

CPSE 656 Winter 2020  
Spiritual Values in Psychotherapy  
Wednesday 9:00-12:00 343 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 over time.

It is more about awareness and sensitivity than technique.

Pedagogy:

This course is co-created by the instructors and students. We will explore together. 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 five major issues/processes, 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.

Process:

Writing and presenting once a week has proven to be beneficial.

Structure:

We 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.”

We will explore the following five issues, but they are intertwined and not necessarily sequential. There is a recursive aspect to them that will continue throughout your career.

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

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

Textbooks:

I have asked that you access three textbooks that should be of value to you in perpetuity.

*Turning Freud Upside Down*

*Turning Freud Upside Down II*

*Working with Spiritual Struggles in Psychotherapy* (Pargament and Exline, 2022)

Schedule:

This course is too flexible to fit into a rigid schedule. We will feel our way forward as it all unfolds.

## Assignments:

We have some activities that have been helpful in the past. They are related to our five issues. However, we will navigate together and you can help brainstorm additional or alternative experiences. The first three are personal and, although it is very informative for us to share them with the group, it is not strictly required. You may (a) do the reflection and prepare a brief paper or powerpoint and oral presentation with the class, (b) do the reflection and prepare a paper or powerpoint and only share it with the instructor, (c) do the reflection and prepare a paper or powerpoint and keep it private. But you must do the reflection. Actually, if we do it well, the reflection tends to continue throughout your career. What? Continual development? Yes.

### Know Thyself/ Know Thy God:

Reflection 1: What is your History with God?

Reflection 2 What is your Conception of God?

Reflection 3: What is your Frontier with God?

### Know Thy Client:

Reflection 4:

Religion and Psychotherapy: Individually or in teams as you prefer, 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 the faith in any way that you choose and then to share your findings and own reflections from the interview.

### Know Thy Craft:

Here we explore the Pargament and Exline text, "Working with Spiritual Struggles in Psychotherapy". Let's think through a reading schedule and process by which we can best ingest this text.

### Think About It Already:

Below are some references that might be of value as various issues emerge in our discussion. Some issues tend to emerge every year and we can access the thinking of folks who have pondered those issues in the references below. This is not an exhaustive list, nor will we use every reference, but it is a good sampling.

### Final Reflection/Paper/Presentation/Creation

Toward the end of the semester, it is helpful to reflect on your journey. I don't want to foreclose on your learning and I fully expect that it will continue throughout your careers, but it has been fascinating to see our "final" reflections on the semester. The format is wide open. Formal papers, poetry, painting, lyrics and music, dance, powerpoints, food...Anything that captures your experience that can be shared with the class. Of course, if it is too personal, you are welcome to exercise your three options above.

## Some References

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## 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](mailto:lisa_leavitt@byu.edu); [advocate@byu.edu](mailto: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.