

HANDOUTS

Spirituality for Human Service Providers and Their Clients

Spirituality and Therapy

presented by

Bill O'Hanlon

AGENDA

8:15 a.m. Registration

9:00 **Spirituality in Therapy?**

- What does spirituality have to do with therapy?
- Ways to access spirituality
- Research the value of spirituality

10:20 *Break*

10:35 **Including Spiritual Sensibilities into Therapy**

- Spiritual Assessment
- How people get alienated, lose meaning and purpose

12:00 p.m. *Lunch*

1:15 **Developing the Inclusive Self**

- Sitting with darkness
- Acknowledgement and possibility

2:35 *Break*

2:50 **The Spiritual Basis for Therapy**

- A Grace model of therapy
- Changing the doing & context of the problem

4:15 Adjournment

Bill O'Hanlon

O'Hanlon & O'Hanlon Inc.

223 N Guadalupe #278

Santa Fe, NM 87501-1850

Bill@billohanlon.com

www.billohanlon.com

Because I am committed to spreading these ideas, you have my permission to reproduce these handouts for colleagues, friends or clients. Please keep my name and contact information on them.

If you want to use them for any other purpose, please contact me at: Possibilities, 223 N. Guadalupe #278, Santa Fe, NM 87501 USA, 505.983.2843, www.billohanlon.com; Bill@billohanlon.com

Other websites of Bill's to check out if you are curious; he coaches/teaches people to get books written and published and become successful public speakers:

www.GetYourBookWritten.com

www.PaidPublicSpeaker.com

www.TheNewHypnosis.com

Sponsored by: J&K Seminars, LLC

1861 Wickersham Lane

Lancaster, PA 17603-2327

(800) 801-5415 JK@JKSeminars.com

www.jkseminars.com

Spirituality And Therapy



Because I am committed to spreading these ideas, you have my permission to reproduce them for colleagues, friends or clients. Please keep my name and contact information on them. If you want to use them for any other purpose, please contact me at: Possibilities, 223 N. Guadalupe #278, Santa Fe, NM 87501 USA, 1+505.983.2843, www.billohanlon.com; Bill@billohanlon.com

For copies of the slides used in this presentation, visit: www.billohanlon.com, look under Free Stuff and then Slides; wait a week or so for the slides to appear

Other websites of Bill's to check out if you are curious; he coaches/teaches people to get books written and published and become successful public speakers:
www.GetYourBookWritten.com
www.PaidPublicSpeaker.com
www.TheNewHypnosis.com

THE THREE Cs OF SPIRITUALITY

- ✓ **Connection** – Moving from beyond your little, isolated ego or personality into connection with something bigger, within or outside yourself.
- ✓ **Compassion** – Softening towards yourself or others by “feeling with” rather than being against yourself, others or the world.
- ✓ **Contribution** – Being of unselfish service to others or the world.

Spirituality refers to what is beyond the “little self,” or the personality. Anything that gives one an experience of the “bigger self,” or what is beyond the limited personality can be a component of spirituality. These are possible pathways for people to connect with that something beyond. Any one may work. Some may not work for or appeal to some people.

Seven Pathways to Spirituality Through Connection

[The word *religion* derives from Latin *re-ligare*=to reconnect]

1. *Connection to the soul, the deeper self, the spirit.* The deepest level within. This involves having a connection with oneself that is beyond the rational, logical or even the emotional. Many people find that meditating, journaling or just spending time alone helps them find this connection.
2. *Connection to through the body.* This may come through dancing, sex, athletics, yoga, eating fine foods, etc. Seeing Michael Jordan in the air about to make a basket or other great athletes in action can show the spiritual through the body—they seem to do things that are beyond usual human abilities and that seem transcendent.
3. *Connection to another.* Intimate one to one relationships. Martin Buber calls this the I-Thou relationship. This pathway does not always need to refer to a relationship with another person; it could be with an animal. For example, I know someone who is suicidal and the only thing that keeps her alive is her connection with her dog.
4. *Connection to community.* This pathway involves one’s relationship to one’s group, causes greater than oneself that contribute to the community or the planet. If you have ever felt part of a family, extended family group, neighborhood, church group or workplace, you have taken this pathway.
5. *Connection through nature.* Being in and noticing nature and the physical environment. How many of us need to spend time in the outdoors every so often or we begin to feel small and disconnected? “I believe in God, only I spell it Nature,” said Frank Lloyd Wright. One may also experience this sense of connection through a deep understanding and appreciation of the laws of nature, such as physics, mathematics. Being a liberal arts major, I think I’ll stick with mountains and forests and lakes for my nature connection.
6. *Connection by participating in making or appreciating art.* Ever seen someone standing in front of a painting in a museum and being moved to tears or listening to a piece of music and feeling energized or moved? Depending on one’s preferences, this may come through literature, painting, sculpture, theater, movies, photography, dance, etc. Many artists refer to a sense that they are not making the art they produce, but that it is coming to or through them.
7. *Connection to the Universe or higher power or God or Cosmic consciousness* or whatever word one uses for the sense that there is a greater being or intelligence than ourselves at work in life. This connection can happen through prayer, conversion, meditating, etc.

SPIRITUALITY IN THERAPY ASSESSMENT

Spiritual History/Background

- Have you ever had religious or spiritual beliefs or practices?
- What have been your religious affiliations, if any?
- Have those been helpful in any way?
- Harmful in any way?
- Any traumas connected with religion?
- Have you ever felt connected to something more than yourself, like nature, another person, humanity, the Universe, God, etc.?
- When or how?
- What has been your most profound spiritual experience, if any?
- What did each of your parents teach you or show you about religion or spirituality?
- Who else, if anyone, influenced you in regard to religion or spirituality?
- If you ever went away from religion or spirituality and then returned, how did that happen?
- What would you say is the single most profound experience of your life so far?
- What was the period in your life when you most relied on religion, spirituality or faith for strength?
- What did your family show you in the area of service or compassion?
- What charitable or volunteer activities happened in your family?
- Do a spiritual and/or religious genogram tracing family connections and experiences with spirituality or religion. This may detail religious affiliations or family history of compassion, contributions/service and connections.

Current Spirituality

- What do you do or where do you go to recharge your batteries when you get a chance?
- What kind of artistic activities do you enjoy (doing or watching)?
- How do you connect with other people?
- How do you connect with something more than yourself?
- Do you think you have a purpose for being alive? If so, what is it?
- Are there any spiritual or religious practices that you do regularly?
- Is there any religious or spiritual figure or activity that you think would be helpful for you in this situation?
- What role, if any, does religion/spirituality play in your life currently?
- What would you say is the single most important ingredient for a spiritual life?
- If you had to pick the most sacred spot you've ever seen, where would it be?
- If you were to name the best aspect of religion, what would it be?
- What do you think is the worst aspect of religion?
- Describe the time or activity that makes you feel the most spiritual.
- Who is the most spiritual person you know?
- Who is the least spiritual person you know?
- If you had to name something that always seems to call or speak to your soul, what would you say?

Future Spiritual Hopes and Intentions

- What kind of spiritual or religious activities would you like to do in the future, if any?
- Is there any area of your inner or spiritual life you would like to develop more?
- Is there any spiritual or religious figure that you would like to use as a model for you? In what way?
- What do you think happens to us when we die?

- What would be the one more thing you could add to your life that you think would make you more spiritual?
- If you were to die tragically tomorrow, who, other than blood relatives, would you want to raise your children?
- If you found out you were terminally ill and could do one thing to put your soul in order, what would it be?

CONNECTION, COMPASSION AND CONTRIBUTION

The first C is **Connection**, that is, when people feel connected to something beyond their petty, little selves (or egos). Spirituality refers to what is beyond the "little self," or the personality. Anything that gives one an experience of the "bigger self," or what is beyond the limited personality can be a component of spirituality.

Here are some areas to examine and questions to consider regarding **Connection**:

- Do you feel connected to something bigger than petty or selfish concerns? Are you working or living for money alone, for status alone, or is there some bigger, less ego-concerned purpose?
- Is there ample opportunity for you in your life to re-connect with something bigger when they are feeling depleted or getting petty? Is there a chance for connecting through one of the seven pathways discussed above?

The second C is **Compassion**. This is the place where we can feel love towards others, and there is a softening of the usual mistrust, harshness or judgmental attitude we usually feel.

Here are some areas to examine and questions to consider regarding **Compassion**:

- Does your life create an atmosphere of compassion, rather than being judgmental or harsh? How could you create or enhance an atmosphere of compassion and kindness?
- If this person (or you) were your child or best friend, how would you view them or relate to them?
- Think of the most serene, compassionate or wise person or figure you know. How would he or she view this situation or deal with it?
- Remember a time when you were judgmental or critical of someone and then softened or were more compassionate. How did you make that shift? What changed after you made that shift? Can you apply any of that to your current situation?

The 3rd C is **Contribution** or Service. Usually this comes out of the first two Cs. When we feel connected to something beyond our petty, selfish selves and when feel connected, we are usually moved to make a contribution to others and to the world and to be of service.

Here are some areas to examine to consider regarding **Contribution**:

- Become aware of some social injustice or victim situation that moves or touches you.
- Every time you experience some recurrent problem, do one thing to contribute to the relief of the victim's suffering or to righting some social injustice. It may be writing a letter, making a donation of money or time to some charitable group, praying, or some other action you are moved to.

ELEMENTS OF RELIGIONS THAT CAN BE INCORPORATED INTO SPIRITUALITY

Some people are turned off by religion, because of past trauma or because they dislike the dogma associated with religion. But religion has developed a number of aspects that can be modeled on or tapped into to access spirituality.

Ritual

Religion celebrates yearly, seasonal, remembrances and other special occasions with repeated rituals. These are actions imbued with meanings that one can count on. They usually engage the senses: Smell (incense, etc.), taste (bread, wine, etc.), sound (singing, chanting, prayer, responsive prayer), sight (special vestments, head covering, etc.), movement (kneeling, facing Mecca, making the sign of the cross, etc.) or touch (rosary beads, prayer books, hymnals, tallis, etc.).

Group action and interaction, finding or developing like-minded people, doing social action or good works in groups

Religion involves getting groups of people together for a common purpose or in a common frame of reference. Sometimes religion organizes groups of people to do social action or good works.

Connecting to something bigger than self

Religion invites people to transcend themselves and their personal, selfish interests. This can satisfy a yearning to be part of something bigger than oneself.

Finding atonement after immoral or shameful acts, thoughts or feelings

Religion can help people find their way back to a sense of forgiveness, self-compassion and into reconnecting with others after they have done, thought or felt something about which they don't feel right.

Developing a moral sensibility

Religion can help people develop and live by a moral code, a sense of what is right and what is wrong.

SOLUTION-ORIENTED SPIRITUALITY

Revisiting a spiritual moment or time

Recall a time or phase in your life when you felt free, flowing, alive, energetic, expansive or resourceful.

Recreate the experience

How did you feel in your body during that moment or those times?

What was your thinking like at that moment or those times?

How did you relate to others during that moment or those times?

What actions did you take that were different from your usual actions during that moment or those times?

Bring that sense of spirituality to any situation in which you are having current difficulty or anticipate having difficulty in the future.

After recreating the spiritual experience, bring it to any current or future situation in which you have felt stuck, petty, selfish or frightened. Imagine in detail how you would feel in your body and what your thinking, actions and ways of relating to others would be from that more expansive, spiritual place.

Berland, Warren (1998) *Out of The Box for Life*. NY: Harper Collins.

ASSUMPTIONS OF A SPIRITUAL APPROACH TO THERAPY

People are not defined by or determined by the circumstances of their lives. There is more to people than nature or nurture, personality, genetics, biochemistry or cause and effect.

People have spiritual resources, even when they are not religious or when they profess no spiritual sensibilities or beliefs.

Therapists can bring a spiritual sensibility into therapy without imposing it on clients.

People have already developed ways of tapping into a sense of something bigger than themselves.

Drawing on spiritual resources can facilitate therapy outcomes.

Spirituality is a central or meaningful part of a majority of our clients' lives. To leave it out of psychotherapy is a disservice.

Religion is distinct from spirituality for some people.

USING THE INCLUSIVE SELF IN TREATING DISSOCIATED, DISOWNED AND DEVALUED ASPECTS OF SELF

Injunctions

Determine the injunctions that may have dominated the person. These are conclusions that the person has made about himself or herself or ideas that other people have suggested to them or told them are true. They can usually be thought of in two forms:

Have to/Should/Must (as in, "You must always be perfect," or "I have to hurt myself.")

or

Can't/Shouldn't/Don't (as in, "You shouldn't feel sexual feelings," or "I can't be angry.")

Binds

Sometimes the person is stuck with dueling or seemingly opposite injunctions operating simultaneously. For example, "You must be perfect," paired with "You never do anything right!"

Self-Devaluing

Sometimes the person has come to the conclusion, consciously or unconsciously, that he or she is bad or that parts of him/her is bad. He might say, "If you only knew what I am like inside, you would see that I am evil." She might have the sense that anger is bad and she shouldn't feel it or show that she is angry. If she does she thinks she is very bad or anger is very bad.

Valuing, permission and inclusion as antidotes

1. Give the person permission to and permission not to have to experience or be something. For example, "You can feel angry and you don't have to feel angry." Or, "It's okay to be sexual and you don't have to be sexual." Be careful when giving permission about actions.
2. Suggest the possibility of having seeming opposites or contradictions coexist without conflict. For example, "You can tell me and not tell me about the abuse."
3. Invite the person to allow and value all that he/she feels, thinks, perceives, senses or experiences. For example, "Just let yourself feel what you feel, think what you think, perceive what you perceive, sense what you sense, and just be where you are."

THE TWO FUNCTIONS OF SOUL

1. **Energy, Aliveness, Passion** – Soul gives energy and alerts us to when we're in the presence of energy-givers or energy-drainers as we move through life.
2. **Integrity or Integration** – Soul holds together the contradictory and conflicting aspects of ourselves. Soul lets us know when we are acting and being with integrity and when we are off the path of integrity.

In some ways, these are complementary functions: one brings you alive, into action and gets you to seek challenge; the other gets you to slow down, attend to where you are and claim or reclaim more of who you are. One is chaos producing and one is order producing.

Some questions and things to consider to access each function:

Energy, Aliveness, Passion

- Remember a time when you had energy and aliveness.
 - What did it feel like in your body?
 - What kinds of thoughts would you think?
 - How did you move?
- What brings you alive?
- What deadens you or drains your energy?
- What do you do that takes effort but you seek it out any time you get some time?
 - It could be hiking in the mountains, painting a picture, writing, spending time with your children, working, or other things.
- Who are your role models for aliveness and passion?
 - What are they like and how would you or could you be more like they are in the area of aliveness and passion?

Integrity or Integration

- Remember a time when you experienced two seemingly contradictory feelings at the same moment without conflict.
 - It could be feeling anxious and calm at the same moment or happy and sad at the same time.
- How do you know when something you are doing or planning does not have integrity for you?
- What has helped you integrate more of who you are into your life?
- Who are your role models for integrity and integration?
 - What are they like and how would you or could you be more like they are in the area of integrity and integration?

Spirituality and Therapy

Bill O' Hanlon, M.S.

Spirituality and Psychotherapy

For a copy of these PowerPoint slides, visit
www.BillOHanlon.com

Click **FREE STUFF**
Then click **SLIDES**

Please wait for about a week for the
slides to show up

Spirituality and Psychotherapy

- **Psyche=Soul [Greek]**
- **Therapy=Nurse/cure [Greek]**

Blocks to using spiritual resources and sensibilities in counseling and therapy

- **Freud's legacy of negativity towards religion**
Religious ideas "are illusions, fulfillments of the oldest, strongest and most urgent wishes of mankind." Religion is "the universal obsessional neurosis of humanity."
Sigmund Freud, 1927/1961, p. 30, p. 43 Future of An Illusion
- **Fear of imposing our values and beliefs on people**
- **Restraints from our training**
- **Religious traumas that bias us away from using spiritual resources**
- **Not knowing how to bring it in in an effective or non-impositional way**

Differences Between Spirituality and Religion

- ▶ **For some, they are identical**
- ▶ **For others, religion involves specific practices and set of beliefs and values**
- ▶ **Spirituality involves a sense that there is something beyond the ego or individual self**

Differences Between Spirituality and Religion

**Religion is for people who are afraid of going to Hell.
Spirituality is for people who have been there.**

The 3 Cs of Spirituality

- **Connection**
- **Compassion**
- **Contribution**

Dean Ornish

When I say spirituality, I don't necessarily mean religion; I mean whatever it is that helps you feel connected to something that is larger than yourself.

Connection

▶ **To something bigger within and beyond the person**

Connection

1

Self

Connection to Self

Alone time _____
Prayer/contemplation
Meditation
Walks alone
Reading
Journaling
Doing nothing time
Contentment with the moment

Connection

2

Body

Connection to Body

Exercise/movement

Yoga

Dance

Sensory awareness

Savoring sensations

Sex

Massage

The 7 Pathways to Connection

3

Another

Connection to Another

Date night

Meals together

Intimate talk

Spending time together not talking

Vacations together

Phone calls/Skype

Hugs/physical affection/touching

Pets/animals

The 7 Pathways to Connection

4

Others

Connection to Others

Extended family

Neighborhoods/communities

Church communities

Interest groups

Work teams

Parties

Sports teams or fans

The 7 Pathways to Connection

5

Nature

Connection to Nature

Children diagnosed with ADHD were more calm, more focused and more able to follow directions after spending time in a “green” setting like a park or backyard.

Frances E. Kuo and Andrea Faber Taylor, A Potential Natural Treatment for Attention-Deficit/Hyperactivity Disorder: Evidence From a National Study, *American Journal of Public Health*, Sep. 2004; 94: 1580 - 1586

Connection to Nature

Connection to nature can help us be:

- !! more generous
- !! more caring
- !! more pro-social

Weinstein, N., Przybylski, A. K., & Ryan, R. M. (2009). “Can nature make us more caring? Effects of immersion in nature on intrinsic aspirations and generosity,” *Personality and Social Psychology Bulletin*, 35, 1315-1329.

Connection to Nature

- o Post-operative patients with rooms overlooking deciduous trees healed more quickly and had less need for pain medication than patients who viewed a brick wall.
- o Dental patients who stared at a large mural of a natural scene had lower blood pressure and less anxiety than those who didn't.
- o Inmates whose cell windows face the prison yard made 24% more sick-call visits than those whose cells looked outward on rolling farmland and trees.

Frumkin, Howard, *American Journal of Preventative Medicine*, 20(3), 2001.

The 7 Pathways to Connection

6

Art

Connection Through Art

“There's something that happens from time to time. I guess you'd call it inspiration. It's a connection with the source of all ideas. Some people call it God. Whatever you call it, it's the source. . . . You're sitting at the piano or your keyboard or your computer or your canvas or your camera or whatever, and things just click. They're coming through you. And you feel it when that happens.”

-Carole King, songwriter (*Performing Songwriter*, July/August 2004)

The 7 Pathways to Connection

7

Something Bigger

Connection to Something bigger

Bigger purpose and meaning

Higher power

Higher intelligence

God/Goddess

Universe

The Anthropic Principle

Put forth by physicist and cosmologist

Brandon Carter

Challenging the idea that the universe is random:

The conditions at the start of the universe and currently had to be precisely as they were and are for life to exist and for the universe not to collapse upon itself

The Anthropic Principle

Gravity is roughly 10^{39} times weaker than electromagnetism. If it had been 10^{33} times weaker, stars would be a billion times less massive and would burn up a million times faster.

A stronger nuclear strong force (by as little as 2%) would have prevented the formation of protons—yielding a universe without atoms. Decreasing it by 5% would result in a universe without stars.

The Anthropic Principle

The nuclear weak force is 10^{28} times the strength of gravity. If it had been slightly weaker, all the hydrogen in the universe would have turned to helium (making for no water).

If the difference in mass between a proton and a neutron were not exactly as it is—roughly twice the mass of an electron—all neutrons would have become proton or vice versa. This would preclude chemistry as we know it.

For details, see Brandon Carter's "Large Number Coincidences and the Anthropic Principle in Cosmology," in M.S. Langair, ed., *Confrontation of Cosmological Theories with Observational Data* (Dordrecht: D. Reidel, 1974)

The Anthropic Principle

Water is lighter in its solid form than in its liquid, making it unique among molecules. Therefore ice floats. If it did not, the oceans would freeze from the bottom up and the earth would be covered with ice.

For details, see John Leslie's book *Universes* (London: Routledge, 1989), and Briann Swimme's tape series, *Canticle to the Cosmos* (Boulder: Sounds True)

Pathways to Connection

Personal

‣ **Core self**

‣ **Body**

Interpersonal

‣ **Another being**

‣ **Community/groups**

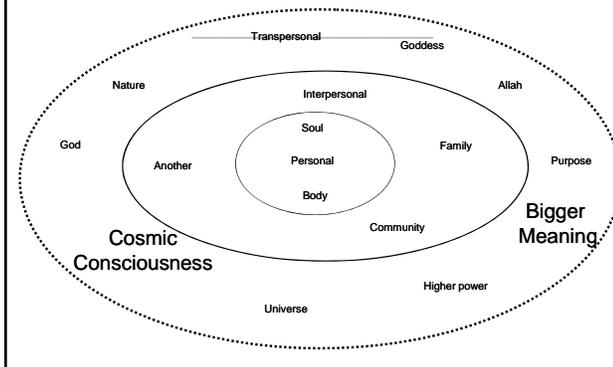
Transpersonal

‣ **Nature**

‣ **Art**

‣ **Higher power/bigger meaning/God**

Personal, Interpersonal and Transpersonal Connections



Assessing the 7 pathways

- How do you typically connect to something bigger within or beyond you? _____
- How do you connect with your deeper self or soul?
- How do you connect with or get in touch with your body?
- How do you connect deeply with others?
- What places or times in nature are the best for you?
- What is your favorite art form or activity?
- What are the times and ways you have felt the most expansive?
- What music has touched your soul the most deeply?
- If you were to create a spiritual retreat, where would it be located?
- What book would you say has most touched your soul?
- Who do you feel most connected to?
- What group do you feel most a part of?

Solution-Oriented Spirituality

Each person is born with an unencumbered spot, free of expectation and regret, free of ambition and embarrassment, free of fear and worry, an umbilical of grace where we were each first touched by God. It is this spot of grace that issues peace. - Mark Nepo

Solution-Oriented Spirituality

- Find moments of connection
- Find moments of compassion
- Find moments of service/contribution/altruism
- Find moments of flow/expansion
- Bring them to bear on the problem

Solution-Oriented Spirituality

“The fish in the water that is thirsty needs serious professional counseling.”
–Kabir

Spirituality Assessment in Therapy

- **Past**
- **Present**
- **Future**

Spiritual History/Background

- Have you ever had religious or spiritual beliefs or practices?
- What have been your religious affiliations, if any?
- Have those been helpful in any way?
- Harmful in any way?
- Any traumas connected with religion?
- Have you ever felt connected to something more than yourself, like nature, another person, humanity, the Universe, God, etc.?
- When or how?
- What has been your most profound spiritual experience, if any?

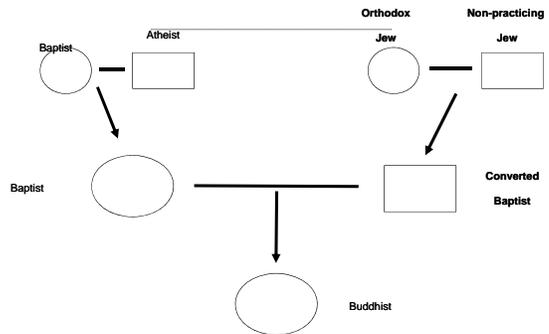
Spiritual History/Background

- What did each of your parents teach you or show you about religion or spirituality?
- Who else, if anyone, influenced you in regard to religion or spirituality?
- If you ever went away from religion or spirituality and then returned, how did that happen?
- What would you say is the single most profound experience of your life so far?
- What was the period in your life when you most relied on religion, spirituality or faith for strength?
- What did your family show you in the area of service or compassion?
- What charitable or volunteer activities happened in your family?

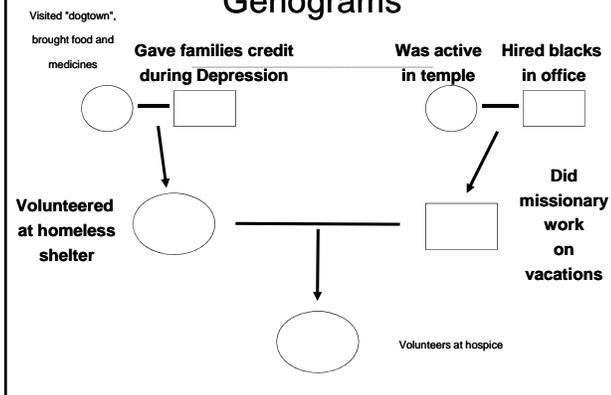
Spiritual History/Background

- Do a spiritual/religious genogram tracing family connections and experiences with spirituality or religion.
- This may detail religious affiliations or family history of compassion, contributions/service and connections.

Religious Genograms



Spiritually -Oriented Genograms



Current Spiritual Resources/Practices

- What do you do or where do you go to recharge your batteries when you get a chance?
- What kind of artistic activities do you enjoy (doing or watching)?
- How do you connect with other people?
- How do you connect with something more than yourself?
- Do you think you have a purpose for being alive? If so, what is it?

Current Spiritual Resources/Practices

- Are there any spiritual or religious practices that you do regularly?
- Is there any religious or spiritual figure or activity that you think would be helpful for you in this situation?
- What role, if any, does religion/spirituality play in your life currently?
- What would you say is the single most important ingredient for a spiritual life?
- If you had to pick the most sacred spot you've ever seen, where would it be?
- If you were to name the best aspect of religion, what would it be?
- What do you think is the worst aspect of religion?
- Describe the time or activity that makes you feel the most spiritual.

Current Spiritual Resources/Practices

- How are you and God (or the universe or life) getting along?
- Who is the most spiritual person you know?
- Who is the least spiritual person you know?
- If you had to name something that always seems to call or speak to your soul, what would it be?
- What is God like, if you believe in God's existence?

Future Spiritual Hopes and Intentions

- What kind of spiritual or religious activities would you like to do in the future, if any?
- Is there any area of your inner or spiritual life you would like to develop more?
- Is there any spiritual or religious figure that you would like to use as a model for you? In what way?
- What do you think happens to us when we die?
- What is the one more thing you could add to your life that you think would make you more spiritual?
- If you were to die tragically tomorrow, who, other than blood relatives, would you want to raise your children?
- If you found out you were terminally ill and could do one thing to put your soul in order, what would it be?

Concerns of conservative Christians regarding secular counseling and therapy

Counselors/therapists will be "secular humanists" or "new age" and therefore will:

- Treat spiritual beliefs and values as pathological or psychological
- Ignore religious or spiritual concerns
- Assume that clients share those humanistic values (premarital sex/living together is okay; divorce is okay; homosexuality is acceptable and normal; and so on)
- Will undermine their deeply held beliefs

AAPC/Samaritan Centers Poll (2002)

- 15% of respondents reported the reason for not seeing a mental health counselor is they "fear that [their] spiritual values and beliefs may not be respected and taken seriously."
- Fears that their beliefs may not be taken seriously were especially pronounced among African Americans, devout Evangelicals, those who have completed some schooling beyond high school and those under the age of 50.

Conducted by Greenberg Quinlan Research from October 30-31, 2000

Spirituality & Therapy

Compassion
Passion=Feeling
Com=with

Compassion Training

- Training and practice in lovingkindness meditation and “lojong” (mind training: proverbs to help shift consciousness, such as):
 - Find the consciousness you had before you were born
 - Treat everything you perceive as a dream
 - Be grateful to everyone
 - When everything goes wrong, treat disaster as a way to wake up
- Was found to be correlated with:
 - Decreased reactivity to stress
 - Decreased inflammation

Pace, T. et. al (2009). “Effect of compassion meditation on neuroendocrine, innate immune and behavioral responses to psychosocial stress,” *Psychoneuroendocrinology*, 34(1): 87-98.

Compassion Research

- Brain scans (fMRI) of long-time meditating Tibetan Buddhist monks
 - Decreased stress
 - Increased activity in brain areas related to empathy
 - Increased baseline activity in left pre-frontal cortex (associated with happiness in other studies)

Lutz A, Brefczynski-Lewis J, Johnstone T, Davidson R.J. (2008). “Regulation of the Neural Circuitry of Emotion by Compassion Meditation: Effects of Meditative Expertise.” *PLoS ONE* 3(3): e1897. doi:10.1371/journal.pone.0001897

Don DeLillo

“It’s not enough to hate your enemy. You have to understand how the two of you bring each other to a deep completion.”

—Underworld, 1997

Carl Jung

Everything that irritates us about others can lead us to an understanding of ourselves.

Compassion

- Find contexts of compassion
 - Ask about moments when the person softened toward themselves or someone else
 - Find another context (like being a friend, a child, or a client) that can access compassion

Albert Einstein

A human being is part of the whole, called by us “universe,” a part limited in time and space. He experiences himself, his thoughts and feelings, as something separate from the rest—a kind of optical delusion of consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty.

Acceptance of self and
others/developing
compassion

Compassion

Passion=Feeling

Com=with

Compassion Training

- Training and practice in lovingkindness meditation and "lojong" (mind training: proverbs to help shift consciousness, such as):
 - Find the consciousness you had before you were born
 - Treat everything you perceive as a dream
 - Be grateful to everyone
 - When everything goes wrong, treat disaster as a way to wake up
- Was found to be correlated with:
 - Decreased reactivity to stress
 - Decreased inflammation

Pace, T. et. al (2009). "Effect of compassion meditation on neuroendocrine, innate immune and behavioral responses to psychosocial stress," *Psychoneuroendocrinology*, 34(1): 87-98.

Compassion Research

- Brain scans (fMRI) of long-time meditating Tibetan Buddhist monks compared with controls noted:
 - Decreased stress
 - Increased activity in brain areas related to empathy
 - Increased baseline activity in left pre-frontal cortex (associated with happiness in other studies)

Lutz A, Brefczynski-Lewis J, Johnstone T, Davidson R.J. (2008). "Regulation of the Neural Circuitry of Emotion by Compassion Meditation: Effects of Meditative Expertise." *PLoS ONE* 3(3): e1897. doi:10.1371/journal.pone.0001897

Forgiveness

"Forgive," according to Webster's New World Dictionary, means: "to give up resentment against or the desire to punish; pardon; to overlook an offense; to cancel a debt."

For more on this subject, visit:

<http://www.loveandforgive.org/>

<http://www.forgiving.org/>

Forgiveness

Robert Enright, Ph.D., an educational psychologist at the University of Wisconsin-Madison, stresses that true forgiveness is not:

- **Forgetting.** If the hurt wounded you enough to require forgiveness, you may always have a memory of it.
- **Excusing or condoning.** The wrong should not be denied, minimized, or justified.
- **Reconciling.** You can forgive the offender and still choose not to reestablish the relationship.
- **Weakness.** You do not become a doormat or oblivious to cruelty.

Forgiveness research

The act of forgiveness can result in:

- Less anxiety
- Less depression
- Better health outcomes
- Increased coping with stress
- Increased feelings of closeness to God and others

Worthington, E.L. (ed.) (1997). *Dimensions of Forgiveness: Psychological Research & Theological Perspectives*. PA: Templeton Foundation Press.

Forgiveness research

25 patients with diagnosed stage-1 hypertension who received forgiveness training achieved significant reductions in anger expression when compared to the control group.

Participants who started the program more angry achieved significant reductions in blood pressure.

Tibbits, D., Ellis, G., Piramelli, C., Luskin, F., & Lukman, R. (2006). "Hypertension reduction through forgiveness training," *Journal of Pastoral Care and Counseling*. 60(1-2):27-34.

Forgiveness research

20 women who had been emotionally abused in relationships were assigned to either forgiveness training or training in anger validation, assertiveness and interpersonal skill building.

Women in the forgiveness group showed significantly greater improvement in trait anxiety, PTSD, self-esteem, amount of forgiveness, environmental mastery and finding meaning in suffering.

Reed, G.L et.al (2006). *Journal of Clinical Psychology*, October, 920-929.

One way to think of forgiveness

"Turning the other cheek turns out to have selfish advantages. Someone who does you an injury hurts you twice: first by the injury itself, and second by taking up your time afterward thinking about it. If you learn to ignore injuries you can at least avoid the second half. I've found I can to some extent avoid thinking about nasty things people have done to me by telling myself: this doesn't deserve space in my head. I'm always delighted to find I've forgotten the details of disputes, because that means I hadn't been thinking about them. My wife thinks I'm more forgiving than she is, but my motives are purely selfish." —Paul Graham

Forgiveness research

Carlsmith, Gilbert and Wilson created an experiment with a planted confederate in a group who took financial advantage of the others in the group. After being taken advantage of, participants were given the opportunity to financially punish the offender and were asked before they did so how they thought getting revenge would make them feel. They all predicted it would be cathartic and would make them feel better. But in fact they ended up feeling worse.

They ruminated about the person and the wrong more when they sought revenge. Those who forgo revenge minimize the wrong and "move on."

Carlsmith, Gilbert and Wilson. (May 2008). "The paradoxical consequence of revenge," *Journal of Personality and Social Psychology* (Vol. 95, No. 6).

Forgiveness research

By exacting revenge, people think more about the person and the event. "Rather than providing closure, it does the opposite: It keeps the wound open and fresh."

—Kevin Carlsmith, Colgate University

Forgiveness Letter

Think of the people who have wronged you whom you have never explicitly forgiven, although you would like to do so.

Write a letter, not necessarily to be sent, to one of these individuals describing in concrete terms why you forgive him or her.

Do not send this letter unless you really want to do so and are sincere in your forgiveness.

Derived from Chris Peterson's *A Primer in Positive Psychology*. NY: Oxford University Press, 2006.

Truth and Reconciliation Process

- Acknowledgment of guilt
- Showing remorse and repenting
- Asking for and giving forgiveness
- Paying compensation or reparation as a prelude
- Reconciliation

Used in So. Africa, Rwanda, No. Ireland and other places
See also, Restorative Justice

Fred Luskin's idea on forgiveness

- It moves the person from a victim story to a hero story
- Some has been active rather than passive
- They have chosen to forgive a wrong; that involves seizing their power back from the other person or the situation

Forgiveness

“Never does the human soul appear so strong and noble as when it forgoes revenge and dares to forgive an injury.” –E.H. Chapin

Forgiveness

“Always forgive your enemies; nothing annoys them so much.”

–Oscar Wilde

Self-Compassion

Softening toward yourself

Compassion

This is my simple religion. There is no need for temples; no need for complicated philosophy. Our own brain, our own heart is our temple; the philosophy is kindness.

–Dalai Lama

Self-Compassion

“Lord, help me accept the truth about myself no matter how good it is.”

Self-Compassion

People who are unable to forgive themselves or others also have an increased incidence of depression and callousness toward others.

Pargament, K.L., et al. *Journal of Scientific Study of Religion*, 1998; 37:710-724

Self-Compassion

The act of forgiveness can result in less anxiety and depression, better health outcomes, increased coping with stress, and increased closeness to God and others.

Worthington, E.L. (ed.) *Dimensions of Forgiveness: Psychological Research & Theological Perspectives* (Templeton Foundation Press; 1997)

Self-Compassion

Bumper Sticker:

I honor and express all facets of my being, regardless of state and local laws.

Finding more compassion

- Does your life create an atmosphere of compassion, rather than being judgmental or harsh? How could you create or enhance an atmosphere of compassion and kindness?
- If this person (or you) were your child or best friend, how would you view them or relate to them?
- Think of the most serene, compassionate or wise person or figure you know. How would he or she view this situation or deal with it?
- Remember a time when you were judgmental or critical of someone and then softened or were more compassionate. How did you make that shift? What changed after you made that shift? Can you apply any of that to your current situation?
- Is there any area in which you are critical or non-accepting of yourself?
- What do you think is your most unacceptable aspect or part of your body?
- What is one step you could take toward valuing or at least moving towards accepting that aspect?
- If that trait or aspect was one of your best friend's, how would you assure them it is okay?

Spirituality & Therapy

Contribution
Being of service to others
or the world

Contribution

U of Michigan study by Stephanie Brown

- 423 older couples- 5 year study
- Couples who reported (unpaid) helping someone else even as little as once a year were between 40 and 60% less likely to die than those who reported not helping anyone else during the previous year
- Examples: volunteering, babysitting for grandchildren; assisting family members

Published in Psychological Science, 2003

Contribution

This is the true joy in life, the being used up for a purpose recognized by yourself as a mighty one; the being a force of nature instead of a feverish, selfish little clod of ailments and grievances, complaining that the world will not devote itself to making you happy.

I am of the opinion that my life belongs to the community, and as long as I live, it is my privilege to do for it whatever I can. I want to be thoroughly used up when I die, for the harder I work the more I live. I rejoice in life for its own sake.

Life is no "brief candle" to me. It is a sort of splendid torch which I have got hold of for a moment, and I want to make it burn as brightly as possible before handing it on to future generations.

—George Bernard Shaw

From Man and Superman, Act III, Don Juan in Hell

Gandhi

The best way to find yourself is to lose yourself in the service of others.

Albert Schweitzer

You must give something to your fellow men. Even if it is a little thing, do something for those who have need of help, something for which you get no pay but the privilege of giving. . . The only ones among you who will be really happy are those who will have sought and found how to serve.

Dr. Martin Luther King, Jr.

Life's most persistent and urgent question is: What are you doing for others?

The Talmud

The highest form of wisdom is kindness. Deeds of kindness are equal in weight to all the commandments.

Contribution

Mitzvah Therapy

Contribution

Contribution/service

- Check where and how people are making a contribution or being of service [Mitzvah therapy]
- Check where people are taking care of others (children, parents, others) in altruistic (not codependent/unhealthy) ways.

Contribution

Is there anywhere your client could be of service or make a contribution that would help them make amends or heal wounds?
Where do they give of themselves?

If they had to name their most significant contribution to helping another person or people, what would they say?

If they had to name the cause that they feel most passionate about, what would it be?

Tell clients: Become aware of some social injustice or victim situation that moves or touches you.

Every time you experience some recurrent problem, do one thing to contribute to the relief of the victim's suffering or to righting some social injustice. It may be writing a letter, making a donation of money or time to some charitable group, praying, or some other action you are moved to.

W.H. Auden

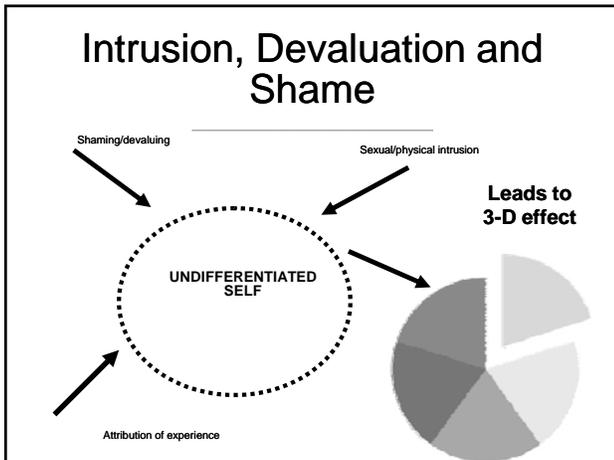
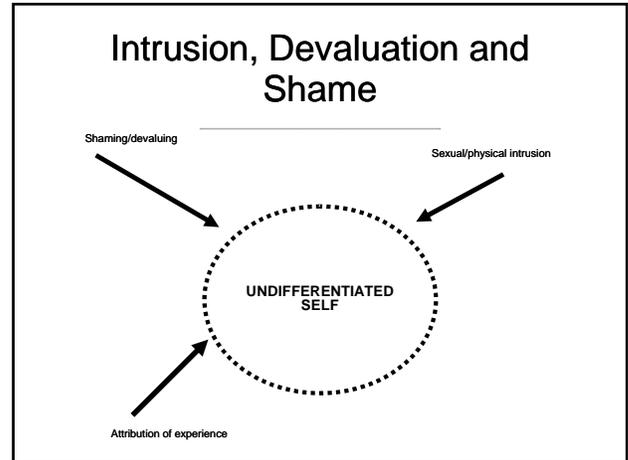
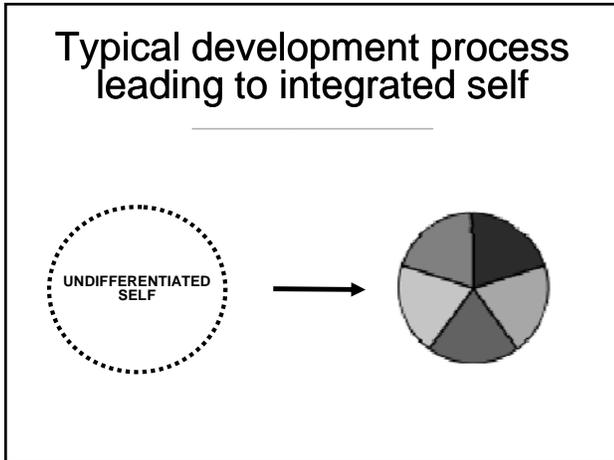
**We are all here on earth
to help others;
what on earth the others
are here for I don't
know.**

The 3 Cs of Spirituality

- **Connection**
- **Compassion**
- **Contribution**

Undifferentiated/Un- boundaried Self





The Grace Model

- The person coming in to see us is okay, it is the thing or things that they do that may not be so great.
- Separate the problem from the person's identity or value
- See the person as having more resources available than the ones that are currently apparent

Inclusion

Permission 1
To
You can, it's okay to,
you're okay if you

Inclusion

Permission 2
Not to Have To
You don't have to; it's
okay if you don't, it's
okay not to; you're okay if
you don't

Inclusion

Inclusion of seeming opposites at the same time

- **You can and not**
- **Oxymorons**
- **Apposition of opposites**

Inclusion

“Good souls tell good stories. They are permeated with light and darkness, presence and absence, joy and sadness, strength and weakness, life and death. Such apparent contradictions make for good stories and for good living. Any other way is an illusion. Yet often we act as if we [can] have one (usually the more comfortable) without the other. Pursuing false promises of fulfillment, we futilely try to be enlightened without darkness, to rejoice without sadness, to be intimate without loneliness, to be strong without weakness, to arrive without being lost.”—William F. Kraft, *Ways of the Desert: Becoming Holy Through Difficult Times*

OXYMORONS

Awfully nice	Exact estimate
Found missing	Same difference
Almost exactly	Sweet sorrow
“Now, then ...”	Working vacation
Terribly pleased	Tight slacks
Definite maybe	Pretty ugly

Inclusion

“Anger and tenderness—my selves. And now I can believe they breathe in me as angels and not as polarities. Anger and tenderness—the spider’s genius. To spin and weave in one moment anywhere. Even from a broken web.”
—Adrienne Rich

Inclusion

“In logic, no two things can occupy the same point at the same time, and in poetry that happens all the time. This is almost what poetry is for, to be able to embody contrary feelings in the same motion.”
—Donald Hall

Inclusion

“Do I contradict myself? Very well, then I contradict myself. I am large, I contain multitudes.”
—Walt Whitman

Inclusion

**“Consistency is the last
refuge of the unimaginative.”
–Oscar Wilde**

Inclusion

**“The only completely
consistent people are the
dead.”
–Aldous Huxley**

Inclusion

Ambivalent? Well, yes and no

Inclusive Assessment Questions

- If you were to name the two most contradictory aspects of your personality, what would they be?
- Tell me something about a time when you experienced opposite feelings at the same time.
- What aspect of you have you had trouble coming to terms with?

Witnessing and Being With

- Sometimes it may be enough just to witness and accompany people while they are suffering
- Drop, initially, the need to change them or solve the problem
- Have faith that when things look unchangeable, unsolvable or the person looks sick, crazy or unworkable that something may emerge from therapy

Deep Listening

- Validate, value and acknowledge people, their feelings, points of view and experience, even if they are “negative”
- Being willing to sit with pain, suffering, and problems without trying to fix them or make things more “positive”
- Drop the need for happy endings or redemptive stories

Deep Listening

I received a phone call around three o'clock in the morning. This woman had decided to end her life, and she was curious about what I had to say. I offered all the arguments against such a step and we discussed the pros and cons. We finally reached the point where she promised to postpone her plans and to come to see me at nine that same morning. She appeared on time and began: "You would be mistaken, doctor, if you thought that any of your arguments last night had the least impact on me. If anything helped me, it was this. Here I disturb a man's sleep in the middle of the night, and instead of getting angry, he listens patiently to me for half an hour and encourages me. I thought to myself: if this can happen, then it may be worthwhile to give my life another chance." -Viktor Frankl

Deep Listening

The capacity to give one's attention to a sufferer is a very rare and difficult thing; it is almost a miracle; it is a miracle. Nearly all those who think they have this capacity do not possess it. Warmth of heart, impulsiveness, pity are not enough. —Simone Weil

Mindfulness: Self-Witnessing

- **People have the ability to merely observe their experience, including their suffering, their impulses, their feelings, their thoughts, and their responses, without have to react to or do anything about those experiences**
- **Just noticing and staying with an experience may allow the person to dissolve or move through the experience, or it may give the person time to make different and better choices about how to respond**

Balancing Acknowledgment and Possibility

Acknowledgment with a splash of possibility

- **Reflect in past tense**
- **From global to partial**
- **From truth/reality to perception**

Balancing Acknowledgment and Possibility

Acknowledgment with future possibilities (The moving walkway)

- **Problems into preferences**
- **Expectancy talk**

Spirituality & Therapy

**Faith,
Future pull
and
Possibilities**

Faith

**Positive thinking
vs.
Possibilities**

The Stockdale Paradox

Jim Collins: Who didn't make it out (of the P.O.W. camp)?

Stockdale: Oh, that's easy. The optimists.

Collins: The optimists? I don't understand.

Stockdale: The optimists. Oh, they were the ones who said, 'We're going to be out by Christmas.' And Christmas would come and they'd say, 'We're going to be out by Easter.' And Easter would come and Easter would go. And then Thanksgiving, and then it would be Christmas again. And they died of a broken heart.

This is a very important lesson. You must never confuse faith that you will prevail in the end – which you can never afford to lose – with the need for discipline to confront the most brutal facts of your current reality, whatever they might be.

Faith

Take the first step in faith. You don't have to see the whole staircase, just take the first step.

–Dr. Martin Luther King Jr.

Parting the Re(e)d Sea

The Israelites had to prove their loyalty and faith by plunging into the water! The first to obey was Nachshon the son of Aminadav (later the leader of the tribe of Judah). Nachshon walked forward and kept walking until the water came up to his nose. Then the sea split! Nachshon demonstrated the act of faith with his willingness to keep going even when the water came up to his neck.

from the Stone Edition of the Five Books of Moses, published by Mesorah Publications

Faith

When you come to the end of all the light you know, and it's time to step into the darkness of the unknown, faith is knowing that one of two things shall happen: Either you will be given something solid to stand on or you will be taught to fly.

[Or not!]

Faith

“Faith is the ability to look at the world we have created and see possibility, even as we acknowledge our capacity for destruction. It is the glue that holds our fractured pieces together and allows us to continue beyond all reason. The faith we seek is not the comfort of having all the answers. Rather, it is the will to keep asking the questions. Faith is the voice in the night that says we will go on.”

—Catherine Whitney, USA Today

The third level of Inclusion

Exceptions

- That's the way it is (except when it's not)
- Recognizing complexity
- Including the opposite possibility
- Exploring or keeping in mind exceptions to the rule

Exceptions in the doing and viewing of the problem

Search for exceptions

- In the patterns of what happens with the problem pattern or patterns which surround the problem
- In the points of view about the problem
- In the focus of attention during the problem

Places to Search for Resources, Exceptions and Alternate stories

- Personal/intrapersonal
- Extra-personal
- Transpersonal

The 3 Cs of Spirituality

- Connection
- Compassion
- Contribution

Permission to use

This slide presentation was created by Bill O' Hanlon ©2014.

You have my permission to use it for non-commercial purposes (like sharing it with your colleagues or studying it yourself). If you want to use it in any commercial (money-making) activities, please contact me for permission and discussion.

Contact information

Bill O' Hanlon, M.S., LMFT
Possibilities
223 N. Guadalupe #278
Santa Fe, NM 87501
Bill@BillOHanlon.com
www.BillOHanlon.com
www.GetYourBookWritten.com
www.TheNewHypnosis.com