

"No other book in print ... is so fully organized around the *Competencies for Addressing Spiritual and Religious Issues in Counseling* developed by the Association for Spiritual, Ethical, and Religious Values in Counseling (ASERVIC) ... and endorsed by the ACA"

Integrating Spirituality and Religion Into Counseling

A guide to competent practice – 2nd Edition

Edited by
Craig S. Cashwell and J. Scott Young

Surprising Facts: 96% of Americans believe in a Higher Power ... over **90%** pray ... **69%** are members of a religious community ... and **43%** have attended a religious service *within the past 7 days!*

Clearly, spirituality plays a critical role in nearly every individual's *culture* and *development* – both of which are core tenets of the counseling profession.

IF... you're a practicing counselor or a counseling student, this wholly revised 2nd edition, with new chapters and new practical applications and specific recommendations on "how to" ... *should definitely be the next book you read!*

As far as we know, it is the only book in existence that:

- Includes a chapter on spirituality/religion *and diagnosis*
- Includes a chapter on counseling applications of *mindfulness*
- Contains a comprehensive chapter on models of *spiritual development*
- Includes a chapter on *women's spirituality*

Once upon a time...

Spirituality and religion were separate from the counseling process.

Indeed, many practitioners were hesitant to broach the topic of their clients' religious or spiritual concerns, lest they be seen as inappropriately mixing counseling with spiritual-religious matters, which were viewed as the domain of the clergy, not of the counselor.

But, with the development and appreciation of the multi-cultural dimensions in counseling, religion and spirituality are now given increased attention – *in fact, they are a requisite* – enabling you as a counselor to more deeply understand a client's cultural background.

This is reason enough to place **Integrating Spirituality and Religion into Counseling** at the top of your reading list.

22 eminent scholars contributed to this impressive and easy to read opus

And each contributor stresses how important it is for you, as a practitioner, during your assessment process with your client, to ask about their interests in exploring their spiritual and religious concerns, *and to also ask about their spiritual and religious background.*

Why? Because it will give you a sense of how your client's spiritual and religious beliefs, values and practices might be related to their presenting problem. And, it can also provide you with direction in constructing solutions.

Other books dealing with spirituality in counseling spend a great deal of time with the "why" of integrating spirituality into counseling.

The primary focus of **Integrating Spirituality and Religion into Counseling**, on the other hand, is on the "how" to integrate spirituality.

All authors were instructed to write for you, the counseling practitioner or student, and that the approach they employ should be "applied" rather than "theoretical."

In essence... this marvelous book gives you a concrete perspective on how to provide counseling in a manner consistent with a client's spiritual beliefs and practices.

Each chapter begins with a discussion of one or more competencies ... a discussion of clinical application ... and a case illustration of the concepts discussed ... in order to provide you with practical ideas on how to apply what you will learn in this book.

New to this edition...

In Chapters 9 thru 13, authors discuss spirituality in addictions counseling, mindfulness, prayer, ritual, and the "divine feminine" spirituality.

Included, too, are instances of clients who enter counseling with presenting issues that are explicitly religious or spiritual (e.g., crisis of faith).

From these examples you will learn how to identify spiritual themes such as surrender and forgiveness in your client's narratives, and how to integrate these themes in your counseling process.

This 2nd edition also provides guides for experiential classroom activities and discussion points.

But use with caution!

The authors instruct you also on how to monitor the possible ways in which your personal values might influence the interventions you might choose in your counseling practice.

Counseling, after all, is not about you making decisions for your clients or teaching them how to conduct their lives.

Integrating Spirituality and Religion into Counseling helps you to develop a respectful stance that honors your client's worldview and works within this framework in a collaborative fashion to achieve your client's goals.

Accordingly, a central question explored in this book is, what is involved in the competent and ethical integration of spirituality and religion into the counseling process?

So, in essence, the competencies provided are tools designed to help you establish and maintain effective relationships with your clients, even when clients hold beliefs that are contrary to your own spiritual or religious values.

And, by developing a framework that allows you to understand and work effectively with your clients' spiritual and religious lives ... the point is clearly made that you will need to understand and appreciate your own spiritual journey if you hope to assist your clients in understanding theirs.

"A Comprehensive Revision!"

"This second edition represents a comprehensive revision of what was already an excellent resource for practitioners."

— *Gerald Corey, EdD*
Professor Emeritus, California State University, Fullerton

"An Easy-to-Read and Invaluable Resource!"

"This is an easy-to-read book, full of excellent case examples and practical suggestions based on current research as well as the authors' clinical and teaching experiences. It is an invaluable resource for the competent, ethical practice of addressing spiritual and religious issues in the assessment and counseling of individuals from diverse backgrounds."

— *Harriet L. Glossoff, PhD*
Montclair State University

"Cashwell and Young have done it again!"

"Counselors, psychologists, psychiatrists, social workers, clergy, and students will find this work engaging and enlightening. It is a book you will want to read thoroughly and then keep for long-term reference."

— *Dennis W. Engels, PhD, LPC-S, MCC, NCCC*
Regents Professor, University of North Texas

Order Your Copy Today!

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About the Editors:

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