



THE INTERNATIONAL CENTER
FOR HEALTH CONCERNS

Integrating Spirituality into Therapy

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Why this Course is Needed

The field of medicine has entered a new era. It has moved from the first era of seeking a cause and effect for all illness, to the second era of finding a linkage to mind-body connections, to the third era of non-local medicine, where healing is based on the fundamental, infinite nature of consciousness. Non-local medicine invites a body to heal instead of commanding it to do so. Psychology has been hesitant to recognize other dimensions of healing, such as spirituality, seeking instead causal connections for illness. However, traditional psychology cannot adequately address all of the human needs. A new form of psychology, “Contemplative Psychology,” is needed to address both the “how” and “why to live” questions. This course begins with the scientific, research basis of non-local medicine and incorporates what physicians already know about healing into psychotherapy, that there is another level to health, the spiritual dimension.

This course bridges the gap between therapy and spirituality by finding ways to incorporate spirituality into therapy. It differentiates between religion and spirituality and is firmly rooted in the Twelve Steps. It finds new ways to respond to patients through contemplative listening.

This course offers opportunities for therapists to explore their own spiritual journey and life experiences. By asking fundamental questions of meaning, purpose and desire, the course allows participants to find space for spirituality in their clinical practice. The course explores research findings on the power of meditation and prayer in therapy. It teaches how to take a religious history with patients and to put faith into clinical practice.

This course is highly interactive and introspective. Participants will examine their personal journey and find ways to integrate their own spirituality into their therapy.

Course Objectives

At the completion of this course participants will be able to:

- Describe the three eras of medicine and two aspects of the era of non-local medicine;
- Describe the limits of science and two aspects of where the realm of faith takes over;
- Define health, including the integration of mind, body and spirit;
- Define spirituality and differentiate it from religion;
- Discuss the roots of psychology about religion, specifically Freud’s view of religion;
- Describe five research studies on the role of faith in healing behavioral health problems;
- Provide a new definition of listening based upon a contemplative approach to therapy;
- Discuss their calling in being a health care professional;
- Define at least three key terms, such as soul, spirit, meditation and contemplation;
- Describe contemplative counseling and demonstrate a new form of listening skills based on contemplative psychology;



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- Discuss key questions such as to what are they attached, what is their purpose, what gives them meaning, what is un-lived in their lives;
- Describe contemplative psychology's meaning of change and brokenness;
- Describe at least two research studies on the effectiveness of meditation and prayer;
- Define remembered wellness, nondirective intention, the Mother Teresa Effect;
- Describe what research shows about what brings about behavioral change in therapy;
- Discuss at least two ways they can put faith into practice with religious, non-religious, and seriously ill patients;
- Describe at least two things not to do with patients about spirituality and religion;
- Describe at least three ways they can put faith into clinical practice;
- Demonstrate skills in taking a religious history.

About the Trainer

In addition to Dr. David Powell's thirty-six years of clinical experience and his academic degrees in counseling and psychology, he also holds a master's degrees in divinity and a master's degree in Islamic studies. He was trained in a two-year program in spiritual direction at the Shalem Institute for Spiritual Formation and has worked as a spiritual director with executives of Fortune 500s. He has attended seminars and retreats with religious leaders such as Thich Nhat Hahn, a Vietnamese Buddhist, the Dalai Lama and Father Richard Rohr, a Christian, Franciscan priest.