

SW 713, Section 1 Fall 2015

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, Sociology, 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 14 **Overview of Course and
Religion and Mental Health,
Demographic Correlates of Religious Participation/Spirituality**

September 21 **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.

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

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.

Optional Readings:

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

September 28 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.

October 5 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 12 Use of Religion in Counseling 3

Readings:

Required:

Oxhandler, H. K., & Pargament, K. I. (2014). Social Work Practitioners' Integration of Clients' Religion and Spirituality in Practice: A Literature Review. *Social Work*, swu018.

Oxhandler, H. K., Parrish, D. E., Torres, L. R., & Achenbaum, W. A. (2015). The Integration of Clients' Religion and Spirituality in Social Work Practice: A National Survey. *Social Work*, swv018.

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

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.

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,

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.

October 19-20 Fall Study Break

October 24 Midterm Due at 5:00

October 26 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

November 2 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:

Hankerson, S. H., & Weissman, M. M. (2012). Church-based health programs for mental disorders among African Americans: A review. *Psychiatric Services*, 63, 243–249.

Hays, K., & Aranda, M. P. (2015). Faith-Based Mental Health Interventions With African Americans A Review. *Research on Social Work Practice*.

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 9 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 16 Religion and Depression/Mental Illness

Readings:

Bonelli, R. M., & Koenig, H. G. (2013). Mental disorders, religion and spirituality 1990 to 2010: a systematic evidence-based review. *Journal of religion and health*, 52(2), 657-673.

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 23 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 30 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 7 Religion, Risky Behaviors and Substance Abuse

Readings:

Walton-Moss, B., Ray, E. M., & Woodruff, K. (2013). Relationship of Spirituality or Religion to Recovery From Substance Abuse: A Systematic Review. *Journal of Addictions Nursing, 24(4)*, 217-226.

Porche, M. V., Fortuna, L. R., Wachholtz, A., & Stone, R. T. (2015). Distal and Proximal Religiosity as Protective Factors for Adolescent and Emerging Adult Alcohol Use. *Religions, 6(2)*, 365-384.

Optional 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 14 Poster Session 5-8 McGregor Commons

December 15 Submit final paper (by 5 p.m.)

Course Administrative Tasks

Attendance

You are expected to attend and to be prepared to take part in each class session. Attendance is important for you to keep up with course work. Missing 2 unexcused classes will reduce your final grade (e.g. an A will be reduced to an B) and each additional absence will reduce your final grade an additional half grade. As adult learners, I expect you to make appropriate decisions about attending class. Please notify me as soon as possible if you must miss a class. It is your responsibility to get materials, handouts, or class notes from one of your classmates if you are unable to be in class. Please be aware of the disruptive nature of coming to class late; enter the classroom as quietly as possible and wait until break to catch up with what is going on. If you anticipate that you will be absent for religious observances, please let me know ahead of time so that we can plan accordingly.

Laptops and Electronic Devices: This class involves both lecture and discussion. As such, laptops, and tablets can only be used for taking notes. They cannot be used for e-mail, social media or other use during class time. Cell phones are not permitted in the classroom. Use of these devices can be a distraction to both the user and their fellow classmates. Students are asked to refrain from their use in order to promote a more engaged classroom environment.

Phones and Pagers: In consideration of your classmates, and due to their disruptive nature, I request that all telephones and pagers are turned off while you are in class. This is your time and I want you to be able to protect it. If you are required to carry a pager, please set it to vibrate only.

Accommodations for Students With Disabilities: If you think you need an accommodation for a disability, please let me know early in the term. Some aspects of this course, the assignments, the in-class activities, and the way the course is usually taught may be modified to facilitate your participation and progress. As soon as you make me aware of your needs, we can work with the Office of Services for Students with Disabilities (SSD) to help us determine appropriate academic accommodations. SSD (734-763-3000; <http://ssd.umich.edu>) typically recommends accommodations through a Verified Individualized Services and Accommodations (VISA) form. Any information you provide is private and confidential and will be treated as such. If there are any circumstances and/or adaptations that are required for instruction or the classroom situation, please consult me.

Religious Holidays and Academic Conflicts: From the Provost's Office: Although the University of Michigan, as an institution, does not observe religious holidays, it has long been the University's policy that every reasonable effort should be made to help students avoid negative academic consequences when their religious obligations conflict with academic requirements. Absence from classes or examinations for religious reasons does not relieve students from responsibility for any part of the course work required during the period of absence. Students who expect to miss classes, examinations, or other assignments as a consequence of their religious observance shall be provided with a reasonable alternative opportunity to complete such academic responsibilities. It is the obligation of students to provide faculty with reasonable notice of the dates of religious holidays on which they will be absent. Such notice must be given by the drop/add deadline of the given term. Students who are absent on days of examinations or class assignments shall be offered an opportunity to make up the work, without penalty, unless it can be

demonstrated that a make-up opportunity would interfere unreasonably with the delivery of the course. Should disagreement arise over any aspect of this policy, the parties involved should contact the Department Chair, the Dean of the School, or the Ombudsperson. Final appeals will be resolved by the provost.

Please notify me if religious observances conflict with class or due dates for assignments so we can make appropriate arrangements.

SW 713, Section 1
Religion, Spirituality, Mental Health and Social Work
Robert Joseph Taylor
Fall 2015

Assignments

1. All students are expected to read the required articles prior to each class and to be prepared to discuss them. All required articles are available on C-Tools.
2. All students are expected to write 3 discussion points/questions per article and post them on C-Tools by 5:00 p.m. the day before class.
3. All students are required to write a 5-7 page paper on the topic of religious diversity and counseling for the Mid-term assignment.
4. All students will be responsible for making an oral presentation on a topic on religion, mental health and counseling. The topic must be approved by the instructor. Each presentation should be a professional power point presentation drawing upon evidence based research. The presentation should be 10 minutes with 10-15 minutes for question and answer.
5. All students are required to write a 6-8 page final paper.
6. All students are required to produce a poster and participate in a class poster session which will be open to all individuals in the School of Social Work. The poster session will be held the last day of class.
7. The oral presentation, poster session and final paper are all on the same topic. Students are expected to incorporate reasonable feedback from their oral presentation in their poster and final paper.
8. All due dates are included on the class syllabus.

Grading:

10% Class readings, participation and discussion questions/points
30% Mid-Term
10% Oral Presentation and Poster
50% Final Paper