

Thema Bryant: Workshop (3 September, 9.00am-12.00pm)

Intersection of Spirituality, Religion and Mental Health

As a licensed clinical psychologist and ordained minister, the facilitator will explore the need for greater bridges between the fields of psychology and spirituality. Many training programs in psychology either neglect spirituality and religion or pathologize them. This workshop will explore positive and negative religious coping, religious/spiritual abuse, and religion and spirituality as cultural resources and protective factors. Attendees will reflect and engage ethically and culturally appropriate ways to integrate client's spiritual and religious world views and practices in the assessment, goal setting, and intervention process. Case studies will be provided and challenges will be examined. The role of beliefs, practices, and community will be described as well as the role of mental health providers when providing care for persons for whom spirituality, religion, and/or faith are central.