

# Integrating Religion and Spirituality into Psychotherapy: Ethical and Practice Considerations

Religion and spirituality are important dimensions of most individuals' lives. Yet, many mental health clinicians do not receive education and training focused on how to address these issues, when appropriate, with their clients. This webinar provides information on the roles of spirituality and religion in many clients' lives, how to address our own biases about them and how our own beliefs may impact how we view and address them, how to appropriately assess each client's treatment needs to include religious and spiritual issues and concerns, and how to tap into clients' beliefs, practices, and faith communities as sources of strength that may enhance the professional services we provide. Ethics issues, challenges, and dilemmas are addressed, and an ethical decision-making model is shared and clinical examples are provided and discussed to illustrate its application. Recommendations for ethical and clinically effective practice are provided.

## Target Audience

Psychologists  
Therapists  
Social Workers  
Psychiatrists  
Counselors  
Nurses  
Course level: Intermediate

## Learning Objectives

At the end of this seminar, participants will be able to:

- 1) Describe the roles spirituality and religion may play in our clients' lives.
- 2) Describe the ethical dilemmas that frequently arise when integrating religion and spirituality into psychotherapy.
- 3) Describe the steps to take when faced with an ethical dilemma regarding addressing spiritual or religious matters with clients.
- 4) Explain the ethics pitfalls relevant to integrating various religious or spiritual interventions into psychotherapy.
- 5) Explain the role of consultation when treating religious clients.

## Seminar Schedule

Typically begins at 11:00 AM and ends at 2:15 PM Eastern time. There is one 15 minute break. However, check the webinar schedule.

## Outline

Begin 11 AM ET  
Religion vs. Spirituality  
Historical overview  
Relevance to today's clients  
Training issues  
Reasons to address these issues with clients  
Risks of overlooking these issues  
Potential pitfalls  
Break 12:30-12:45 PM ET  
Religion/Spirituality and mental health  
Current Trends  
Client data  
Informed consent  
Cultural competence  
Religious interventions  
Ethical models  
Case examples  
End 2:15 PM ET

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## The Presenter

Jeffrey E. Barnett, Psy.D., ABPP is a licensed psychologist and is board certified by the American Board of Professional Psychology in Clinical Psychology and in Clinical Child and Adolescent Psychology. Additionally, he is a Distinguished Practitioner in Psychology of the National Academies of Practice. He also is a Professor of Psychology at Loyola University Maryland. He is a nationally recognized expert in professional ethics issues for mental health professionals and has served as chair of the ethics committees of the Maryland Psychological Association, the American Psychological Association, and the American Board of Professional Psychology. He also has served as the Vice Chair of the Maryland Psychology Licensing Board. Dr. Barnett has numerous publications to include 13 books and over 250 articles and book chapters and over 300 professional presentations that focus on ethics, legal, and professional practice issues for mental health professionals. Through his many publications and presentations Dr. Barnett has made major contributions in ethics and ethics education, ethical decision-making, online education, mentoring, boundaries and multiple relationships, self-care and the promotion of psychological wellness, clinical supervision, tele-mental health, integrating religion and spirituality into clinical practice, business of practice, and integrating Complementary and Alternative Medicine into clinical practice. Among his many awards he is a recipient of the American Psychological Association's Award for Outstanding Contributions to Ethics Education and its award for Distinguished Contributions to the Independent Practice of Psychology.

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This seminar has been reviewed and approved by Keith Hannan, Ph.D., Phil Rich, LICSW, Daphne Fatter, Ph.D., and Loreen Yearick, MSN, RN. This approval expires on March 1, 2025.

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