

CPSE 656 Winter 2020  
Spiritual Values in Psychotherapy  
Tuesday 8:00-11:00 343 MCKB  
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Objective:

The objective of this course is to have you explore the issues of religion and spirituality in psychotherapy which will sensitize you to the process in your applied work. Experience has shown that some of these issues have a slow fuse. Students have seen them emerge organically in their work over time.

It is more about awareness and sensitivity than technique.

Pedagogy:

This course is co-created by the instructors and students. We will explore together. This does not mean that the workload will be lessened, but that the work will be co-created through discussion, reading, and writing. As we discuss five major issues/processes, we will all recommend relevant readings, write and present our reactions. Some readings will be ideographic. For example, students have written and presented poetry, essays, case studies, visual art and other introspections to capture their experiences. We will let it evolve as it will. (Talk to last years' cohort and get their reactions to the pedagogy. 😊)

Process:

Writing and presenting once a week has proven to be beneficial.

Structure:

We have a governing definition of spirituality which seems to be helpful over and over.

“Spirituality is the consciousness of victory over self and of communion with the infinite.”

We will explore the following five issues somewhat in order, but we will loop as necessary.

Know thyself. Know thy God. Know thy client. Know thy craft. Think about it, already.

This definition and structure works as well for believers as it does for non-believers.

Textbooks:

I only asked you to purchase the *Turning Freud Upside Down* texts because we found last year that we frequently referred to those chapters...and you will need them for CPSE 702 anyway. But we will have lots of other readings as we go along.

Schedule:

We have class every Tuesday morning except for February 18 which is “Monday Instruction” to compensate for the lost Mondays in other courses. We will figure out the final as we go. Last year we spent the last class period and the final exam time in extended presentations.