Contents

Foreword xi

Preface xiv

Acknowledgments xx

1. Introducing Spirituality and Religion 1
Discovering Spirituality 2
Manifestations of Spirituality 5
Understanding Religion 10
The Importance of Spirituality and Religion to Social Work 12
Changing Landscape of Religious Affiliations 13
Distinguishing Spirituality from Other Fields of Study 17
Practice Implications of Spirituality and Religion 18
Conclusion 21
Discussion Questions and Exercises 21

2. Affirming Your Own Spirituality 25
Your Spiritual and Religious Beliefs 26
Your Moral and Ethical Positions 33
Your Spiritual Well-Being 34
Your Spiritual and Religious Group Memberships and Involvements 36
Your Spiritual Development 40
Experiences with Spiritual Transformation 47
Conclusion 49
Discussion Questions and Exercises 49

3. Understanding the Spirituality and Religion of Our Clients 53
Crash Course on How to Learn about Other Religions 54
A Widely Varied Religious Landscape 59
Relevant Religious Concepts 62
Pluralism as a Perspective 67
The Pluralism Project 69
Conclusion 70
Discussion Questions and Exercises 71

4. A Closer Look at Specific Religious and Spiritual Groups 73
Christianity 75
Judaism 81
Islam 83

Hinduism 87
Native People and Spirituality 89
Buddhism 91
New Age Religions 92
Conclusion 96
Discussion Questions and Exercises 96

5. Constructing a Spiritually Sensitive Approach **101**
Views on How the Topic of Spirituality is Initiated 101
Practitioners' Views about Spiritual Interventions 102
Influence of Organizational Factors on Spiritual Interventions 105
Construction of an Approach 107
Key Elements of the Approach 110
Conclusion 118
Discussion Questions and Exercises 119

6. The Ethics of Spiritually Sensitive Practice **123**
Ethics and Spirituality 123
Controversies about Inclusion of Religion in Social Work 127
Ethical Issues in Using Sacred Readings in Practice 131
Ethics of Inclusion of Spirituality and Religion 133
NASW Code of Ethics as a Resource 135
CSWE Accreditation Standards as a Resource 137
Specific Ethical Issues in Spiritually Sensitive Practice 138
Faith-Based Programs and Ethical Challenges 141
Religious Beliefs with Ethical Challenges 147
Conclusion 151
Discussion Questions and Exercises 152

7. Initial Engagement of Spiritual Issues **155**
Bringing Spirituality into Initial Discussions 156
Forging a Spiritually Sensitive Relationship 158
Personal Obstacles to Deeper Exploration 163
Deeper Exploration in Engagement 168
A Sacred Way to Greet Our Clients 169
Conclusion 170
Discussion Questions and Exercises 171

8. Spiritual Assessments **175**
What Spiritual Assessment Questions to Ask 176
Looking at a Client's Spirituality from Different Angles 179
Implicit and Explicit Assessments 181
Spiritual Assessments for Specific Client Populations 184
Different Methods of Conducting Spiritual Assessments 195
Conclusion 200
Discussion Questions and Exercises 200

9. Spiritual Interventions **205**
Introduction to Spiritual Interventions 206
Mindfulness 207
Meditation 210
Prayers 218
Metaphors and Guided Imagery 231
Altars 233
Conclusion 236
Discussion Questions and Exercises 237

10. Macro Spiritual Interventions **241**
Develop Spiritually Sensitive Human Service Organizations 242
Faith-Based Organizations and Macro Issues 247
Spirituality and Religion Infused in Social Movements 256
Spiritual Roles in Community Practice 260
Conclusion 265
Discussion Questions and Exercises 266

11. Infusing Spirituality into Existing Social Work Approaches **269**
Infusing Spirituality into General Practice Approaches 270
Eight Spiritual Bridges 270
Introduction to General Practice Approaches 277
Person-Centered Approach 277
Rational Emotive Behavioral Therapy (REBT) 279
Narrative Approach 281
Motivational Interviewing 282
Dialectical Behavior Therapy (DBT) 284
Meaning Therapy 285
Solution-Focused Approach 287
Conclusion 288
Discussion Questions and Exercises 289

12. Evaluating Spiritually Sensitive Practice **293**
Introduction to Evaluating Spirituality 293
Evaluation and Empowering Clients and Communities 295
Important Evaluation Topics for Spiritually Sensitive Practice 296
Topic 1: The Agency's Role in Providing a Spiritually Sensitive Approach 296
Topic 2: Defining Staff Competencies in Spiritually Sensitive Practice 300
Topic 3: Evaluating the Effectiveness of Spiritually Based Interventions 304
Conclusion 312
Discussion Questions and Exercises 313

13. Tools for Your Journey **317**
Understanding the Challenges for Practitioners 317
Commit to Self-Care 320
Spiritual Tools for Self-Care 321
Tools for Increasing Your Happiness 325
Experiencing Joy in Your Practice 329
Learn from a Variety of Religious and Spiritual Perspectives 332
Explore Your Own Spiritual Practice 336
Tree of Contemplative Practices 341
Conclusion 343
Discussion Questions and Exercises 343

Index **347**