



Spirituality in Psychotherapy

Presented by
David H. Rosmarin, Ph.D., ABPP

Overview Based on current research, this workshop presents a conceptual framework for therapists to understand the relevance of spirituality to a variety of clinical concerns. Attendees will also emerge with concrete skills to assess for and address spirituality in their psychotherapy practice.

Agenda

Background & Basics (1 hr 32 min 40 sec)

- Historical tensions and the current climate of spirituality and mental health
- Definitions, ethical issues, and respecting diversity
- Spiritual resources, struggles and symptoms

Case Formulation & Case Conceptualization (1 hr 29 min 15 sec)

- Case formulation: Using lenses to understand mental health
- Spirituality through a coping lens
- Spirituality through a cognitive-behavioral lens
- Spirituality through an emotion-regulation lens
- Spirituality through an attachment lens

Clinical Interventions I (1 hr 30 min 55 sec)

- Background: Spiritual Psychotherapy for Inpatient, Residential & Intensive Treatment (SPIRIT)
- A brief clinical assessment of spirituality for diverse patients

Clinical Interventions II (1 hr 34 min 43 sec)

- Framing psychotherapy with spirituality to enhance insight and motivation
- Coping statements with spiritual themes
- Integrating spirituality into behavioral activation
- Spiritual conversations for enhancing faith, trust, and healthy attachment to God

Objectives - Participants will be able to describe:

- Research on the positive and negative effects of spirituality on mental health.
- Case formulation of spirituality and mental health.
- How to conduct a brief clinical assessment of spirituality with different patients.
- Methods to harness spirituality in the practice of psychotherapy.

Dr. Rosmarin is an Assistant Professor in the Department of Psychiatry at Harvard Medical School, and director of the Spirituality & Mental Health Program at McLean Hospital. He is a board-certified psychologist, clinical innovator, and prolific researcher. He has authored over 75 peer-reviewed publications, 100 scientific abstracts, and a recent book entitled *Spirituality, Religion & Cognitive Behavioral Therapy: A Guide for Clinicians* (Guilford Press, 2018).

Dr. Rosmarin's clinical work and research have received media attention from ABC, NPR, Scientific American, the Wall Street Journal, and the New York Times.

6 CE Credits

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