

CPSE 656 Winter 2023
Spiritual Values in Psychotherapy
Wednesdays 9 am-12 pm 343 MCKB
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Objective:

The objective of this course is to have you explore the issues of religion and spirituality in psychotherapy which will sensitize you to the process in your applied work. Experience has shown that some of these issues have a slow fuse. Students have seen them emerge organically in their work overtime.

It is more about awareness and sensitivity than technique.

Pedagogy:

This course will have two parts to it. The first five or six weeks, taught by Dr. Fischer, will take you on a deep dive to increase your awareness and sensitivity to religious and spiritual issues in psychotherapy. The exciting part of this half is that we will explore together. The reading materials will be co-created by Dr. Fischer and the students. This does not mean that the workload will be lessened, but that the work will be co-created through discussion, reading, and writing. As we discuss three questions, we will all recommend relevant readings, write, and present our reactions. Some readings will be ideographic. For example, students have written and presented poetry, essays, case studies, visual art and other introspections to capture their experiences. We will let it evolve as it will.

The next 9-10 weeks will be taught by Dr. Hansen and will provide an overview to the field of spirituality and religion in clinical practice, definition of terms, relevant research, available resources, guidelines for practice, some exercises, lots of discussion, ethical issues, and an opportunity to explore in vivo the intersection of religion and psychotherapy.

Process:

You will be asked to write a weekly reflection paper all weeks. In the first half of the course, you will be asked to present your writing to the class which will help you participate in discussion. You will receive 10 points per writing assignment for a total of 140 points.

You will also be asked to choose a religious faith and interview a leader from your chosen faith about how they think about psychology. In your interview find out how the chosen religious faith views psychotherapy and psychology in general. Find out what they see as the benefits and drawbacks of

psychotherapy and if they collaborate with mental health providers and how. Research your religion so you understand some background about your faith. You will present a brief overview of your faith in any way that you choose and then share your findings and own reflections from the interview. Worth 50 points.

Final exam is worth 50 points.

Professionalism: You will receive 10 points for showing up regularly for class, thoroughly doing your reading and coming prepared to discuss the readings and engaging with classmates and instructors in a professional manner.

Course will be graded on a total of 250 points.

Structure:

Though we will explore various definitions of spirituality and religion in class, we do have a governing definition of spirituality which seems to be helpful.

“Spirituality is the Consciousness of Victory Over Self and of Communion with the Infinite.”

In the first half of the class, we will explore the following five issues somewhat in order, but we will loop as necessary.

Know thyself. Know thy God. Know thy client. Know thy craft. Think about it, already.

This definition and structure functions as well for believers as it does for non-believers.

Textbooks:

(Available at the BYU bookstore)

Len Sperry (2012). Spirituality in clinical practice: theory and practice of spiritually oriented psychotherapy (2nd ed). New York: Routledge.

Pargament and Exile (2022). Working with Spiritual Struggles in Psychotherapy. London: Guilford Press.

Attached is a list of probable readings as needed (see the bottom of the syllabus).

Schedule:

We have class every Wednesday morning. We will figure out the final as we go. We might use the last class period and the final exam time in extended presentations.

Jan 11 Co-created exploration: What is your history with God?

Jan 18 Co-created exploration How do you define your God?

Jan 25 Co-created exploration: What is your spiritual frontier?

Feb 1 Co-created exploration

Feb 8 The Spiritual Dimension in Clinical Practice; Types of Professions (Sperry Chapters 1 & 2)

Feb 15 Models, Philosophy and Spiritual Dynamics Sperry (Chapters 3 & 4)

Feb 22 Religion in Clinical Practice; Collaboration with Chaplains/Clergy/Pastoral Professionals

March 1 The Practice of Spiritually Oriented Psychotherapy (Chapter 5)
Mar 8 The Therapeutic Relationship; Assessment and Case Conceptualization (Chapters 6 & 7)
Mar 15 Case Presentation; Interventions, Termination, Evaluation (Chapter 8 & 9)
Mar 22 Religious and Spiritual Presentations
Mar 29 Religious and Spiritual Presentations
April 5 Off Spring Break
Apr 12 Spiritual and Religious Struggles (Pargament and Exline 2022 book- chapters 1-14)
Apr 19 Cultural and Ethical Consideration and Wrap Up (Chapter, 10; Specific Readings)
Apr 24 University Scheduled Final Exam 11:00-2:00

University Policies

University Policies Honor Code

In keeping with the principles of the BYU Honor Code, students are expected to be honest in all of their academic work. Academic honesty means, most fundamentally, that any work you present as your own must in fact be your own work and not that of another. Violations of this principle may result in a failing grade in the course and additional disciplinary action by the university. Students are also expected to adhere to the Dress and Grooming Standards. Adherence demonstrates respect for yourself and others and ensures an effective learning and working environment. It is the university's expectation, and my own expectation in class, that each student will abide by all Honor Code standards. Please call the Honor Code Office at 422-2847 if you have questions about those standards.

Preventing Sexual Harassment:

Title IX of the Education Amendments of 1972 prohibits sex discrimination against any participant in an educational program or activity that receives federal funds. The act is intended to eliminate sex discrimination in education and pertains to admissions, academic and athletic programs, and university-sponsored activities. Title IX also prohibits sexual harassment of students by university employees, other students, and visitors to campus. If you encounter sexual harassment or gender-based discrimination, please talk to your professor or contact one of the following: the Title IX Coordinator at 801-422-2130; the Honor Code Office at 801-422-2847; the Equal Employment Office at 801-422-5895; or Ethics Point at <http://www.ethicspoint.com>, or 1-888-238-1062 (24-hours). Another option is to call or visit with Lisa Leavitt, BYU's full-time advocate for victims of sexual assault. If you wish to speak with someone confidentially about an incident of sexual assault or abuse, contact Lisa Leavitt: lisa_leavitt@byu.edu; advocate@byu.edu; or call 801-422-9071. Lisa's office is located at 1500 WSC on the BYU campus. As a BYU professor if I become aware of or reasonably suspects any incidents of Sexual Misconduct, I must promptly report all relevant information to the Title IX Coordinator. I am instructed to inform the reporting individual that I must report the incident.

Students with Disabilities:

Brigham Young University and I are personally committed to providing a working and learning atmosphere which reasonably accommodates qualified persons with disabilities. If you have any disability which may impair your ability to complete this course successfully, please contact me at the beginning of the semester, as early as possible, to ensure adequate prevention and intervention efforts to ensure a positive learning experience. You may also contact the University Accessibility Center (UAC; 801-422-2767). They have an Internet site describing their services and contact information [<https://uac.byu.edu/>]. Reasonable academic accommodations are reviewed for all students who have qualified documented disabilities. Services are coordinated with the student and instructor by the UAC Office. If you need assistance or if you feel you have been unlawfully discriminated against on the basis of disability, you may seek resolution through established grievance policy and procedures. You may contact the Equal Employment Office in the ASB. They can be reached by phone at 801-422-6878 or you can visit their offices in the ASB: D-282, D-292, D-240C.

Academic Honesty

The first injunction of the Honor Code is the call to "be honest." Students come to the university not only to improve their minds, gain knowledge, and develop skills that will assist them in their life's work, but also to build character. "President David O. McKay taught that character is the highest aim of education" (The Aims of a BYU Education, p.6). It is the purpose of the BYU Academic Honesty Policy to assist in fulfilling that aim. BYU students should seek to be totally honest in their dealings with others. They should complete their own work and be evaluated based upon that work. They should avoid academic dishonesty and misconduct in all its forms, including but not limited to plagiarism, fabrication or falsification, cheating, and other academic misconduct.

Plagiarism

Intentional plagiarism is a form of intellectual theft that violates widely recognized principles of academic integrity as well as the Honor Code. Such plagiarism may subject the student to appropriate disciplinary action administered through the university Honor Code Office, in addition to academic sanctions that may be applied by an instructor. Inadvertent plagiarism, which may not be a violation of the Honor Code, is nevertheless a form of intellectual carelessness that is unacceptable in the academic community. Plagiarism of any kind is completely contrary to the established practices of higher education where all members of the university are expected to acknowledge the original intellectual work of others that is included in their own work. In some cases, plagiarism may also involve violations of copyright law. Intentional Plagiarism-Intentional plagiarism is the deliberate act of representing the words, ideas, or data of another as one's own without providing proper attribution to the author through quotation, reference, or footnote. Inadvertent Plagiarism-Inadvertent plagiarism involves the inappropriate, but non-deliberate, use of another's words, ideas, or data without proper attribution. Inadvertent plagiarism usually results from an ignorant failure to follow established rules for documenting sources or from simply not being sufficiently careful in research and writing. Although not a violation of the Honor Code, inadvertent plagiarism is a form of academic misconduct for which an instructor can impose appropriate academic sanctions. Students who are in doubt as to whether they are providing proper attribution have the responsibility to consult with their instructor and obtain guidance. Examples of plagiarism include: Direct Plagiarism-The verbatim copying of an original source without acknowledging the source. Paraphrased Plagiarism-The paraphrasing, without acknowledgement, of ideas from another that the reader might mistake for the author's own. Plagiarism Mosaic-The borrowing of words, ideas, or data from an original source and blending this original material with one's own without acknowledging the source. Insufficient Acknowledgement-The partial or incomplete attribution of words, ideas, or data from an original source. Plagiarism may occur with respect to unpublished as well as published material. Copying another

student's work and submitting it as one's own individual work without proper attribution is a serious form of plagiarism.

Respectful Environment

"Sadly, from time to time, we do hear reports of those who are at best insensitive and at worst insulting in their comments to and about others... We hear derogatory and sometimes even defamatory comments about those with different political, athletic, or ethnic views or experiences. Such behavior is completely out of place at BYU, and I enlist the aid of all to monitor carefully and, if necessary, correct any such that might occur here, however inadvertent or unintentional. "I worry particularly about demeaning comments made about the career or major choices of women or men either directly or about members of the BYU community generally. We must remember that personal agency is a fundamental principle and that none of us has the right or option to criticize the lawful choices of another." President Cecil O. Samuelson, Annual University Conference, August 24, 2010 "Occasionally, we ... hear reports that our female faculty feel disrespected, especially by students, for choosing to work at BYU, even though each one has been approved by the BYU Board of Trustees. Brothers and sisters, these things ought not to be. Not here. Not at a university that shares a constitution with the School of the Prophets." Vice President John S. Tanner, Annual University Conference, August 24, 2010.

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