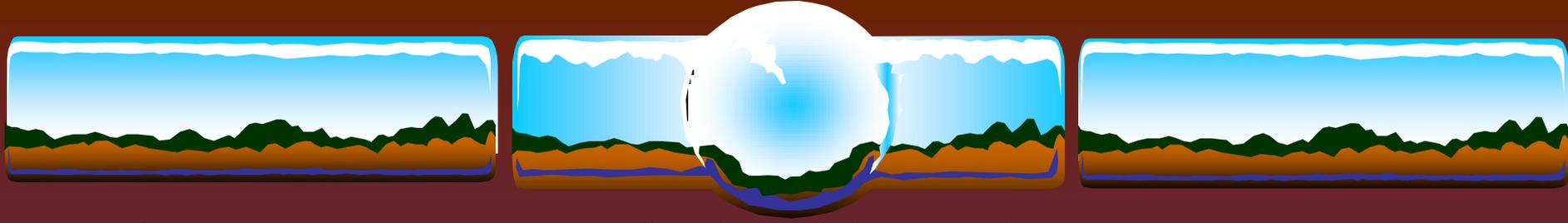
The top of the slide features three horizontal panels. The left and right panels show a stylized landscape with a blue sky, green hills, and brown ground. The middle panel is identical but has a white globe with blue oceans and white clouds superimposed over the center, appearing to sit on the ground.

Spiritually Integrated Counseling: Assessment

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**Workshop Presented to CASC Conference
Hamilton, ON
April 15, 2015**



The Process of Spiritual Assessment

**Setting the Stage
for Spiritual
Dialogue**

A decorative header at the top of the slide features a central white globe with a blue and green landscape below it. This globe is flanked by two identical rectangular panels, each containing a stylized landscape with green hills, brown ground, and a blue sky. The entire header is set against a dark red background.

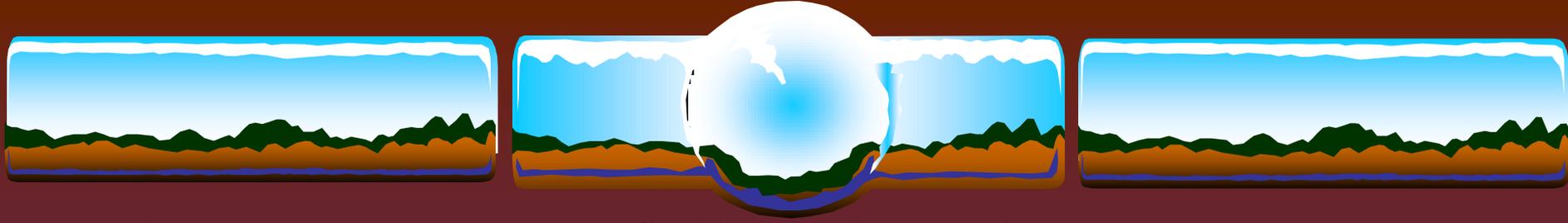
Setting the Stage for Spiritual Dialogue

- ❖ Communicating an openness to learning
- ❖ Communicating an openness to sharing

The header consists of three horizontal panels. The left and right panels show a landscape with green hills and a blue sky. The middle panel features a white globe with a blue sky and green hills, positioned over a blue line representing a horizon or water level.

Being Explicit about Values

“It is vital that we be more explicit about values because we use them, however unconsciously, as a means of therapeutic change. . . being explicit actually protects our clients. The more subtle our values, the more likely we are to be hidden persuaders. The more open we are about our view, the more choice clients will have in electing to be influenced or not to be influenced” (Bergin, 1985, p. 107).



The Process of Spiritual Assessment





Initial Spiritual Assessment

- ❖ **SALIENCE OF SPIRITUALITY:**

Do you see yourself as a religious or spiritual person? If so, in what way?

- ❖ **SALIENCE OF RELIGIOUS AFFILIATION:**

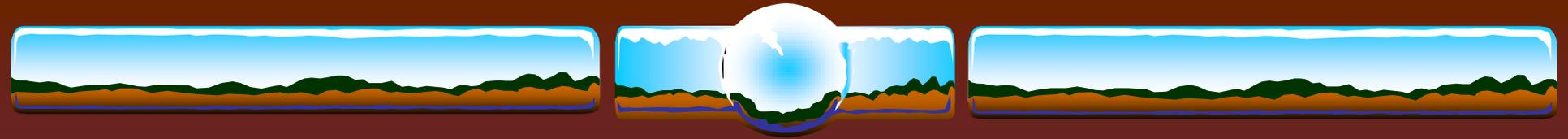
Are you affiliated with a religious or spiritual denomination or community? If so, which one?

- ❖ **SALIENCE OF SPIRITUALITY TO THE PROBLEM:**

Has your problem affected you religiously or spiritually? If so, in what way?

- ❖ **SALIENCE OF SPIRITUALITY TO THE SOLUTION?**

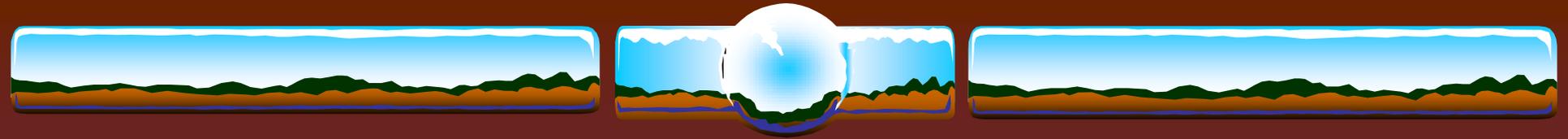
Has your religion or spirituality been involved in the way you have coped with your problem? If so, in what way?



SIGNS OF SPIRITUAL STRUGGLE

❖ DIVINE STRUGGLES

- ❖ I feel like I am being punished by God.
- ❖ I feel angry with God for what has happened.
- ❖ I feel like God has abandoned me.
- ❖ I wonder whether God really loves me.
- ❖ I wonder whether the devil has anything to do with this situation.
- ❖ I feel I have let God down.



SIGNS OF SPIRITUAL STRUGGLE

❖ INTRAPSYCHIC STRUGGLES

- ❖ I am having doubts about my faith.
- ❖ I am not sure what I really believe anymore.
- ❖ I know what's right but I keep doing what's wrong.
- ❖ I don't know why I am really alive.
- ❖ I feel guilty about the way I think, feel, or act.



SIGNS OF SPIRITUAL STRUGGLE

❖ INTERPERSONAL STRUGGLES

- ❖ I feel my church has abandoned me.
- ❖ I disagree with what my church wants me to believe.
- ❖ I disagree with my family or friends about spiritual matters.
- ❖ I feel like my family or friends are spiritual hypocrites.
- ❖ I hope God will have his vengeance on the people who hurt me.



SIGNS OF SPIRITUAL RESOURCES

❖ PATHWAY OF KNOWING

- ❖ I study the Bible or other sacred texts.
- ❖ I watch religious television.
- ❖ I read books to grow spiritually.

❖ PATHWAY OF ACTING

- ❖ I meditate or pray regularly.
- ❖ I engage in regular religious rituals (e.g., prayer before meals)
- ❖ I engage in activities I call spiritual (e.g., walking, gardening)



SIGNS OF SPIRITUAL RESOURCES

❖ PATHWAY OF RELATING

- ❖ I am part of a spiritual community.
- ❖ I turn to my pastor for help.
- ❖ I feel a spiritual connection with people in my life.

❖ PATHWAY OF EXPERIENCE

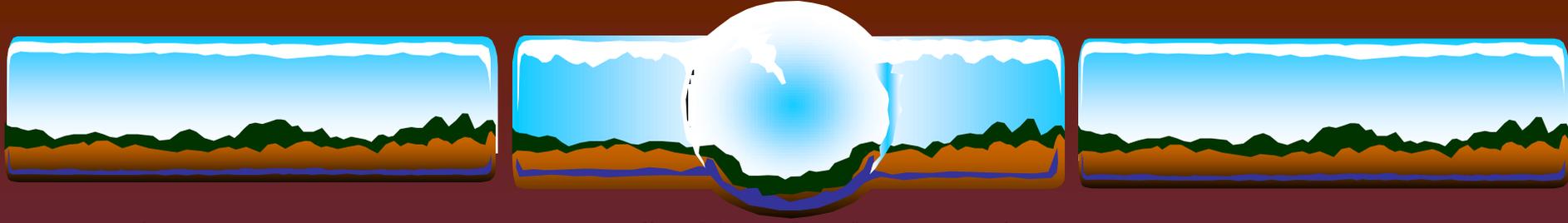
- ❖ I feel close to God when I pray.
- ❖ I have spiritual experiences every day.
- ❖ I see life as sacred.



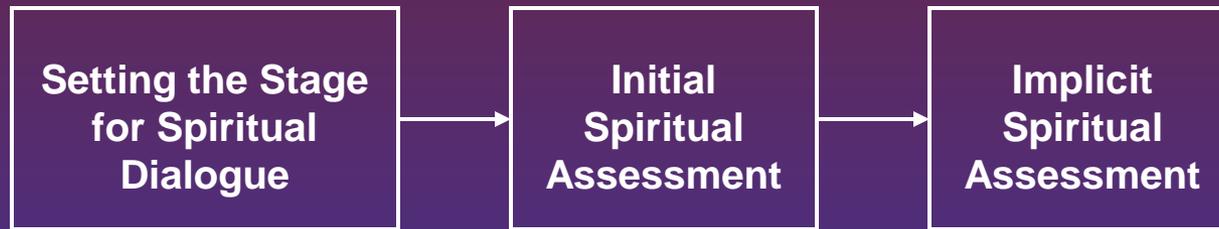
SIGNS OF SPIRITUAL RESOURCES

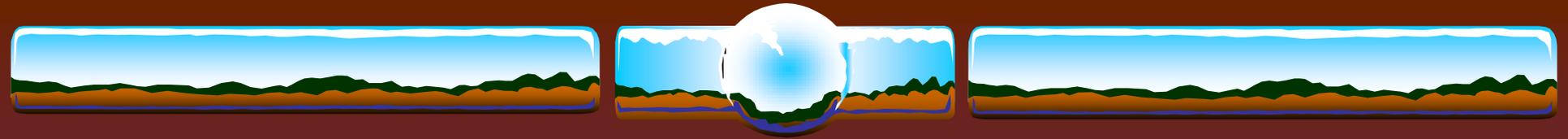
❖ PATHWAY OF COPING

- ❖ I look to God for strength, support, and guidance.
- ❖ I try to find the lesson from God in my problems.
- ❖ I do what I can and put the rest in God's hands.
- ❖ I ask for forgiveness for my sins.
- ❖ I seek a higher purpose in life.
- ❖ I try to give spiritual strength to other people.



The Process of Spiritual Assessment





Rachel 1

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Implicit Spiritual Assessment

- ❖ Questions about Resources and Pathways
 - ❖ From what sources do you draw strength and courage to go on?
 - ❖ Where do you find peace?
 - ❖ Who truly understands your situation?
 - ❖ When you are afraid or in pain, how do you find comfort?
 - ❖ For what are you deeply grateful?
 - ❖ What sustains you in the midst of your troubles?



Implicit Spiritual Assessment

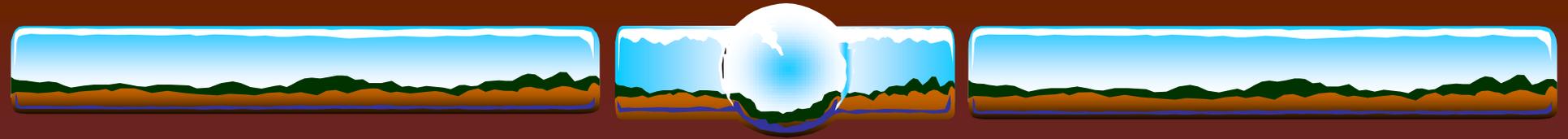
❖ Questions about Destinations

- ❖ What are you striving for in your life?
- ❖ Why is it important that you are here in this world?
- ❖ What legacy would you like to leave behind in your life?
- ❖ To what or whom are you most devoted?
- ❖ Who is your true self?
- ❖ To whom, or what, do you feel most freely express love?
- ❖ When have you felt most deeply and fully alive?



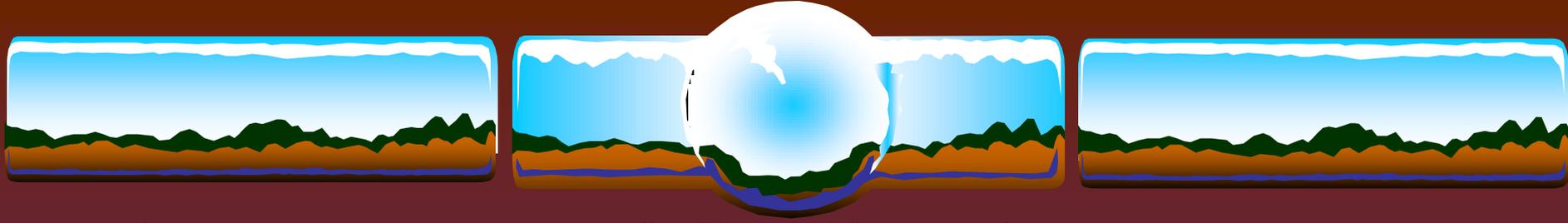
Implicit Spiritual Assessment

- ❖ Questions about Struggles and Transformation
 - ❖ What are the deepest questions your situation has raised for you?
 - ❖ What causes you the greatest despair and suffering?
 - ❖ How has this experience changed you at your deepest levels?
 - ❖ How has this situation shaken your faith?
 - ❖ What has this experience taught you that you wish you had never known?
 - ❖ What are your deepest regrets?
 - ❖ What would you like to be able to let go of in your life?
 - ❖ When in your life have you experience forgiveness?

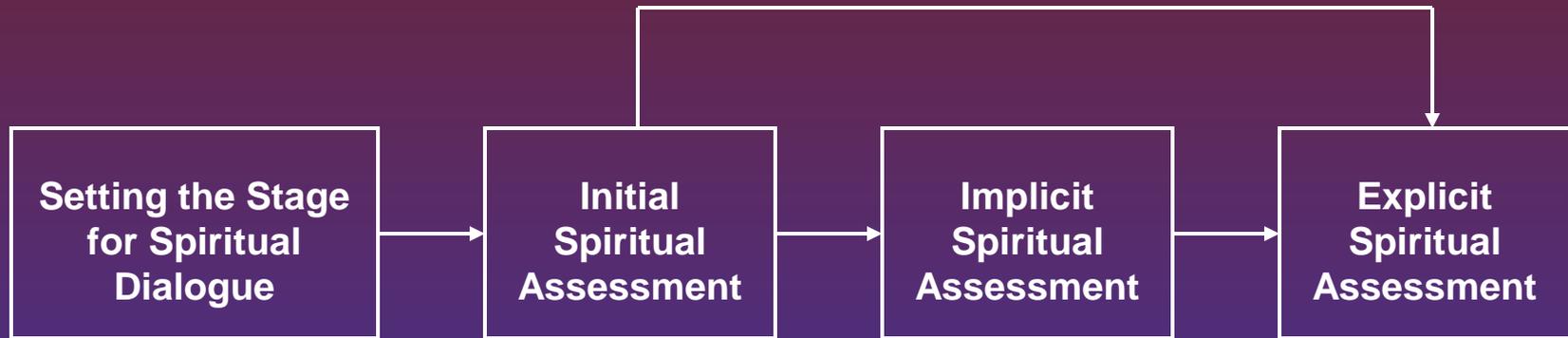


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The Process of Spiritual Assessment





Explicit Spiritual Assessment

- ❖ Asking spiritual questions



Explicit Spiritual Assessment

❖ TAKING A HISTORY, TAKING A FUTURE

- ❖ Describe the spiritual/religious tradition you grew up in. How did your family express its spirituality?
- ❖ What sort of spiritual experiences stood out for you when you were growing up?
- ❖ How did you envision the sacred?
- ❖ How have your spiritual practices and beliefs changed since you were a child?
- ❖ Have you had periods in your life when you feel like you've lost the sacred?
- ❖ How would you describe your current spiritual orientation?
- ❖ What do you see yourself striving for now and where does the sacred fit in?
- ❖ How do you see yourself changing spiritually in the future?



Explicit Spiritual Assessment

❖ SACRED DESTINATIONS

- ❖ What do you hold sacred in your life?
- ❖ What do you feel God wants from you?
- ❖ When do you feel the presence of the sacred in your life most strongly?
- ❖ When do you feel the sacred is not there?
- ❖ Do you ever have mixed thoughts and feelings about the sacred? What are they like?



Explicit Spiritual Assessment

❖ SACRED PATHWAYS

- ❖ What has helped nurture your spirituality?
- ❖ What has been damaging to your spirituality?
- ❖ Who supports you spiritually? How so?
- ❖ Who does not support you spiritually? How so?
- ❖ What spiritual practices and beliefs are especially meaningful to you?
- ❖ Where do you go to feel the presence of the sacred?
- ❖ In what ways has your spirituality helped you understand or deal with your problems?
- ❖ In what ways has your spirituality been less helpful to you in understanding or dealing with your problems?
- ❖ What gets in the way of your spirituality?



Explicit Spiritual Assessment

❖ SACRED EFFICACY

- ❖ How has your spirituality changed your life for the better?
- ❖ How has your spirituality changed your life for the worst?
- ❖ In what degree has your spirituality give you pleasure?
Meaning? A sense of connection to others, to the divine? Hope?
Confidence in yourself?
- ❖ To what degree has your spirituality been a source of pain?
Guilt? Anger? Confusion and doubt? Anxiety? Fear? Feelings
of personal insignificance? Feelings of alienation from others?



Explicit Spiritual Assessment

- ❖ Questions about Spirituality as a Coping Resource and Problem
 - ❖ Has your spirituality been involved in the way you've tried to cope with your problems? If so, how? How helpful has it been?
 - ❖ Has your spirituality been affected by the problems you're experiencing? In what way?
 - ❖ Would you say that you are in some ways struggling spiritually? If so, how?
 - ❖ Have you been having any questions or doubts about your religion or spirituality?



Explicit Spiritual Assessment

- ❖ Questions about the Client and God
 - ❖ How do you envision God?
 - ❖ Have you ever had the feeling that God is present in your life? What was that like? Where did you feel that presence?
 - ❖ Are there times when you don't feel the presence of God in your life? What are those times like and how are they different?
 - ❖ When you say that your life is in God's hands can you tell me what you mean by that? Is it all in God's hands? Do you have a part to play too?
 - ❖ Have you ever felt that God has let you down?
 - ❖ Have you ever felt that God is punishing you?



Explicit Spiritual Assessment

- ❖ Questions about Spirituality and Community
 - ❖ What people in your life bring out your best spiritual qualities?
 - ❖ Where can you go to replenish yourself spiritually?
 - ❖ Where do you encounter the holy in your life?
 - ❖ What would you like from your congregation or clergy at this time?
 - ❖ Has your congregation or clergy been there for you during this time?



Explicit Spiritual Assessment

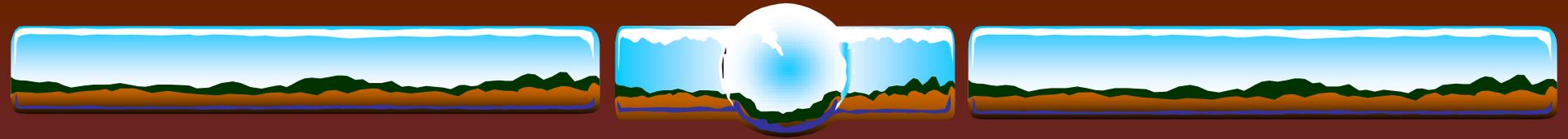
❖ Questions about Ritual and Prayer

- ❖ Do you engage in any regular rituals in your life? What are they like?
- ❖ Do you pray or meditate? If so, what are your prayers like? What do you pray for? Do you feel that you receive a response at times? What are those times like? What is it like when you don't receive a response?



Explicit Spiritual Assessment

- ❖ Asking spiritual questions
- ❖ Attending to the nonverbal
 - ❖ What's not being said
 - ❖ Emotions
 - ❖ The incongruous



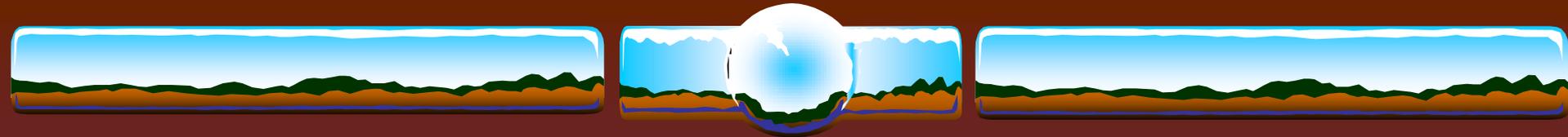
Rachel 3

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Explicit Spiritual Assessment

- ❖ Asking spiritual questions
- ❖ Attending to the nonverbal
 - ❖ What's not being said
 - ❖ Emotions
 - ❖ The incongruous
- ❖ Gathering spiritual information quantitatively



Spirituality Assessment Measures

- ❖ Spiritual History Scale (Hays, 2001)
- ❖ RCOPE (Pargament, 2000)– religious
- ❖ RSS (Exline et al., 2014) – religious and spiritual struggles
- ❖ Spiritual Strivings Scale (Mahoney, 2005)
- ❖ Hindu Spiritual Pathways Scale (Tarakeshwar, 2003)
- ❖ Religious Internalization (Ryan, 1993) – religious motivation
- ❖ Spiritual Well-Being Scale (Paloutzian, 1982)
- ❖ FACIT Spiritual Well-Being Scale (Peterman, 2002)



Explicit Spiritual Assessment

- ❖ Asking spiritual questions
- ❖ Attending to the nonverbal
 - ❖ What's not being said
 - ❖ Emotions
 - ❖ The incongruous
- ❖ Gathering spiritual information quantitatively
- ❖ Gathering spiritual information in other ways
 - ❖ Spiritual autobiography
 - ❖ Letter writing
 - ❖ Spiritual genogram



Explicit Spiritual Assessment

- ❖ Asking spiritual questions
- ❖ Attending to the nonverbal
 - ❖ What's not being said
 - ❖ Emotions
 - ❖ The incongruous
- ❖ Gathering spiritual information quantitatively
- ❖ Placing the client in context

A decorative header at the top of the slide. It features a central white globe with a blue and green landscape below it. This globe is flanked by two identical rectangular panels, each containing a stylized landscape with green hills, brown ground, and a blue sky.

The Importance of Context

“In some African communities, a person would be considered insane *not* to believe that the spirits of the dead actively influence an individual’s life”
(Miller & Kelley, 2005, p. 471).