

Psychology and Spirituality

Theoretical Foundations for an Integrated Practice

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Rise of Interest in Spirituality

Cause for Celebration or Concern?

Spirituality

Any awareness of and response to the Divine (whatever is perceived to be sacred or ultimate) that moves one toward loving connectedness and integration

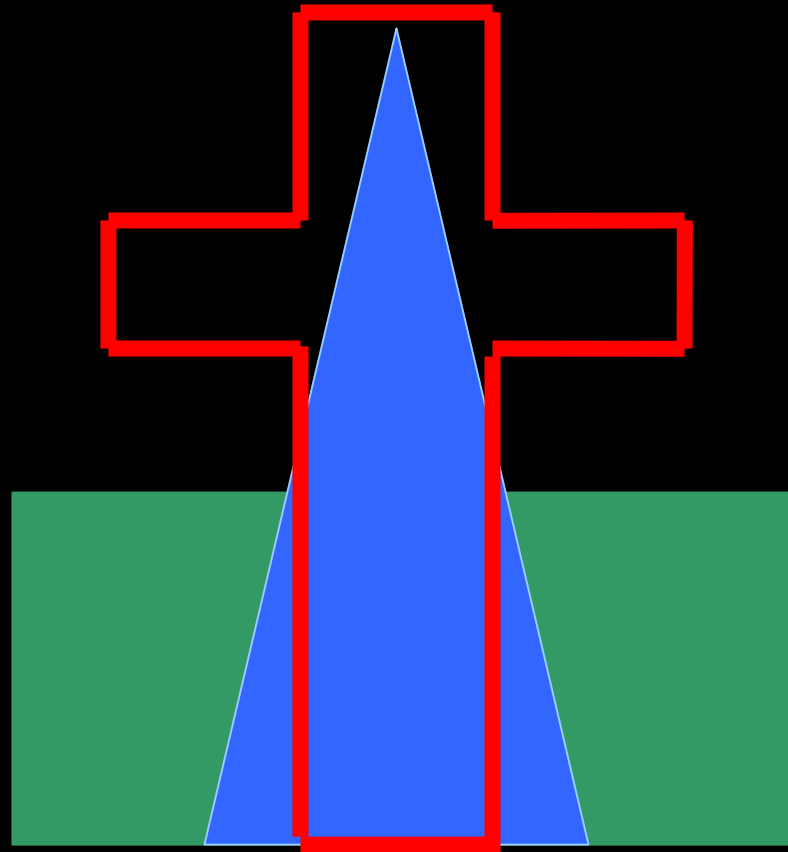
Religion

The creedal, institutional, and communal expression of spirituality

Basic Assumptions

- ▶ To be human is to a spiritual being
- ▶ Inner world contains no separate psychological and spiritual compartments
- ▶ Our spirituality is the source of our deepest longings which always point us toward the Divine
- ▶ Our spirituality is always a response of spirit to Spirit

Forms of Spirituality



**Christian
Spirituality**

**Religious
Spirituality**

**Generic
Spirituality**

Christian Spirituality

- ▶ Life of surrender to Perfect Love
- ▶ That connects spirit to Spirit, and
- ▶ That leads to the transformation of the self through union with God

Spirituality

Surrender Longing Connectedness

Transcendence Meaning Wholeness

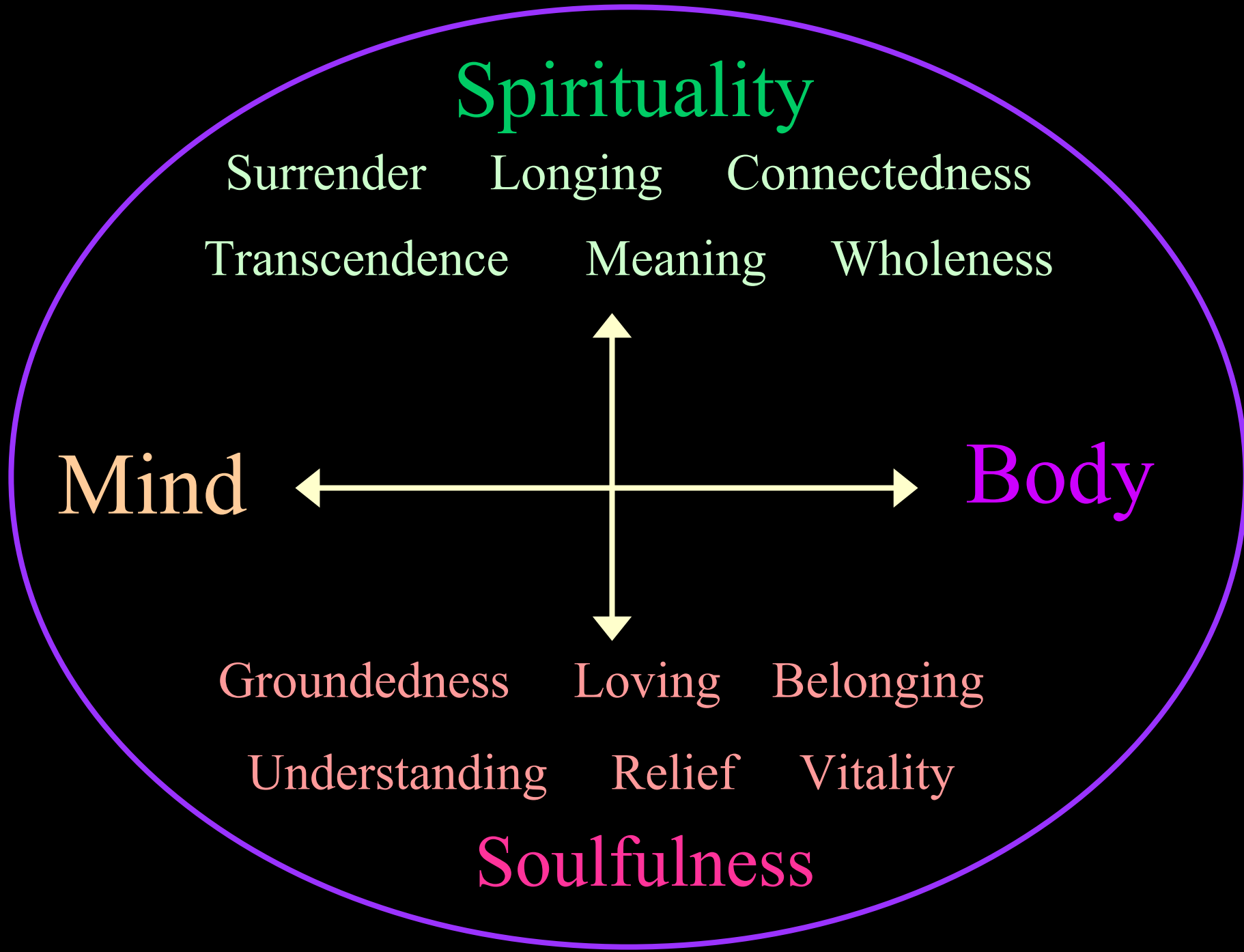
Mind

Body

Groundedness Loving Belonging

Understanding Relief Vitality

Soulfulness



Interconnectedness of spirit and soul

- ▶ Two faces of the coin of the inner self
- ▶ Journey of both are necessary for development of full personhood
 - Although growth in one is not absolutely dependent on growth in the other, growth in either provides opportunities for growth in the other
 - Psychopathology always involves some combination of soul suffering and spirit longing