



Spirituality & Mental Health: What Clinicians Need to Know

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Wednesday, January 24th, 2018

 **McLean HOSPITAL**
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▶ **Funding Support**

David & Susan Fowler & Family
The Gertrude B. Nielsen Charitable Trust
The Tamarack Foundation

The presenter has no conflicts of interest to disclose.

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*All of the patients described throughout this presentation have provided informed consent to have their material included, however names, images, and identifying details have been changed to protect privacy and confidentiality.

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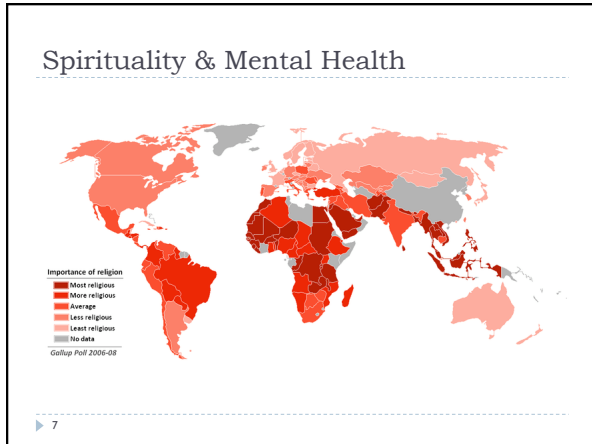
In the United States, spirituality is VERY common.

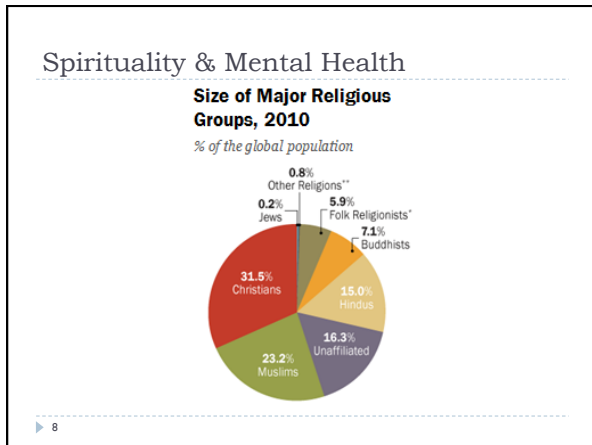
Some belief in God ¹	92%
Certain belief in God ¹	73%
Religion very important in life ²	56%
Pray \geq 1x/day ²	58%
Religious services \geq 1x/week ²	39%

¹ Gallup Poll, 2011; ² Pew Forum, 2009

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Perhaps for these reasons ...

Outpatients reporting a desire for spiritually-integrated mental health treatment when asked ¹	55%
Acute psychiatric patients reporting "fairly" or greater interest in spiritually-integrated mental health treatment ²	58.2%
Percentage of Americans who seek support from clergy for mental health disorders ³	25%
Percentage of Americans who seek support from mental health professionals for mental health disorders ³	16.7%

¹ Ross, E.M., Westefeld, J.S., & Ansel, T.N. Spiritual issues in counseling: Clients' beliefs and preferences. *Journal of Counseling Psychology*, 2001, 48, 61-71.

² Rosmarin, D.H., Forester, B.P., Shasian, D.M., Webb, C.A., & Bjorgvinsson, T. *Journal of Consulting & Clinical Psychology*, 2015, 83, 1149-1153.

³ Wang, J.S., Berglund, P.A., & Kessler, R.C. (2002). Patterns and correlates of contacting clergy for mental disorders in the United States. *Health Services Research*, 38, 647-673.

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Yet, among psychiatrists ¹ ...	
"Rarely" or "Never" inquire about spirituality/religion when a patient suffers from anxiety/depression	21%
"No" I do not ever inquire about patients' religious/spiritual issues	13%
"General discomfort" is a barrier to discussing religion/spirituality with patients	13%
"Sometimes" "Often" or "Always" try to change the subject in a tactful way when patients bring up religion/spirituality	9%

¹Curlin et al. Religion, spirituality, and medicine: Psychiatrists and other physicians' differing observations, interpretations, and clinical approaches. *Am J Psychiatry*. 2007;164:1825-1831.

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"Religion is comparable to a childhood neurosis."
Future of an Illusion, 1927

"The whole thing is so patently infantile, so foreign to reality, that to anyone with a friendly attitude to humanity it is painful to think that the majority of mortals will never be able to rise above this view of life. It is still more humiliating to discover how a large number of people living today, who cannot but see that this religion is not tenable, nevertheless try to defend it piece by piece in a series of pitiful rearguard actions."
Civilization and its Discontents, 1931

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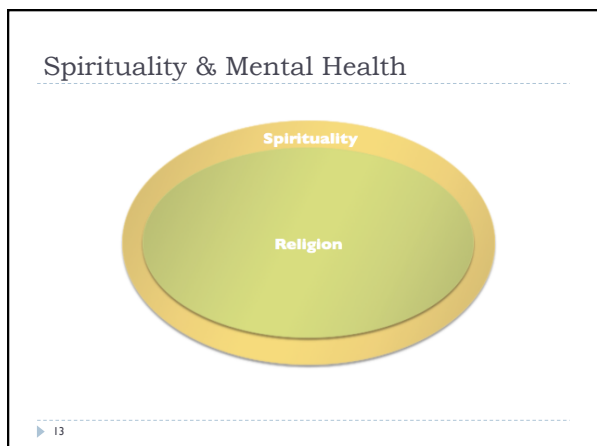
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- ▶ Spirituality¹
 - ▶ A broad term that refers to any way of relating to that which is regarded as sacred.
 - ▶ May or may not be linked to established institutions and/or traditional conceptualizations of the sacred.
- ▶ Religion¹
 - ▶ A specific term referring to institutionalized or culture-bound forms of relating to that which is regarded as sacred.
 - ▶ **Note: religious beliefs and practices are simply a specific form of spirituality.**

¹Adapted from Pargament. *Exline, Jones & Mahoney, 2013*

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Four primary effects of S/R on mental health
1. Symptom presentation
2. Protection
3. Spiritual/Religious Coping
4. Spiritual struggle

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Four primary effects of S/R on mental health
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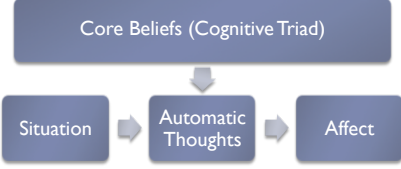
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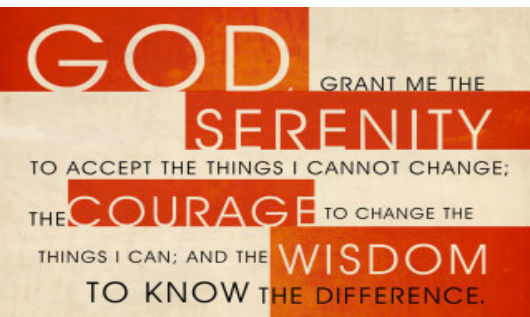
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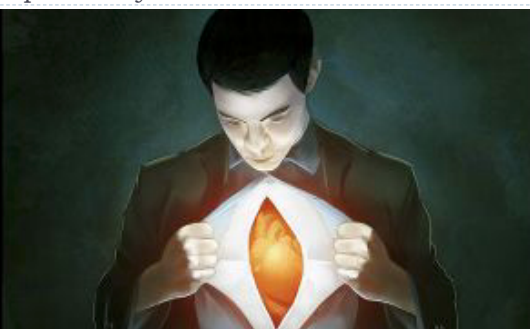
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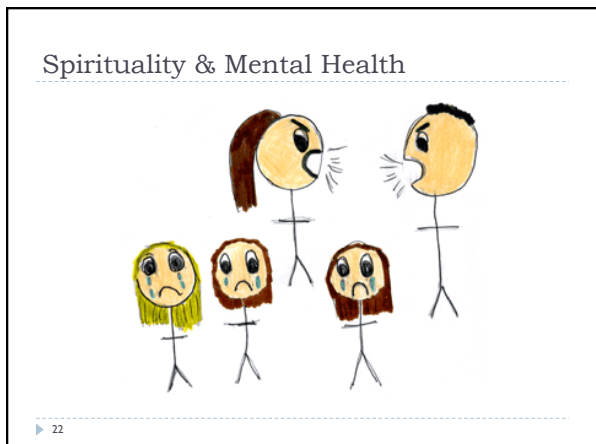
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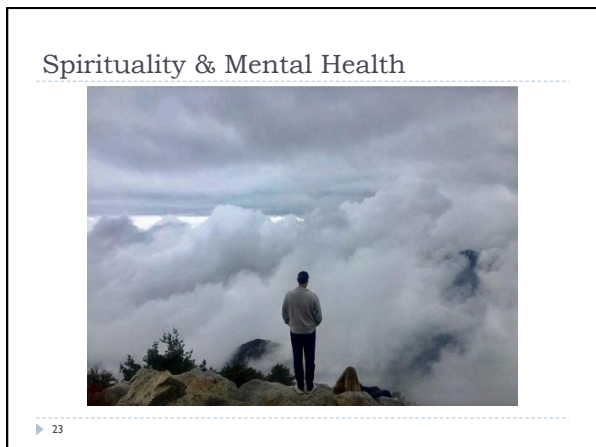
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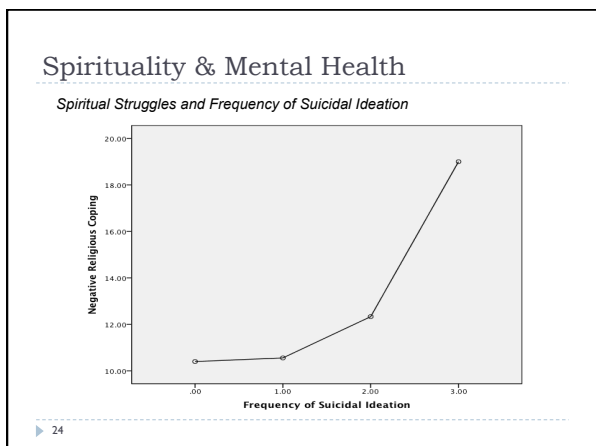


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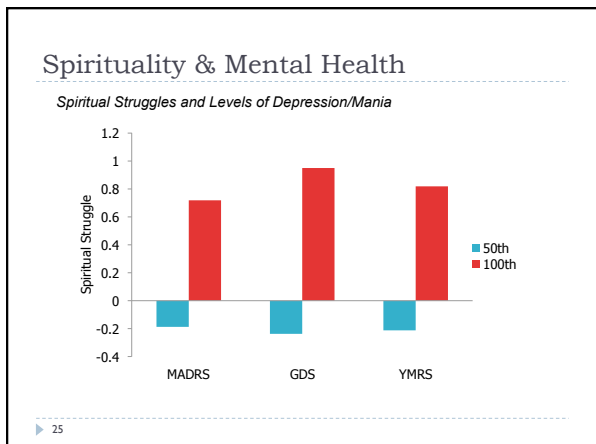
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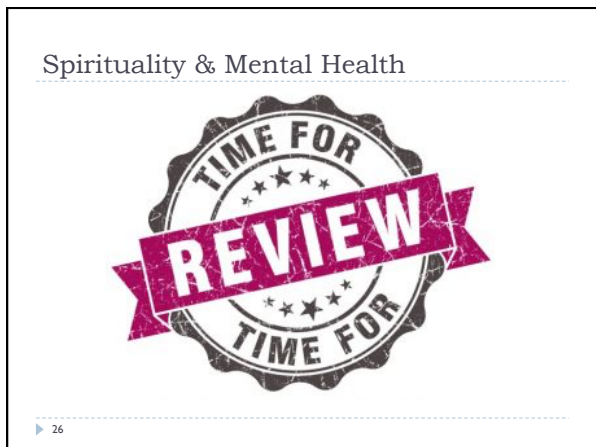


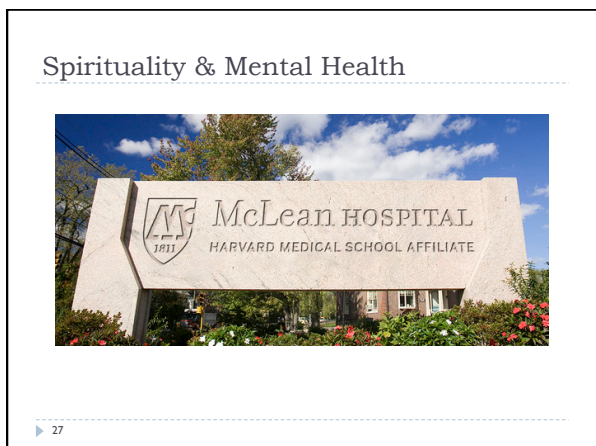




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- ▶ Sample (n = 45)
 - ▶ Age 20-65 years, M = 41.6, SD = 13.03
 - ▶ 52.2% female; 72.1% university educated; 84.5% Caucasian
 - ▶ Religious affiliation

Catholic	Protestant	Jewish	Other	None
40%	13.3%	4.4%	26.7%	15.5%

- ▶ Questionnaire
 - ▶ 5-items re: Importance of spirituality
 - ▶ 3-items re: Experience in SI-CBT group
 - ▶ Open-ended question: What would you change about the group?

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- ▶ **Importance of Spirituality** ("Somewhat" or "Definitely")
 - ▶ Spirituality important part of my life – 92.9%
 - ▶ Spirituality central to my mental health – 87.9%
 - ▶ Important to addressing spirituality in my treatment – 95.3%
 - ▶ Doing so will accelerate the process of recovery – 93.0%
 - ▶ Doing so improves my ability to connect with my faith – 95.3%
- ▶ **Experience in SI-CBT group** ("Somewhat" or "Definitely")
 - ▶ The group clarified how to integrate spirituality into tx – 97.7%
 - ▶ The group helped identify spiritual resources I can use – 95.3%
 - ▶ The group was respectful of different faith systems – 97.7%

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- ▶ **Qualitative Feedback**
 - ▶ What would you change about this group?

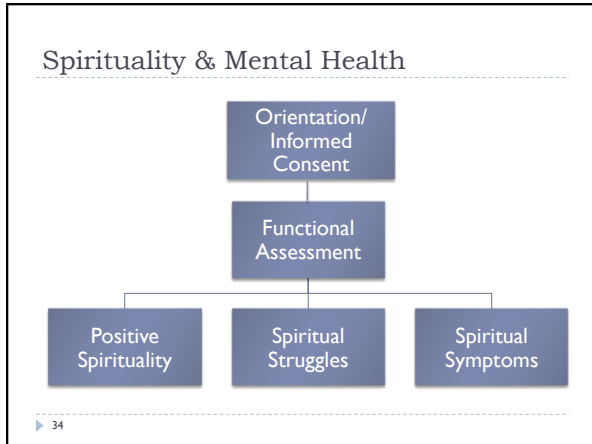
Response	Percentage
Expansion	23%
Religion	21%
Nothing	14%
No Answer	41%

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- Spirituality & Mental Health
- ▶ Orientation/Informed Consent
 - ▶ Purpose
 - ▶ Open topic for discussion
 - ▶ Obtain informed consent
 - ▶ Desensitization to subject matter
 - ▶ Information gathering
 - ▶ Sample questions
 - ▶ **Would you mind if I asked you about S/R?**
 - ▶ Is S/R important in your life? (If yes, how so?)
 - ▶ Has it always been that way?
 - ▶ What are some of your S/R beliefs/practices?
- ▶

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- ▶ Functional Assessment
 - ▶ Purpose
 - ▶ Orient patient to focus on *treatment*
 - ▶ Provide patient and clinician with opportunity to explore relevance of S/R to presenting problem(s)
 - ▶ Formulate initial model of clinical relevance of S/R
 - ▶ Sample questions
 - ▶ **How is your S/R related to your symptoms?**
 - ▶ Do you draw on S/R beliefs/practices to cope?
 - ▶ Does your S/R exacerbate your symptoms?
 - ▶ Does your S/R fluctuate with your level of S/R activity?
- ▶


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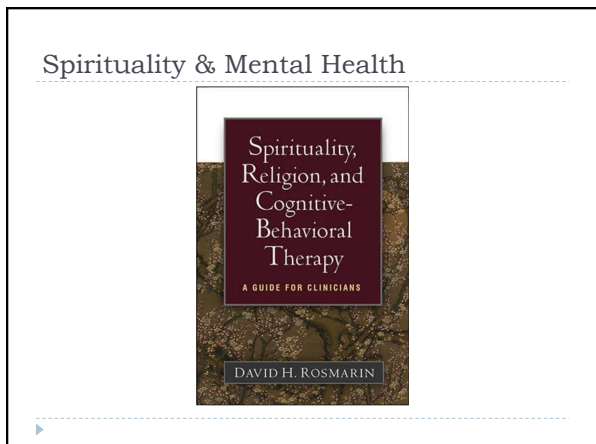
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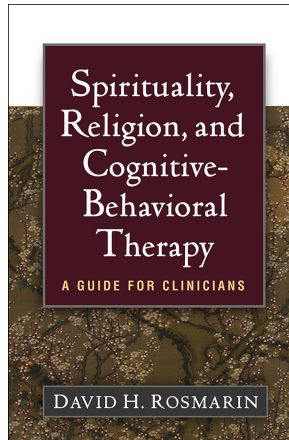


Questions & Comments

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2018, Hardcover
ISBN 9781462535446
6" x 9", 230 Pages, \$35.00
DISCOUNT PRICE: \$28.00

Spirituality, Religion, and Cognitive-Behavioral Therapy

A Guide for Clinicians

David H. Rosmarin, PhD, ABPP

"A masterful integration of spirituality into CBT. Filled with wisdom and practical tools, this book clearly describes not only why but also how religion and spirituality should be addressed in the context of CBT. Rosmarin's work will be of tremendous value to both spiritually minded and secular therapists on the lookout for ways to broaden and deepen their clinical skills."

—**Kenneth I. Pargament, PhD**, Department of Psychology (Emeritus), Bowling Green State University

"Spiritual and religious issues can have a significant impact on the etiology, prevention, and resolution of mental health problems, yet CBT clinicians have rarely been prepared to address even the most elementary spiritual issues that arise in psychotherapy. Rosmarin provides clinically, ethically, and scientifically sound guidance for CBT clinicians to understand and address this important component of health care that is so often bypassed in training."

—**William R. Miller, PhD**, Departments of Psychology and Psychiatry (Emeritus), University of New Mexico

"For many clients, religion and spirituality shape a wide range of their experiences and have a major impact on mental health. Regardless of the religiosity of a practitioner, neglecting spirituality in treatment is a serious oversight. Rosmarin has done a tremendous service to the field by providing guidance on how to work with religion and spirituality in evidence-based psychotherapy. Suitable for graduate students through to experienced professionals, this book is an important resource to aid clinicians in delivering interventions that cover the full range of life experiences."

—**Dean McKay, PhD, ABPP**, Department of Psychology, Fordham University; past president, Association for Behavioral and Cognitive Therapies

"Evidence-based treatment has learned to how to address almost any topic of significance to human beings, except one—religion and spirituality. This book has a simple message: it is time to end that silence. It crafts an evidence-based and practical approach for CBT practitioners to integrate issues of spirituality into their work. Relying on principles familiar to any behavior therapist, cognitive therapist, or third-wave therapist, Rosmarin opens a door therapists can walk through to delve into one of the most fundamental domains of human experience."

—**Steven C. Hayes, PhD**, Foundation Professor of Psychology, University of Nevada, Reno

Spirituality and religion are powerful forces in many people's lives, yet they are usually relegated to the periphery of cognitive-behavioral therapy (CBT) research and practice. This highly practical, nonsectarian book describes how to identify and work with psychologically relevant facets of spirituality in the context of evidence-based treatment. David H. Rosmarin draws on cutting-edge theory and research to provide clear guidelines for conceptualizing positive and negative aspects of spirituality pertaining to common clinical concerns. Concrete examples throughout the book illustrate collaborative ways to harness spiritual beliefs and practices to help bring about cognitive, behavioral, and affective change. Four reproducible handouts can be downloaded and printed in a convenient 8½" x 11" size.

Find full information about this title online: www.guilford.com/p/rosmarin
