



Spiritual and Religious Competencies in Clinical Practice: Guidelines for Psychotherapists and Mental Health Professionals

Cassandra Vieten, Shelley Scammell

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Religion lies at the heart of many clients' core values, and helps shape their perception of themselves and the world around them. In this book, two clinical psychologists provide a much-needed, research-based road map to help professionals appropriately address their clients' spiritual or religious beliefs in treatment sessions.

More and more, it has become essential for mental health professionals to understand and competently navigate clients' religious and spiritual beliefs in treatment. In *Spiritual and Religious Competencies in Clinical Practice*, you'll find sixteen research-based guidelines and best practices to help you provide effective therapy while being conscious of your clients' unique spiritual or cultural background.

With this professional resource as your guide, you will be prepared to:

- Take a spiritual and religious history when treating a client
- Attend to spiritual or religious topics in a clinical setting
- Hold clear ethical boundaries regarding your own religious or spiritual beliefs
- Know when and how to make referrals if topics emerge which are beyond the scope of your competence

This book is a must-read for any mental health professional looking to develop spiritual, religious, and cultural competencies.

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