



**MCFT563: Treatment Issues in MCFT: Spirituality
Spring, 2019**

Meeting times and dates: Saturday and Sunday, February 16th & 17th; 9am-5pm

Course completion: Final assignment due March 8, 2019

Place: South Chapel

Instructor: Teresa McDowell, Ed.D.

Office hours: Call CPSY office 503-768-6060 to schedule an appointment

Contact Information: teresamc@lclark.edu

COURSE DESCRIPTION

This course integrates spirituality and religion into the practice of family therapy. Special attention is paid to spiritual/religious/non-religious self-of-the-therapist awareness; developing competence and spiritual/religious fluency; and integrating spirituality and religion into the practice of family therapy.

STUDENT LEARNING OUTCOMES

The goals of this course focus on the following Student Learning Outcomes:

SLO1.2: Students recognize the interconnections among biological, psychological, social systems in people's lived experience.

SLO 1.3: Students apply systems/relational theories to clinical case conceptualization

COURSE OBJECTIVES

Participants will

- ▣ Explore self of the therapist relative to spirituality and/or religion
- ▣ Become more familiar with assessing spirituality/religion with clients
- ▣ Better understand spiritual and religious diversity
- ▣ Practice introducing spirituality and/or religion in therapy sessions
- ▣ Deepen connection between spirituality and/or religion, resilience, change, strengths, and solutions
- ▣ Be better prepared to integrate spirituality/religion into family therapy

ASSIGNMENTS

1) Class Preparation – Readings (Due Feb 16 & 17, 2019)

Participants are expected to complete the assigned readings and to synthesize and apply them in class. Classroom discussions are an opportunity to bring up questions about the assigned readings, deepen one's understanding of the issues under study, and integrate course material with one's own personal and professional experience. **(10 points)**

2) Interview Assignment (Due March 8, 2019) (90 points)

The final assignment requires you to complete an interview with a non-clinical couple or family about their spirituality and/or religious beliefs. The interview should take about an hour to an

hour and a half. In class you will work with colleagues to prepare questions for your interview. During the interview you will explore various areas including:

- ✓ How each person in the family identifies relative to spiritual and/or religious beliefs/non-beliefs.
- ✓ Spiritual genograms, eco-maps or life maps for the adults in the family.
- ✓ Differences between family members and the impact of these differences in both family-of-origin and current family/couple relationships.
- ✓ The impact of beliefs on resilience; how has spirituality and/or religion helped family members and relationships between family members be resilient?
- ✓ The impact of beliefs and/or religious experience that were or are experienced as oppressive or harmful in any way to any family members or relationships.
- ✓ Anything else you or the couple/family want to explore about religion and/or spirituality.

You will write a paper based on the interview. The paper should include the following:

1. Description of the couple/family including how they identify relative to spirituality/religion **(10 points)**
2. A spiritual genogram, eco-map or life map for each adult interviewed along with a short narrative that explains what you discovered as a result of using the tool **(20 points)**
3. Transcriptions of five of the questions you asked and the answers given. This does not need to be transcribed from a recording, but should give the reader a sense of what you asked and how interviewees responded to your questions **(10 points)**
4. Analysis of the impact of religion and/or spirituality on the family members and their relationships **(50 points)**. Here you need to include references to the literature. Grading for this section will be broken down as follows:
 - a. Comprehensive analysis of relational dynamics relative to spirituality and/or religion (10 points)
 - b. Affects of beliefs on strengths and resilience as individuals and relationships (10 points)
 - c. Affects of religious/spiritual oppression on individuals and relationships (10 points)
 - d. Referencing main points using at least resources from the class as well as at least three additional resources from the literature (10 points)
 - e. APA style writing, structuring of paper, and referencing (10 points)

GRADING

A = 93-100

B = 83-87

C = 73-77

A- = 90-92

B- = 80-82

C- = 70-72

B+ = 88-89

C+ = 78-79

NOTE: Late assignments will be graded down 5 points per day.

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DISABILITY SERVICES STATEMENT

If you have a disability that may impact your academic performance, you may request accommodations by submitting documentation to the Student Support Services Office in the Albany Quadrangle (503-768-7192). After you have submitted documentation and filled out paperwork there for the current semester requesting accommodations, staff in that office will notify me of the accommodations for which you are eligible.

COURSE SCHEDULE & READINGS

February 16, AM – Topics

Introductory mindfulness exercise; relationship between mindfulness and religious practices
Brief overview
Religion, spirituality and resilience
Religion, spirituality and self-of-the-therapist

February 16, PM - Topics

Spiritual genograms, eco-maps, and life maps
Religious and spiritual rituals in communities and families
Using rituals in therapy
Closing ritual

READ BEFORE FIRST CLASS - Text (Available on-line via library):

Wilson, E & Nice, L. (2018). Socially Just Religious and Spiritual Interventions: Ethical Use of Therapeutic Power. *Springer AFTA Series*.

February 17, AM – Topics

Opening mindfulness ritual
When religion or spirituality cause harm
Overcoming religious trauma
When non-religious certainty causes harm
Therapists being open to not knowing

February 17 PM – Topics

Integrating spirituality and religion into therapy
Spiritual and religious diversity
Discussion, interventions and practice
Ethics of including spirituality and/or religion in therapy
Preparation for interview assignment
Closing ritual

February 17 Readings (all available via library)

- Bhagwan, R. (2012). Glimpses of ancient Hindu spirituality: Areas for integrative therapeutic intervention. *Journal of Social Work Practice*, 26 (2), 233-244. DOI: 10.1080/02650533.2011.610500.
- Bowland, S., Foster, K, & Vosler, A. (2013) Culturally competent and spiritually sensitive therapy with lesbian and gay Christians. *Social Work*, 58 (4), p321-332.
- Gehart, D. & Paré, D. (2008). Suffering and the relationship with the problem in postmodern therapies: A Buddhist re-visioning. *Journal of Family Psychotherapy*, 19(4), 299-319.
- Springer, P., Abbott, D. & Reisbig, A. (2009). Therapy with Muslim couples and families: Basic guidelines for effective practice. *Family Journal*, 17(3), 229-235. DOI: 10.1177/1066480709337798.

Suggested books and articles for future reading:

Spirituality and Family Therapy (Journal of Family Psychotherapy)
by Martin John Erickson and Thomas Carlson

Spiritual Resources in Family Therapy
by Froma Walsh

- Aponte, H. (1998). Love, the spiritual wellspring of forgiveness: An example of spirituality in therapy. *Journal of Family Therapy*, 20(1), 37-58.
- Martella, M. & Brock, L. (2008). Religion and spirituality as a resource in marital and family therapy. *Journal of Family Psychotherapy*, 19(4), 330-344.
- Ren, Z. (2012). Spirituality and community in times of crisis: Encountering spirituality in indigenous trauma therapy. *Pastoral Psychology*, 61(5/6), 975-991. DOI: 10.1007/s11089-012-0440-5
- Rivet, M. & Street, E., (2001). Connections and themes of spirituality in family therapy. *Family Process*, 40(4), 459-69.
- Walsh, F. (2010). Spiritual diversity: Multifaith perspectives in family therapy. *Family Process*, 49(3), 330-348 DOI: 10.1111/j.1545-5300.2010.01326.x.