

# Spiritually Oriented Psychotherapy for Trauma

EDITED BY Donald F. Walker, Christine A. Courtois,  
and Jamie D. Aten



# Spiritually Oriented Psychotherapy For Trauma

**Richard B. Gartner**



## **Spiritually Oriented Psychotherapy For Trauma:**

*Spiritually Oriented Psychotherapy for Trauma* Donald Franklin Walker, Christine A. Courtois, Jamie D. Aten, 2015 This book is intended for psychotherapists working with traumatized clients in a range of settings We focus on recent developments that have fostered greater sensitivity to spirituality in the ways psychotherapists understand and treat trauma For many years clinicians neglected the links between religion spirituality and trauma or worse viewed religion and spirituality stereotypically as forces that interfered with health and well being This book helps to provide an important corrective to that bias This volume has several themes First the chapters integrate research and practice Throughout we highlight emerging empirical literature that underscores how trauma can affect people not only psychologically socially and physically but spiritually as well In doing so chapter authors provide case examples and clinical illustrations that bring the empirical findings into sharper more human focus

**Treating Trauma in Christian Counseling** Heather Davediuk Gingrich, Fred C. Gingrich, 2017-12-19 With extensive experience treating complex trauma Heather Gingrich and Fred Gingrich have brought together key essays representing the latest psychological research on trauma from a Christian integration perspective This text introduces counseling approaches trauma information and Christian reflections for students instructors clinicians and researchers alike

**Reconstructing Meaning After Trauma** Elizabeth M. Altmaier, 2016-12-25 Reconstructing Meaning After Trauma Theory Research and Practice informs actual therapeutic work with clients who present with traumas or other life disruptions by providing clinicians with information on the construction of meaning It includes material on diverse mechanisms of clinical change and positive promoting processes The book covers identifiable treatments and specific lines of research in assisting clients in developing new meaning such as posttraumatic growth after sexual assault diagnosis and treatment of cancer destructive natural phenomena such as hurricanes and refugee experiences and finding benefit in the context of loss loss of health or loss of a loved one Addresses a specific treatment or line of research Includes extended case vignettes at the beginning of each chapter Describes the associated theoretical background for each method Summarizes the research supporting each mechanism Concludes with a discussion of future directions for treatment research and theory

**A Christian Approach to Counseling and Psychotherapy** Siang-Yang Tan, 2022-07-19 What does a Christian approach to counseling and psychotherapy involve The 2021 Fuller Integration Symposium Lectures by Dr Siang Yang Tan published in this book cover this topic with the overall title of A Christian Approach to Counseling and Psychotherapy Christ Centered Biblically Based and Spirit Filled The three lectures in three chapters are on 1 A Christian Perspective on Human Nature and Effective Counseling and Psychotherapy 2 Implicit and Explicit Integration in Christian Counseling and Psychotherapy Christian Faith in Clinical Practice and 3 The Role of the Holy Spirit in Christian Counseling and Psychotherapy

**Trauma-Informed Approaches to Eating Disorders** Andrew Seubert, Pam Viridi, 2018-08-28 Delivers a proven treatment model for clinicians in all orientations This unique hands on clinical guide examines the

significant relationship between trauma dissociation and eating disorders and delivers a trauma informed phase model that facilitates effective treatment of individuals with all forms of eating disorders It describes step by step a four phase treatment model encompassing team coordination case formulation and a trauma informed dissociation and attachment sensitive approach to treating eating disorders Edited by noted specialists in eating and other behavioral health disorders Trauma Informed Approaches to Eating Disorders examines eating disorders from neurological medical nutritional and psychological perspectives Dedicated chapters address each treatment phase from a variety of orientations ranging from EMDR and CBT to body centered and creative therapies The book also reveals the effectiveness of a multifaceted phase model approach Recognizing the potential pitfalls and traps of treatment and recovery it also includes abundant psychoeducational tools for the client KEY FEATURES Examines eating disorders from neurological medical nutritional and psychological perspectives Highlights the relationship between trauma dissociation and eating disorders Maps out a proven trauma informed four phase model for approaching trauma treatment in general and eating disorders specifically Elucidates the approach from the perspectives of EMDR therapy ego state therapy somatosensory therapy trauma focused CBT and many others Provides abundant psychoeducational tools for the client to deal with triggers and setbacks Offers the knowledge and expertise of over 20 international researchers medical professionals and clinicians

**Trauma and Countertrauma, Resilience and Counterresilience** Richard B. Gartner, 2016-11-18 Treating traumatized patients takes its toll on the treating clinician giving rise over time to what Richard B Gartner terms countertrauma in the psychoanalyst or therapist Paradoxically a clinician may also be imbued with a sense of optimism or counterresilience after learning how often the human spirit can triumph over heartbreakingly tragic experiences Trauma and Countertrauma Resilience and Counterresilience brings together a distinguished group of seasoned clinicians both trauma specialists and psychoanalysts Their personal reflections show what clinicians all too rarely dare to reveal their personal traumatic material They then discuss how they develop models for acknowledging articulating and synthesizing the countertrauma that arises from long term exposure to patients often harrowing trauma Writing openly using viscerally affecting language the contributors to this exceptional collection share subjective and sometimes intimate material shedding light on the inner lives of people who work to heal the wounds of psychic trauma By the same token many of these clinicians describe how working intimately with traumatized individuals can affect the listener positively recounting how patients resilience evokes counterresilience in the therapist allowing the clinician to benefit from ongoing contact with patients who deal bravely with horrific adversity Paradoxically a clinician may be imbued with a sense of optimism after learning how often the human spirit can triumph over heartbreakingly tragic experiences Trauma and Countertrauma Resilience and Counterresilience will appeal to psychoanalysts psychoanalytic psychotherapists and trauma experts offering a valuable resource to those beginning their careers in mental health work to teachers and supervisors of trauma therapists to experienced clinicians struggling with burnout and to anyone who wants to

understand the psychotherapeutic process or indeed the human condition      *Healing War Trauma* Raymond M. Scurfield, Katherine Theresa Platoni, 2013 *Healing War Trauma* details a broad range of exciting approaches for healing from the trauma of war The techniques described in each chapter are designed to complement and supplement cognitive behavioral treatment protocols and ultimately to help clinicians transcend the limits of those protocols For those veterans who do not respond productively to or who have simply little interest in office based regimented and symptom focused treatments the innovative approaches laid out in *Healing War Trauma* will inspire and inform both clinicians and veterans as they chart new paths to healing      **Humanistic Psychology** Richard House, David Kalisch, Jennifer Maidman, 2017-08-14 This book provides a thought provoking examination of the present state and the future of Humanistic Psychology showcasing a rich international contributor line up The book addresses head on the current state of a world in crisis not only placing the current conjuncture within a wider evolutionary context but also demonstrating the specifically humanistic psychological values and practices that can help us to transform and transcend the world's current challenges Each chapter looks in depth at a variety of issues counselling and psychotherapy creativity and the humanities post traumatic stress and socio political movements and activism The book amply confirms that Humanistic Psychology is as alive and as innovative and exciting as it ever has been and has tremendous relevance to the uncertainties that characterize the unprecedented individual and global challenges of the times It celebrates the diverse and continuing significance of Humanistic Psychology by providing a robust and reliable roadmap for a new generation of counsellors and psychotherapists In these richly diverse chapters will be found inspiration pockets of resistance mature critical reflexivity and much much more a book accurately reflecting our present situation and which is an invaluable addition to the psychology literature      **Spirituality in Counseling and Psychotherapy** Rick Johnson, 2013-02-19 Written with great clarity and intelligence this book will be of benefit to all mental health practitioners students of psychology and those seeking a better understanding of their own process of psychological and spiritual transformation Tara Brach PhD Author of *Radical Acceptance* and *True Refuge* In this wonderful book Rick Johnson weaves together different theoretical perspectives in a way that welcomes religion spirituality and nature into the counseling and psychotherapy process It's a delight to read Dr Johnson's approach an approach that teaches therapists how to empathically explore spirituality as an important dimension of human existence John Sommers Flanagan PhD coauthor of *Counseling and Psychotherapy Theories in Context and Practice* and *Clinical Interviewing* Rick Johnson's book *Spirituality in Counseling and Psychotherapy* is a rich introduction to the varied forms in which spiritual suffering enters the consulting room the range of theories which address or fail to address this need and specific attitudes and practices through which therapists can provide a non doctrinal but open encounter with the spiritual needs of their clients James Hollis PhD Jungian analyst and author of fourteen books among them *What Matters Most* *Living a More Considered Life* A practical integration of psychology and spirituality that builds upon existing psychological theories While

many clients want spiritual and philosophical issues to be addressed in therapy many mental health professionals report that they feel ill equipped to meet clients needs in this area Providing a model that is approachable from a variety of theoretical orientations Spirituality in Counseling and Psychotherapy supports therapists in becoming open to the unique ways that clients define experience and access life affirming spiritual beliefs and practices Drawing on the author s research into spiritual issues as well as predictors of clients psychological health this reflective book presents an integrative approach to discussing the topic of spirituality An essential resource for mental health professionals of all spiritual and religious persuasions Spirituality in Counseling and Psychotherapy discusses Client defined spirituality Integrating spirituality with psychological theories Why clients become spiritually lost Practical steps for spiritual health and abundance in therapy Helping clients reclaim their real self How spiritually oriented therapy helps Guidance for therapists in differentiating their spirituality from their clients to foster a more successful therapeutic relationship Filled with numerous cases and stories illustrating how spirituality can be a natural and beneficial part of the therapeutic process Spirituality in Counseling and Psychotherapy enables mental health professionals to nonjudgmentally invite a collaborative exploration of the role of spirituality in their clients lives

**Treating Complex Traumatic Stress Disorders in Adults** Julian D. Ford, Christine A. Courtois, 2020-02-25 This authoritative reference on complex traumatic stress disorders CTSDs and their assessment and treatment has now been significantly revised with more than 75% new material reflecting a decade of advances in the field Leading experts delve into ways to understand engage assess and treat adults with complex trauma histories whose symptoms often include but may go well beyond those of posttraumatic stress disorder The volume presents cutting edge theory and research on CTSDs considers diagnostic controversies and identifies core elements of effective culturally responsive treatment Established and emerging therapies specifically tailored to this population are described and illustrated with vivid case examples Other highlights are chapters on transtheoretical treatment the crucial role of professionalism and training and recognizing and managing vicarious traumatization New to This Edition Incorporates major advances in research and clinical practice Chapters on additional evidence based individual treatments prolonged exposure therapy cognitive therapy cognitive processing therapy brief eclectic psychotherapy eye movement desensitization and reprocessing therapy narrative exposure therapy interpersonal psychotherapy emotion focused therapy and the TARGET recovery model Chapters on additional evidence based group and conjoint family therapy models attachment based couple therapy and integrated treatment of co occurring CTSDs and substance use disorders Chapters on promising treatments treatment for structural dissociation experiential somatotherapy approaches mindfulness approaches and complementary healing therapies See also Drs Ford and Courtois s authored book Treatment of Complex Trauma which presents their own therapeutic approach for adult clients in depth and their edited volume Treating Complex Traumatic Stress Disorders in Children and Adolescents

**A House Divided** Geoffrey W. Sutton, 2016-03-29 A House Divided helps answer the question how do

Christians form moral judgments about sex linked issues After analyzing key differences between conservative and progressive Christians on such divisive issues as abortion sex education and same sex marriage readers will learn how a combination of four factors can lead to principled Christian morality First a review of diverse interpretive comments on relevant Scriptures can help identify a foundation for agreement as well as sharpen differences Second a review of psychological factors can help identify prejudices personality traits and powerful emotions that intensify and color public debate Third new research on moral psychology will add six dimensions of analysis to appreciating the reasons conservatives and progressives draw upon when forming moral judgments And finally knowledge about sexual attraction sexual orientation conception and sexual health is vital to thinking ethically about the specific issues addressed in this book Working with Spiritual Struggles in Psychotherapy Kenneth I. Pargament, Julie J. Exline, 2021-10-04 Does my life have any deeper meaning Does God really care about me How can I find and follow my moral compass What do I do when my faith is shaken to the core Spiritual trials doubts or conflicts are often intertwined with mental health concerns yet many psychotherapists feel ill equipped to discuss questions of faith From pioneers in the psychology of religion and spirituality this book combines state of the art research clinical insights and vivid case illustrations It guides clinicians to understand spiritual struggles as critical crossroads in life that can lead to brokenness and decline or to greater wholeness and growth Clinicians learn sensitive culturally responsive ways to assess different types of spiritual struggles and help clients use them as springboards to change

*Ethical Considerations at the Intersection of Psychiatry and Religion* John Peteet, Mary Lynn Dell, Wai Lun Alan Fung, 2018-01-05 Psychiatry and religion spirituality R S share an interest in human flourishing a concern with beliefs and values and an appreciation for community Yet historical tensions between science and religion continue to impede dialogue leaving clinicians uncertain about how to approach ethical questions arising between them When are religious practices such as scrupulosity disordered What distinguishes healthy from unhealthy religion How should a therapist approach a patient s existential moral or spiritual distress What should clinicians do with patients R S convictions about faith healing same sex relationships or obligations to others Discussions of psychiatric ethics have traditionally emphasized widely accepted principles generally admired virtues and cultural competence Relatively little attention has been devoted to the ways that R S inform the values of patients and their clinicians shape preferred virtues and interact with culture *Ethical Considerations at the Intersection of Psychiatry and Religion* aims to give mental health professionals a conceptual framework for understanding the role of R S in ethical decision making and serve as practical guidance for approaching challenging cases Part I addresses general considerations including the basis of therapeutic values in a pluralistic context the nature of theological and psychiatric ethics spiritual issues arising in diagnosis and treatment unhealthy and harmful uses of religion and practical implications of personal spirituality Part II examines how these considerations apply in specific contexts inpatient and outpatient consultation liaison child and adolescent geriatric disability forensic community international

addiction and disaster and emergency psychiatry as well as in the work of religious professionals ethics committees psychiatric education and research Thick descriptions of case examples analyzed using the framework of Jonson and Winslow show the clinical relevance of understanding the contributions of religion and spirituality to patient preferences quality of life decision making and effective treatment

**Becoming Human Again** Donald E. Miller, 2020-03-31 Genocide involves significant death and trauma Yet the enormous scope of genocide comes into view when one looks at the factors that lead to mass killing the struggle for survival during genocide and the ways survivors reconstruct their lives after the violence ends Over a one hundred day period in 1994 the country of Rwanda saw the genocidal slaughter of at least 800 000 Tutsi at the hands of members of the Hutu majority government This book is a powerful oral history of the tragedy and its aftermath from the perspective of its survivors Based on in depth interviews conducted over the course of fifteen years the authors take a holistic approach by tracing how victims experienced the horrific events as well as how they have coped with the aftermath as they struggled to resume their lives The Rwanda genocide deserves study and documentation not only because of the failure of the Western world to intervene but also because it raises profound questions about the ways survivors create a new life out of the ashes of all that was destroyed How do they deal with the all encompassing traumas of genocide Is forgiveness possible And what does the process of rebuilding teach us about genocide trauma and human life

On This Rock Victor I. Vieth, 2018-07-19 Jesus was the descendant of sexually exploited women narrowly survived a child homicide and grew up to be the world s most prominent defender of children Jesus reserved his harshest words for those who abused or neglected children and went so far as to say our treatment of children says everything about our view of God Although the early church took this message to heart and distinguished itself by its treatment of children this message has been distorted or ignored by many modern Christian leaders As a result the church has often failed to protect children from abuse and in many instances has contributed to their maltreatment In this insightful book Christian theologian and internationally recognized child abuse expert Victor Vieth examines the role of Jesus life and teachings in reducing child abuse in the New Testament world Vieth urges Christians to once again take seriously everything Jesus had to say about children Using the teachings of Jesus as a blueprint Vieth sets forth a proposal for church reform to prevent many cases of abuse improve the pastoral care of survivors of abuse and witness to the world that Christian faith shows itself in service to children

Authentic Human Sexuality Judith K. Balswick, Jack O. Balswick, 2019-09-03 Informed by sociology psychology and theology this updated edition of an established textbook investigates how human sexuality originates both biologically and socially Laying the groundwork for a normative Christian interpretation of sexuality this work explores what authentic sexuality looks like as well as forms of inauthentic sexuality such as sexual harassment pornography and rape

**Dancing the Labyrinth** Maddy Cunningham, Jade de Saussure, 2019-03-22 There is a scarcity of professional literature and research that focuses on women s spiritual development and experiences and how they may differ from those of men For women the spiritual is often inner

focused rather than transcendent relational rather than solitary and interdependent rather than autonomous *Dancing the Labyrinth* integrates knowledge of women's psychological and spiritual development alongside stories of a diverse group of women to examine how spirituality changes over the adult life course the catalysts for said changes e.g. the natural aging process or traumatic events and feminist spirituality which highlights the importance of relationships to self others and God While the authors focus on spirituality they examine the experiences of women who express their spirituality within both traditional and non traditional paths The text also includes several chapters that highlight specific clinical interventions professionals can use to implement spirituality into their practice with women Written in an engaging and accessible style this book serves as a helpful resource for mental health practitioners pastoral counselors spiritual directors and lay audiences interested in better understanding of the nuances of women's spiritual development and experiences

**Posttraumatic Stress Disorder** Julian D Ford, Damion J. Grasso, Jon D. Elhai, Christine A. Courtois, 2015-07-31 This comprehensive overview of research and clinical practice in PTSD includes new insights into assessment with regard to DSM 5 and ICD 11 discussion of ongoing controversies in the field as to what constitutes safe and effective care and new research as to assessment diagnosis treatment and prevention of PTSD The second edition includes new coverage of the neurobiology of PTSD PTSD in special populations and forensic issues relating to PTSD Synthesizes research and clinical developments on PTSD Highlights key controversies issues and developments in the field Provides case studies for better understanding of clinical care Encompasses DSM 5 and ICD 11 major revisions to PTSD symptoms Includes new coverage of neurobiology and genetics of PTSD Includes advances in prevention and treatment of PTSD Includes new coverage of forensic issues related to PTSD

**Resistance & Recovery in the #MeToo era, Volume I** Kate Richmond, Nicole L. Johnson, 2024-02-15 Using an intersectional approach this book amplifies the voices of those who were and continue to be at the frontlines resisting and responding to sexual violence during the rise of digital feminist movements including NoMore TimesUp and most notably MeToo This book outlines the current socio political landscape including increased visibility of movements such as NoMore TimesUp and most notably MeToo and the public showcase of accused perpetrators becoming elected to the highest offices in the United States e.g. Brett Kavanaugh's election to the Supreme Court Donald Trump's election to the Presidency It offers note to how this political landscape has impacted survivors and therapists alike The first of the two volumes include 10 chapters that provide a critique of the silencing of survivors who are marginalized e.g. women of color trans and queer survivors within the current movements and offer recommendations for how to center their experiences through an intersectional approach Both the volumes together cover a wide range of perspectives that bring to light the solidarity that was built among survivors regardless of identity and experience within the current socio political climate while continuing to center the voices of those who are most often marginalized The chapters in this book were originally published as a special issue of *Women Therapy*

**Here We Stand** Craig L. Nessel, Victor I. Vieth, 2025-07-17 Although the life and writings of

Martin Luther and other reformers have a great deal to say about children and our need to protect them from maltreatment this legacy of the Lutheran churches and of Christianity as a whole has largely been forgotten Here We Stand reclaims the Lutheran heritage as it sets forth a Lutheran theological and ethical foundation for the church s response to child abuse The book models rooting our response to child abuse in fertile biblical and theological soil Written by Lutheran theologians and child abuse prevention experts the groundbreaking book provides practical direction for the pastoral ministry of clergy and for congregations that wish to develop robust policies and practices in order to protect children Part 1 Lutheran Theological Foundations for Addressing Child Abuse explores core Lutheran commitments by retrieving historical confessional and theological sources Part 2 Lutheran Interpretation of Challenging Biblical Texts addresses misinterpretations of Scripture and the Lutheran traditions Part 3 Lutheran Theology Addressing the Sin of Child Abuse provides practical instruction for ministry challenges related to child abuse

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