

Agenda

Integrating Religion and Spirituality into Counseling: Clinical Applications and Ethical Considerations

Friday, June 4th

9:30am – 4:30pm EST

9:30 – 9:45 AM Welcome, Introductions, Course Overview, and Learning Objectives

9:45 – 10:45 AM Module 1: Foundations of Religion, Spirituality, and Meaning-Making in Therapy

- Differentiating religion, spirituality, and existential meaning-making
- The role of spirituality in mental health, resilience, and coping
- Clinician self-awareness, values, and implicit bias
- Ethical foundations for integrating spirituality into psychotherapy

10:45 – 11:00 AM Break (15 minutes)

11:00 AM – 12:30 PM Module 2: Spiritual Assessment and Clinical Applications

- Conducting ethical and culturally responsive spiritual assessments
- Integrating clients' beliefs into treatment planning
- Working with mindfulness, contemplative practices, and spiritual resources
- Supporting both religious and nonreligious clients
- Case examples and experiential discussion

12:30 – 1:00 PM Lunch (30 minutes)

1:00 – 2:30 PM Module 3: Addressing Spiritual Challenges in Clinical Practice

- Religious trauma and spiritual abuse
- Spiritual bypassing and its impact on treatment
- Faith transitions, doubt, and identity development
- Supporting clients navigating grief, trauma, and existential concerns

- Culturally responsive interventions across diverse spiritual traditions

2:30 – 2:45 PM Break (15 minutes)

2:45 – 4:15 PM Module 4: Ethics, Cultural Humility, and Clinical Integration

- Ethical standards, scope of practice, and informed consent
- Maintaining appropriate professional boundaries
- Cultural humility and avoiding value imposition
- Documentation and treatment planning considerations
- Integrating religion and spirituality into psychotherapy with confidence and competence

4:15 – 4:30 PM Questions, Discussion, Reflective Exercise, Course Evaluation, and Closing Remarks

Instructional Time: 6 CE Hours