

SW 713, Section 1 Fall 2014**Religion, Spirituality, Mental Health and Social Work****Robert Joseph Taylor****Monday 6:00-9:00p.m.****Room 2816 SSWB**

This course will explore of the influence of religion and spirituality on mental health. Topics covered will include research on spirituality and religion and their interface, as well as the demographic correlates (e.g., age, gender, race) of religious participation. With regards to mental health, the course will examine several issues including: 1) religion and its relation to psychological well being, depression, suicide, and anxiety disorders such as OCD, 2) religious coping strategies, 3) the use of clergy for mental health problems, 4) church based social support networks and 5) religion and substance abuse. The use of religion and religious frameworks in interpersonal practice will also be examined.

1. Course Design:

The course format will include lectures, discussion, individual assignments.

2. Relationship of the Course to Four Curricular Themes:

- Multiculturalism and Diversity will be addressed throughout this course. The course will cover religion and mental health among several racial and ethnic groups including non-hispanic whites, African Americans, Black Caribbeans, Native Americans and Mexican Americans. It also covers several religious denominations including Jews, Muslims and Hindus. Content related to cultural differences in religious beliefs and how that may impact counseling and mental health will be highlighted.
- Social Justice and Social Change will be addressed in content on cultural competency and understanding differences in religious beliefs among different religious denominations.
- Promotion, Prevention, Treatment, and Rehabilitation will be addressed through content on the efficacy of religious and spiritually- based treatment and treatment programs in religious settings (churches).
- Behavioral and Social Science Research will be presented throughout the course and will include findings from Social Work, Psychology, Religious Studies, Gerontology and Psychiatry.

3. Relationship of the Course to Social Work Ethics and Values:

This course will address ethical and value issues related to religious and spiritual based counseling. In particular, an emphasis will be placed on when it is appropriate or inappropriate to pray with clients or use other spiritual and religious based practices. The NASW Code of Ethics on Cultural Competence and Social Diversity as well as other literature will be used to inform practice in this area.

4. Intensive Focus on Privilege, Oppression, Diversity and Social Justice (PODS):

This course integrates PODS content and skills with a special emphasis on diversity. In particular, the course investigates ethnic and cultural diversity with regards to racial and ethnic groups (African Americans, Black Caribbeans, Mexican Americans and Native Americans), as well as religious denominations (Jews, Muslims).

CLASS SCHEDULE

September 8 **Overview of Course and
Religion and Mental Health,
Demographic Correlates of Religious Participation/Spirituality**

September 15 **Religion and Spirituality**

Readings:

Chatters, L. M., Taylor, R, J., Bullard, K, M., & Jackson, J.S. (2008). Spirituality and subjective religiosity among African Americans, Black Caribbeans and Whites. *Journal for the Scientific Study of Religion*, 47, 725-737.

Zinnbauer, B. J., Pargament, K. I., Cole, B., Rye, M. S., Butter, E. M., Belavich, T. G., Hipp, K. M., Scott, A. B., & Kadar J. L. (1997). Religion and spirituality: Unfuzzifying the fuzzy. *Journal for the Scientific Study of Religion* 36(4):549-564.

Pargament, K. I. (1999). The psychology of religion and spirituality? Yes and no. *International Journal for the Psychology of Religion* 9:3-16.

Optional Readings:

Moberg D.O. (2010) Spirituality research: Measuring the immeasurable. *Perspectives on Science and Christian Faith*, 62, 99-114.

September 22 Religious Coping and Use of Religion in Counseling 1

Readings:

Siatkowski, R. M., Cannon, S. L., & Farris, B.K., (2008). Patients' Perception of Physician-Initiated Prayer Prior to Elective Ophthalmologic Surgery. *Southern Medical Journal*, 101, 138-141.

Snorton, T. E., (2008). Physician-Initiated Preoperative Prayer. *Southern Medical Journal*, 101, 120-121.

Ellison, C. G. & Lee, J. (2010). Spiritual Struggles and Psychological Distress: Is There a Dark Side of Religion? *Social Indicators Research*, 98, 501–517

Optional Readings:

Benore, E., Pargament, K., I. & Pendleton, S. (2008). An Initial Examination of Religious Coping in Children With Asthma. *International Journal for the Psychology of Religion*, 18, 267-290

Stringer, E., C. (2009) 'Keeping the Faith': How Incarcerated African American Mothers Use Religion and Spirituality to Cope with Imprisonment. *Journal of African American Studies*, 13, 325–347

Cummings, J. P. & Pargament, K. I. (2010). Medicine for the Spirit: Religious Coping in Individuals with Medical Conditions. *Religions*, 1, 28-53.

September 29 Use of Religion in Counseling 2

Readings:

Whitley, R. (2012). Religious competence as cultural competence. *Transcultural Psychiatry*, 49, 245-260.

Meier, L., (2008). The Traveling Torah and Healing. *The Journal of Pastoral Care & Counseling*, 62, 37-42.

Tam, C., & Poon, V., (2008). Developing a Support Group for Families with Children with Disabilities in a Canadian Chinese Church Community. *The Journal of Pastoral Care & Counseling*, 62, 343-351.

Optional Readings:

Wachholtz, A. B. & Pargament, K.I. (2005). Is Spirituality a Critical Ingredient of Meditation? Comparing the Effects of Spiritual Meditation, Secular Meditation, and Relaxation on Spiritual, Psychological, Cardiac, and Pain Outcomes. *Journal of Behavioral Medicine*, 28 (4).

Worthington, E. L., Hook J. N., Davis, D. E., McDaniel, M. A. (2011). Religion and spirituality. *Journal of Clinical Psychology*, 67, 2, 204–214.

October 6 Use of Religion in Counseling 3

Readings:

Required:

Mattison, D., Jayaratne, S., & Croxton, T., (2000). Social Workers' Religiosity and it's Impact on Religious Practice Behaviors. *Advances in Social Work*, 1, 43-59.

Puchalski C., (1999). Spiritual Assessment Tool: FICA.

Hodge, D. R. (2010). Using Prayer and Other Forms of Positive Mental Energy in Direct Practice: An Evidence-Based Perspective. *Smith College Studies in Social Work*, 80, 121–138,

Hodge, D. R. (2011). Using Spiritual Interventions in Practice: Developing Some Guidelines from Evidence-based Practice. *Social Work*, 56, 149-158.

Optional:

Hodge, D. R. (2005). Spiritual Assessment In Marital And Family Therapy: A Methodological Framework For Selecting From Among Six Qualitative Assessment Tools. *Journal of Marital and Family Therapy*, 31, 341–356.

October 13 Fall Study Break

October 19 Midterm Due at 5:00

October 20 Religious Diversity and Use of Religion in Counseling 4

Readings:

Hodge, D. R. (2005). Social work and the House of Islam: Orienting practitioners to the beliefs, practices, values and organizations of American Muslims. *Social Work*, 50(2), 162-173.

Hodge, D. R., Limb, G. E. & Cross, T.L., (2009). Moving from Colonization toward Balance and Harmony: A Native American Perspective on Wellness. *Social Work*, 54, 211-219.

Hodge, D. R. (2004). Working with Hindu clients in a spiritually sensitive manner. *Social Work*, 49(1), 27-38.

Raiya, H. A. & Pargament, K. I. (2010). Religiously Integrated Psychotherapy With Muslim Clients: From Research to Practice. *Professional Psychology: Research and Practice*, 41, 181–188.

Schlosser, L. Z., Ali, S. R., Ackerman, S. R., & Dewey, J. H. (2009). Religion, Ethnicity, Culture, Way of Life: Jews, Muslims, and Multicultural Counseling. *Counseling and Values*, 54, 48-64.

Milevsky, A., Eisenberg, M., (2012). Spiritually Oriented Treatment With Jewish Clients: Meditative Prayer and Religious Texts. *Professional Psychology: Research and Practice*, 43, 336–340

Mengesha, M. & Ward, E.C. (2012) Psychotherapy with African American Women with Depression: Is it okay to Talk about Their Religious/Spiritual Beliefs? *Religions*, 3, 19-36.

Hodge, D. R. & Nadir, A. (2008). Moving toward culturally competent practice with Muslims: Modifying cognitive therapy with Islamic tenets. *Social Work*, 53(1), 31-41.

Optional: Readings:

Taylor, R.J., Chatters, L.M., Mattis, J.S., & Joe, S. (2010). Religious Involvement among Caribbean Blacks in the United States. *Review of Religious Research*, 52, 125-145

October 27 Use of Clergy for Mental Health Problems

Readings:

Mattis, J. S., Mitchell, N., Zapata, A., Grayman, N. A., Taylor, R. J., Chatters, L. M., & Neighbors, H. W. (2007). Uses of ministerial support by African Americans: A focus group study. *American Journal of Orthopsychiatry*, 77, 248-258.

Ali, O. M., Milstein, G., & Marzuk, P. M., (2005). The Imam's Role in Meeting the Counseling Needs of Muslim Communities in the United States, *Psychiatric Services*, 56, 202-205.

Kramer, T. L., Blevins, D., Miller, T. L., Phillips, M, M., Davis, V., Burris, B., (2007). Ministers' Perceptions of Depression: A Model to Understand and Improve Care. *Journal of Religion and Health*, 46, DOI: 10.1007/s10943-006-9090-1

Optional: Readings:

Singha, H., Shahb, A. A., & Vikas Guptac, J. (2012). The Efficacy of Mental Health Outreach Programs to Religious Settings: A Systematic Review. *American Journal of Psychiatric Rehabilitation*, 15, 290-298.

November 3 Congregational Support

Readings:

Krause, N. & Bastida, E., (2011). Social Relationships in the Church during Late Life: Assessing Differences between African Americans, Whites, and Mexican Americans. *Review of Religious Research*, 53, 41–63. doi:10.1007/s13644-011-0008-3.

Chatters, L. M., Taylor, R.J., Lincoln, K. D., Nguyen, A., Joe, S., (2011). Church-Based Social Support and Suicidality among African Americans and Black Caribbeans. *Archives of Suicide Research*, 15, 337-353.

Krause, N. & Hayward, R. D., (2012). Negative Interaction with Fellow Church Members and Depressive Symptoms among Older Mexican Americans. *Archive for the Psychology of Religion*, 34, 149-171

November 10 Religion and Depression/Mental Illness

Readings:

Koenig, H. G., (2009). Research on Religion, Spirituality and Mental Health: A Review, *Canadian Journal of Psychiatry, 54*, 283-291

Dein, S. (2013). Religion, spirituality, depression, and anxiety: Theory, research and practice. In Pargament, K. I., (Editor in Chief) *APA Handbook of Psychology, Religion and Spirituality: Volume 2, An Applied Psychology of Religion and Spirituality*. (pages 241-255).

Optional Reading:

Idler, E. L., & Kasl, S. V. (1992). Religion, disability, depression, and the timing of death. *The American Journal of Sociology, 97*, 1052-1079.

Rosmarin, D. H., Pirutinsky, S., Pargament, K. I. & Krumrei, E. J. (2009). Are Religious Beliefs Relevant to Mental Health Among Jews? *Psychology of Religion and Spirituality, 1*, 180-190.

November 17 Religion and Suicide

Readings:

Soukoreff, M. (2008). Suicide in a Mental Health Setting: Caring for Staff, Clients, and Family Members. *The Journal of Pastoral Care & Counseling, 62*, 353-362.

Gearing, R. E., Lizardi, D. (2008). Religion and Suicide, *Journal of Religion and Health*. DOI 10.1007/s10943-008-9181-2

Optional Reading:

Colucci, Erminia and Graham Martin. 2008. Religion and spirituality along the suicidal path. *Suicide and Life Threatening Behavior, 38*, 229-44.

Taylor, R.J., Chatters, L.M., & Joe, S. (2011). Religious Involvement and Suicidal Behavior among African Americans and Black Caribbeans. *Journal of Nervous and Mental Disease, 199*(7), 478-486.

November 24 Religion and Anxiety

Readings:

Himle, J.A., Chatters, L.M., Taylor, R.J., & Nguyen, A. (2011). The relationship between obsessive-compulsive disorder and religious faith: Clinical characteristics and implications for treatment. *Psychology of Religion and Spirituality, 3*, 241-258.

Barrera, T. L., Zeno, D., Bush, A. L., Barber, C., R. & Stanley, M. A. (2012). Integrating Religion and Spirituality Into Treatment for Late-Life Anxiety: Three Case Studies. *Cognitive and Behavioral Practice, 19*, 346-358.

Optional Readings:

Koenig, H. G., Ford, S. M., George, L. K., Blazer, D. G., & Meador, K. G. (1993). Religion and anxiety disorder: An examination and comparison of associations in young, middle-aged, and elderly adults. *Journal of Anxiety Disorders, 7*, 321-342.

Rosmarin, D. H., Pargament, K. I., Pirutinsky, S., & Mahoney, A. (2010). A randomized controlled evaluation of a spiritually integrated treatment for subclinical anxiety in the Jewish community, delivered via the Internet. *Journal of Anxiety Disorders, 24*, 799–808

December 1 Religion, Risky Behaviors and Substance Abuse

Readings:

Chitwood, D. D., Weiss, M. L., & Leukefeld, C. G. (2008). A Systematic Review of Recent Literature on Religiosity and Substance Use. *Journal of Drug Issues, 38*, 653-689.

Wallace, J. M., & Forman, T. A. (1998). Religion's Role in Promoting Health and Reducing Risk Among American Youth. *Health Education and Behavior, 25*, 721-741.

December 8 Poster Session 5-8 McGregor Commons

December 10 Submit final paper (by 5 p.m.)