

Building Client Spirituality in Christian Counseling Practice
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Description: Spirituality has become a recognized area of importance in counseling; however, the reasons for addressing it and the ways to engage biblical spirituality are not always clear. This workshop will cover the necessity in Christian counseling of developing a biblical foundation for the spiritual dimension in counseling, along with evidence in support of the value and benefits of spirituality. Discussion will focus on building client spirituality within the context of Christian counseling, and how counselors can incorporate this dimension from a biblical perspective.

The Necessity of Addressing the Spiritual Dimension in Counseling

Problems with Addressing Spirituality in Counseling
Research: Spirituality & Mental Health
Spirituality and Counselor Training
Changing Views on the Role of Religion in Counseling
Models for Integrating Spirituality in Counseling
Spirituality and Health: Research
The Definition Problem: Spirituality
True Spirituality & Life's Basic Questions

The Ethical Use of Spiritual Resources in Counseling

The Concern & the Challenge
ACA 2014 Code of Ethics
Association for Spiritual, Ethical, and Religious Values in Counseling (ASERVIC)
Joint Commission on Accreditation for Healthcare Organizations (JCAHO) Requirements for Spiritual, Assessment
AACC Code of Ethics (Y2004) & (Y2021)
Five Primary Values: The RRICC Model (Respect, Responsibility, Integrity, Competence, Concern)
Four Ethical Pitfalls in Integrating Religion and Counseling (Plante)

Examples of Spiritual Resources and Practices in Counseling

Major Functions of Spiritual Interventions
Example: Spiritual Practices in Addiction Recovery
Example: Don't Be Anxious—But How?
The Power of Gratitude (A Christian Virtue & Emotional Disposition)
Spiritual Activities
Engaging Spiritual Intervention

For a Copy of the Presentation:

URL Link: <http://www.nobts.edu/ccm/counseling-conference-resources.html>

QR Scan Link:



Spiritual Awareness Guide (SAG)

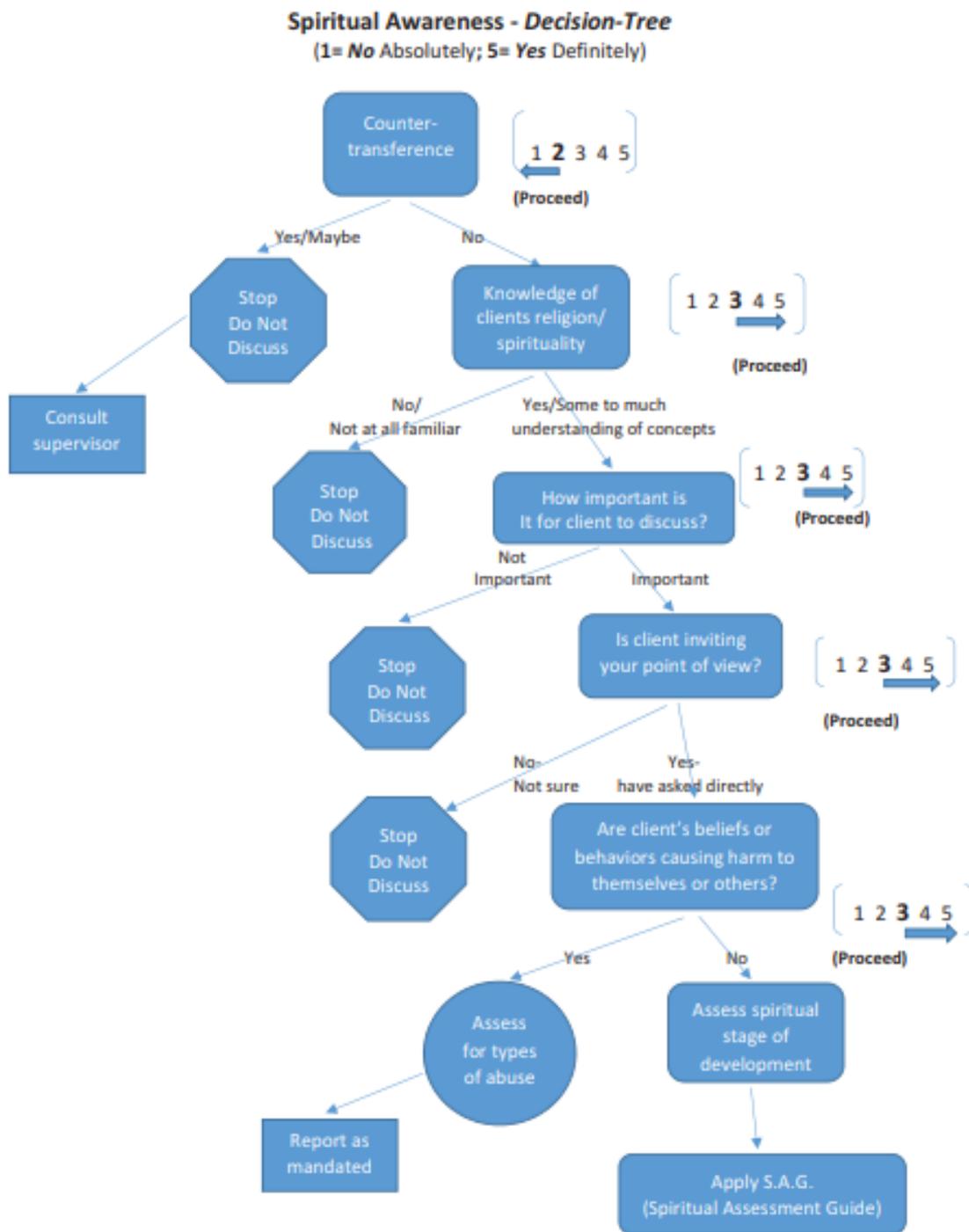


Figure A1. Spiritual Awareness: Decision-Tree.

Miles Matise, Jeffery Ratcliff & Flavia Mosci (2017): A Working Model for the Integration of Spirituality in Counseling, *Journal of Spirituality in Mental Health*, DOI: 10.1080/19349637.2017.1326091

Spiritual Disciplines in Clinical Practice

Eck, Brian E. (2002). An exploration of the therapeutic use of spiritual disciplines in clinical practice. *Journal of Psychology and Christianity*, 21(3), 273.

	Richard Foster Disciplines (1988)	Dallas Willard Disciplines (1988)	Tan & Gregg Disciplines (1997)	John Ortberg Disciplines (1997)	Bass, et al. Practices (1997)	Worthington et al. (1988)	Ball & Goodyear (1991)	Moon et al. (1991 1993)	Jones et al. (1992)	Richards & Bergin (1997)	
Cognitive	1. Meditation	Inward		Solitude	Guidance		1		2	1	2
	2. Listening			Solitude	Guidance						
	3. Scripture				Core		4	1	2	2	2
	4. Study	Inward	Engagement	Solitude	Guidance		1	1			1
	5. Prayer	Inward	Engagement	Solitude	Guidance		2	1	4	2	3
	6. Discernment					Practice			1		
Behavioral	1. Simplicity	Outward		Service				1			
	2. Frugality		Abstinence			Practice					
	3. Fasting		Abstinence	Surrender	Celebration			1			1
	4. Chastity		Abstinence								1
	5. Body Care					Practice					
	6. Saying no/yes					Practice					
	7. Slowing				Core						
	8. Sabbath				Celebration	Practice					
	9. Solitude	Outward	Abstinence	Solitude	Slowing			1			
	10. Silence		Abstinence	Solitude				1			
	11. Secrecy		Abstinence		Core						
	12. Service	Outward	Engagement	Service							1
	13. Servanthood				Core						
	14. Sacrifice		Abstinence								
	15. Suffering				Core						
	16. Dying well					Practice					
Interpersonal	1. Confession	Corporate	Engagement	Surrender	Core		2		1		1
	2. Repentance			Surrender					1		1
	3. Forgiveness					Practice	3	1	1		1
	4. Submission		Engagement	Surrender							
	5. Humility				Servanthood						
	6. Worship	Corporate	Engagement	Surrender	Guidance			1			1
	7. Eucharist					Practice					1
	8. Singing					Practice					1
	9. Celebration	Corporate	Engagement		Core						
	10. Fellowship		Engagement	Service							1
	11. Community					Practice					
	12. Hospitality					Practice					
	13. Healing				Confession	Practice	1	1	1	1	
	14. Witnessing			Service							
	15. Testimony					Practice					1
	16. Intercession			Solitude			1	1	1		
	17. Guidance			Solitude	Core						

*s indicate the number of sub-categories for a spiritual discipline that was identified by a researcher. A blank indicates that the discipline was not incorporated in the study.

Figure 1.
39 Spiritual Disciplines and Practices