

# HIDDEN SPRING



*The Spiritual Dimension of Therapy*

THOMAS HART

SECOND EDITION

# Hidden Spring The Spiritual Dimension Of Therapy

**AW Rasmussen**



## **Hidden Spring The Spiritual Dimension Of Therapy:**

Hidden Spring Thomas N. Hart, 2002 Increasingly pastoral counselors feel the need to integrate spirituality into their therapy A therapist and theologian shows how much richer therapy is when it calls attention to spirituality in addressing human struggles Written especially for those whose training tends toward the straightforwardly psychological Hidden Spring offers a manual for richer more meaningful counseling July *Incidental Psychotherapy within Christian Relationships* E. Rae Harcum, 2010-11-04 *Incidental Psychotherapy within Christian Relationships* points out the close similarity between the loving connections of Christians and therapeutic relationships between psychotherapists and clients Thus a simple Christian connection has an incidental therapeutic value for a troubled friend This book continuously emphasizes that a Christian connection is never forged for the purpose of restoring mental health but to obey the Christian mandate to love The Christian connection as a therapeutic alliance merely provides a personal preparatory stage for possible later improvement It does not apply in any way to the use of professional therapeutic techniques The book discusses the nature of psychotherapy the nature of cures and the credentials of qualified psychotherapists Chapters focus on the nature of Christian connection and ways to improve it God's Prescription for Mental Health and Religion E. Rae Harcum, 2010-07-15 The central proposition of God's Prescription for Mental Health and Religion is that the highway to mental health of individuals and of society is God's prescription of selfless devotion and service to others Mental health does not refer to the absence of mental disturbance but rather to feelings of happiness and well being This message represents an integration of psychological and religious thinking both of which say that personal peace and happiness come to those who devote their lives to serving others instead of those who focus their lives on a search for personal pleasure This proposition is supported by rigorous psychological research showing that people who believe in a loving and supportive God do in fact enjoy better mental health This thesis is also supported by the insightful advice of many experts and commentators on social problems and by specific quotations from the Bible So smile if you truly believe your religion **The Therapist's Notebook for Integrating Spirituality in**

**Counseling I** Karen B. Helmeke, Catherine Ford Sori, 2012-12-06 Learn to initiate the integration of your clients spirituality as an effective practical intervention A client's spiritual and religious beliefs can be an effective springboard for productive therapy How can a therapist sensitively prepare for the task The Therapist's Notebook for Integrating Spirituality in Counseling is the first volume of a comprehensive two volume resource that provides practical interventions from a wide range of backgrounds and theoretical perspectives This volume helps prepare clinicians to undertake and initiate the integration of spirituality in therapy with clients and provides easy to follow examples The book provides a helpful starting point to address a broad range of topics and problems The chapters of The Therapist's Notebook for Integrating Spirituality in Counseling are grouped into five sections Therapist Preparation and Professional Development Assessment of Spirituality Integrating Spirituality in Couples Therapy Specific Techniques and or Topics Used in Integrating Spirituality and Use of

Scripture Prayer and Other Spiritual Practices Designed to be clinician friendly each chapter also includes sections on resources where counselors can learn more about the topic or technique used in the chapter as well as suggested books articles chapters videos and Web sites to recommend to clients Each chapter utilizes similar formatting to remain clear and easy to follow that includes objectives rationale for use instructions brief vignette suggestions for follow up contraindications references professional readings and resources and bibliotherapy sources for the client The first volume of The Therapist's Notebook for Integrating Spirituality in Counseling helps set a solid foundation and provides comprehensive instruction on ethically incorporating spirituality into the therapeutic setting professional disclosure building a spiritual referral source through local clergy assessment of spirituality the spirituality focused genogram using spirituality in couples therapy helping couples face career transitions dealing with shame addiction recovery the use of scripture and prayer overcoming trauma in Christian clients and much more The Therapist's Notebook for Integrating Spirituality in Counseling is a stimulating creative resource appropriate for any clinician or counselor from novices to experienced mental health professionals This first volume is perfect for pastoral counselors clergy social workers marriage and family therapists counselors psychologists Christian counselors educators who teach professional issues ethics counseling and multicultural issues and students

**Aging and Spirituality** David O. Moberg, 2012-10-12 Explore the spiritual dimensions of aging through science theory and practice During the later years of life many people devote energy to a process of spiritual awakening and self discovery Yet their family friends clergy and the helping professionals who work with them are not always prepared to understand or deal with the spiritual concerns of their clients Aging and Spirituality provides a unique far reaching overview of this long neglected field Divided into four independent but interwoven sections this landmark book covers the spiritual realm with scientific rigor and deep human understanding Aging and Spirituality comprehensively surveys the issues of spirituality from the groundwork of basic definitions to detailed assessments of the role spirituality plays in the lives of the elderly and suggested directions for further research This book's unique approach combines scholarly research and practical nuts and bolts suggestions for service delivery By drawing from many disciplines and professions it offers fresh perspectives to even those practitioners already familiar with the most effective spiritual techniques their own field can offer Aging and Spirituality answers such common questions as What are the spiritual needs of people later in life Is there any solid evidence that prayer changes things How is spirituality related to physical and mental health Does spirituality matter when people know they are dying How can we measure spiritual wellness and assess the outcomes of activities intended to enhance it Will attention to spirituality aggravate or alleviate the losses of friends family health youth that so often occur during old age Aging and Spirituality provides a much needed resource for health care professionals clergy social workers and counselors working with geriatric clients By integrating spiritual issues into the theoretical framework of social gerontology Aging and Spirituality will help you understand the scientific foundations practical applications and public policy implications of

spirituality for older adults      **Psychotherapy and Spiritual Direction** Lynette Harborne, 2018-03-22 This book explores the similarities and differences between the practice of psychotherapy and spiritual direction and suggests that whilst there may be distinctions between the two activities the process is essentially the same The purpose of the book is to improve the understanding between therapists and spiritual directors to encourage dialogue and discussion between them as well as to offer challenges and learning to both In the process of exploring the interface between the practice of therapy and the practice of spiritual direction questions arise about how to address issues of spirituality in a psychological context and psychological issues in a spiritual context A brief overview of the historical background to spiritual direction is given and attention drawn to the links between this tradition and the development of psychotherapy Spiritual issues that may arise in therapy together with psychological issues that occur during spiritual direction are discussed leading on to a comparison between dark night of the soul experiences and clinical depression      **The Routledge International Handbook of**

**Psychosocial Resilience** Updesh Kumar, 2025-07-31 Psychological resilience has emerged as a highly significant area of research and practice finding applications with a broad range of different groups in many settings The second edition of The Routledge International Handbook of Psychosocial Resilience is a comprehensive compilation of chapters from an international team of contributors that takes stock of the state of the art in resilience theory research and practice It covers the many different trajectories that resilience research has taken in four sections the conceptual trends psychosocial correlates applied evidence and cultivating resilience impact and implications This second edition has been thoroughly updated throughout and includes new chapters on topics such as military resilience resilience in rural contexts cultural pathways digital well being post traumatic growth building resilience with conflict survivors peer support in varying contexts of marginalization and the role of spirituality This handbook is essential for psychiatrists psychologists psychotherapists and psychiatric social workers as well as researchers and students of psychology sociology human development family studies and disaster management      *Spiritual Direction in Context* Nick Wagner, 2006-03 God created us to be lovers writes Nick Wagner in his introduction to *Spiritual Direction in Context* When we love we are in right relationship We are acting for justice The ministry of every spiritual director in any context is to serve as a guide into the depths of that love relationship Here in this provocative collection of essays respected leaders in the field of spiritual direction explore the myriad of contexts in which this relationship takes place and offers practical ways to respond to them As the popularity of spiritual direction grows directors are facing situations that monks and nuns for centuries the exclusive practitioners of this profession never had to face The essays in this book drawn from *Presence* the journal of Spiritual Directors International look deeply at spiritual direction in a number of contexts including the workplace with the aging in hospitals with women's groups with youth with the homeless and with those in mourning *Spiritual Direction in Context* is the third in the SDI series      *Spiritual Quest* Thomas N. Hart, 1999 A guide for those who want to grow in the spiritual life with insights into the questions spawned

by today's spiritual resurgence      Many Voices Pamela Cooper-White, 2007 This book is a full scale disciplinary framework for pastoral psychotherapists pastoral counselors at intermediate and advanced levels of clinical training and also for experienced pastoral counselors and psychotherapists in professional practice It harvests the great potential of postmodern sensibilities to help accompany and support individuals couples and families in recognizing and healing especially painful psychic wounds and or longstanding patterns of self defeating relationships to self and others Pamela Cooper White's widely praised work which has always integrated cutting edge notions from the social sciences into pastoral therapy here takes a distinctive and promising turn toward the relational and the theological Pastoral psychotherapy she argues needs to find its framework in a strongly relational idea of the person God and health Illustrated throughout by four key case studies Cooper White shows in Part 1 how multiplicity and relationality provide a dynamic and exciting way of viewing human potential and pain In Part 2 she unfolds the practical applications of this paradigm for a strongly empathic therapeutic relationship and process      *Research in the Social Scientific Study of Religion* Joanne Marie Greer, David O. Moberg, 2001-04 Various articles are presented covering psychological sociological and cross cultural topics or relevance to religious spiritual researchers and academics      Research in the Social Scientific Study of Religion, Volume 11 Joanne Marie Greer, David O. Moberg, 2021-11-22 The purpose of this book is to provide an outlet for original research articles examining the role and value of religious and spiritual constructs across the social sciences The aim of the series is to include an international and interfaith voice to this research dialogue An effort is made to be interdisciplinary and academically eclectic The articles in each volume represent a wide array of perspectives and research projects Most of the articles report the findings of quantitative or qualitative investigations but some deal with methodology theory or applications of social science studies in the field of religion and some are applied demonstrating the relevance of the social sciences to religious organizations and their clergy The value of the volume is that it gives to researchers in this area a broad perspective on the issues and methods of religious research across a spectrum of academic disciplines The aim of the book is to stimulate a creative integrative dialogue that will enhance interdisciplinary research      *Handbook of the Psychology of Religion and Spirituality, Second Edition* Raymond F. Paloutzian, Crystal L. Park, 2014-12-19 Paloutzian experimental and social psychology Westmont College and Park psychology U of Connecticut provide a 33 chapter handbook on the psychology of religion and spirituality for social and clinical psychologists pastoral counselors and students and researchers in psychology and religious studies Psychologists and a few religious studies specialists from the US and some countries in Europe address the foundations including definitions core issues measurement assessment research methods psychodynamic psychology and religion and evolutionary psychology as a foundation for the psychology of religion religious and spiritual development across the lifespan and the neural and cognitive bases of religion and connections to emotion personality culture and social behavior They discuss religious practices and rituals conversion experiences prayer spiritual struggles fundamentalism forgiveness values and

morality and implications for individual and collective well being in terms of health mental health coping psychotherapy workplace spirituality research terrorism and other areas New topics in this edition include cross cultural issues spiritual goals emotional values and mindfulness Most chapters have been redesigned or rewritten with 25 new and eight revised chapters The main themes of the book are more integrated and the introductory and concluding chapters argue that the application of religious meaning systems and the multilevel interdisciplinary paradigm can allow reconceptualization of the field and expand research Annotation 2013 Book News Inc Portland OR booknews com

**Handbook of the Psychology of Religion and Spirituality, Second Edition** Raymond F. Paloutzian, Crystal L. Park, 2013-05-17 Widely regarded as the definitive reference this volume comprehensively examines the psychological processes associated with religion and spirituality Leading scholars from multiple psychological subdisciplines present developmental cognitive social psychological cultural and clinical perspectives on this core aspect of human experience The forms and functions of religious practices and rituals conversion experiences and spiritual struggles are explored Other key topics include religion as a meaning system religious influences on prosocial and antisocial behavior and connections to health coping and psychotherapy New to This Edition Two chapters on cross cultural issues Chapters on spiritual goals emotional values and mindfulness Reflects significant theoretical and empirical developments in the field Many new authors and extensively revised chapters Robust index amplifies the volume's usefulness as a reference tool A Choice Outstanding Academic Title

*Finding God* Thomas Griffith Lewis, 2002-01-01 In this small yet immensely helpful guide pastor Thomas Lewis offers spiritual resources for the many persons today suffering from depression By turning his readers toward praying the Psalms as he did in his own battle with depression Lewis assists those seeking hope and a healing touch to find in his words a cup of cold water in parched land He speaks frankly about his own battle with deep depression discusses the types of depression the symptoms and where to get help and then lays out several Psalms of lament that can support people in times of depression and form a foundation for all other approaches to treating the illness This book will prove to be an invaluable resource for those engaged in pastoral care and counseling for those who have loved ones suffering from depression and persons suffering from depression themselves

**Traits of a Healthy Spirituality** Melannie Svoboda, 1996 Sr Melanie provides a true reality check to help us determine how we live our faith today In an engaging style she defines and describes 20 specific indicators of a healthy spirituality

**Walking on Holy Ground** Dr. Antoinette Pinto-Sequeira, 2014-04-15 Walking On Holy Ground With Persons Suffering From The Alzheimer's Disease explores the sacredness of the Alzheimer's patients as well as draws the attention of clergy and laymen alike to acknowledge the sanctity of ministering to those suffering with the Alzheimer's disease It is important to recognize the sacredness of man and as such to value his human dignity We must respect and revere everyone we encounter daily irrespective of health conditions and their caste color or creed This maxim of reverencing the sacredness in all persons is the crux of this book This book will help you to minister fruitfully to the Alzheimer's patients and to address

their yearning for God and simultaneously provide them with spiritual sustenance This book will undergird the prevalent traditional cognitive pastoral care ministry and help to appropriately meet the spiritual need of these non cognitive patients

**The Living Church** ,2002-06      *Counseling and Spirituality* ,2006 This casebook balances personal experience with knowledge and skills to provide a basis of information about spiritual approaches to counseling and how to employ them Cases from counselors who have used spirituality in their practice demonstrate its use with a variety of approaches and specific groups      Understanding Mass Violence Shulamith Lala Ashenberg Straussner,Norma Kolko Phillips,2004

Understanding Mass Violence prepares social workers to intervene with people affected by human caused violence such as school shootings or terrorist acts The difficult challenges facing social work practitioners are discussed and suggestions for self care are provided Mass violence is also examined within the broader context of social policy and social justice The book is organized into 5 sections and includes 13 chapters providing the content for a course on social work and mass violence or trauma



## **Hidden Spring The Spiritual Dimension Of Therapy** Book Review: Unveiling the Power of Words

In some sort of driven by information and connectivity, the power of words has be much more evident than ever. They have the capability to inspire, provoke, and ignite change. Such could be the essence of the book **Hidden Spring The Spiritual Dimension Of Therapy**, a literary masterpiece that delves deep in to the significance of words and their effect on our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall impact on readers.

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