



# **Spirituality in Counseling and Psychotherapy: An Integrative Approach that Empowers Clients**

*Rick Johnson*

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# Spirituality in Counseling and Psychotherapy: An Integrative Approach that Empowers Clients

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"Written with great clarity and intelligence, this book will be of benefit to all mental health practitioners, students of psychology, and those seeking a better understanding of their own process of psychological and spiritual transformation."

—Tara Brach, PhD, Author of *Radical Acceptance* and *True Refuge*

"In this wonderful book, Rick Johnson weaves together different theoretical perspectives in a way that welcomes religion, spirituality, and nature into the counseling and psychotherapy process. It's a delight to read Dr. Johnson's approach—an approach that teaches therapists how to empathically explore spirituality as an important dimension of human existence."

—John Sommers-Flanagan, PhD, coauthor of *Counseling and Psychotherapy Theories in Context and Practice and Clinical Interviewing*

"Rick Johnson's book *Spirituality in Counseling and Psychotherapy* is a rich introduction to the varied forms in which spiritual suffering enters the consulting room, the range of theories which address or fail to address this need, and specific attitudes and practices through which therapists can provide a non-doctrinal but open encounter with the spiritual needs of their clients."

—James Hollis, PhD, Jungian analyst, and author of fourteen books, among them *What Matters Most: Living a More Considered Life*

## **A practical integration of psychology and spirituality that builds upon existing psychological theories**

While many clients want spiritual and philosophical issues to be addressed in therapy, many mental health professionals report that they feel ill-equipped to meet clients' needs in this area. Providing a model that is approachable from a variety of theoretical orientations, *Spirituality in Counseling and Psychotherapy* supports therapists in becoming open to the unique ways that clients define, experience, and access life-affirming, spiritual beliefs and practices.

Drawing on the author's research into spiritual issues as well as predictors of clients' psychological health, this reflective book presents an integrative approach to discussing the topic of spirituality. An essential resource for mental health professionals of all spiritual and religious persuasions, *Spirituality in Counseling and Psychotherapy* discusses:

- Client-defined spirituality
- Integrating spirituality with psychological theories
- Why clients become spiritually lost
- Practical steps for spiritual health and abundance in therapy
- Helping clients reclaim their real self
- How spiritually oriented therapy helps
- Guidance for therapists in differentiating their spirituality from their clients' to foster a more successful therapeutic relationship

Filled with numerous cases and stories illustrating how spirituality can be a natural and beneficial part of the therapeutic process, *Spirituality in Counseling and Psychotherapy* enables mental health professionals to nonjudgmentally invite a collaborative exploration of the role of spirituality in their clients' lives.

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