spirituality/ religion and resilience?
2. In critically examining your own beliefs and values, what religious/ spiritual biases are most likely to affect your work? How will you address these in your professional development?
3. What steps will you take to ensure that you develop multicultural competence relative to spirituality and religion?

The assessment tool and paper are due on June 23<sup>rd</sup>

50 points

20 points will be assigned to the assessment tool and each reflection question will be worth 10 points.

## **Family Interview**

Each student will interview a family of his/ her choice about their religious and/ or spiritual practices and beliefs. Guiding questions for the interviews will be developed in class. Students will come to class on June 16<sup>th</sup> ready to discuss their completed interviews. To prepare for this discussion, each student will write a 5-7 page paper that describes the following:

1. Using pseudonyms identify the family members, and their religious/ spiritual backgrounds, and describe how their religion/ spirituality influence them as a family (e.g., dynamics, hierarchy, life decisions),
2. Describe your experience while completing this interview including challenges you encountered while talking about spirituality and religion with the family,
3. If you were to work with this family, what self-of-the-therapist issues would you most likely face? How would you handle these?

The completed interview and paper are due on June 16<sup>th</sup>.

50 points

20 points will be assigned to the completion of the interview as demonstrated by the class discussion, and each reflection question will be worth 10 points.

## 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

### **Day 1: June 2, 2010 (8:30 a.m. – 12:15 p.m.)**

#### **Topics:**

- Welcome and introductions
- The historical relationship between psychotherapy and religion,
- Trends related to integrating religion/spirituality into practice in various mental health fields,
- Ethical considerations in integrating spirituality/religion and psychotherapy.

#### **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

Helmeke, K.B., Bischof, G.H. (2007). Couple therapy and spirituality and religion: state of the art. *Journal of Couple and Relationship Therapy*, 6, 1/2, 167-179.

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.

**Day 2: June 9, 2010 (8:30 am – 12:15 pm)**

**Topics:**

- Self-of-the-therapist relative to spirituality/religion,
- Assessing spirituality/religion with clients,
- Connection between spirituality/religion and resilience, change, strengths & solutions.

**Readings:**

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

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.

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

Perry, A., & Rolland, J.S. (2009). The therapeutic benefits of a justice-seeking spirituality. Empowerment, healing and hope. In F. Walsh (Ed.) *Spiritual Resources in Family Therapy* (2<sup>nd</sup> ed). New York: Guilford Press. *Therapy*,(31), 413-426.

**Day 3: June 16, 2010 (8:30 am – 12:15 pm)**

**Topics:**

- Practice integrating spirituality/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.

Heinz, A., Disney, E.R., Epstein, D.H., Glenzen, L.A., Clark, P.I., & Preston, K.L. (2010). A focus-group study on spirituality and substance user treatment. *Substance Use & Misuse, 45*, 134-153.

Sigmund, J.A. (2003). Spirituality and trauma: the role of clergy in the treatment of posttraumatic stress disorder. *Journal of Religion and Health, 42*, 3, 221-229.

**Day 4: June 23, 2010 (8:30 am – 12:15 pm)**

**Topics:**

- Religious diversity
- Collaboration with diverse religious communities/leaders.

**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.

Boyd-Franklin, N., & Lockwood, T.W. (2009). Spirituality and religion. Implications for psychotherapy with African American Families. . In F. Walsh (Ed.) *Spiritual Resources in Family Therapy* (2<sup>nd</sup> ed). New York: Guilford Press.

Juthani, N. (2001). Psychiatric treatment of Hindus. *International review of Psychiatry*, 13, 125-130.

Schlosserber, E. & Hecker, L. (1998). Reflections of Jewishness and its implications for family therapy. *The American Journal of Family Therapy*, 26, 129-146.