CEP 691- Special Topics- 1 credit

Spirituality in Adult Development: Implications for the Helping Professions

Dr. Mary Finn Maples, Ph.D. Professor

http://unr.edu/homepage/maples/maplesindex.html

Meeting Time & Place: Friday, February 23, 2007- 4:00 to 9:00pm;
Saturday, February 24, 2007- 8:00 to 5:00pm--WRB 3006

San Francisco: John Wiley & Sons

(Bibliography will also be provided)

IMPORTANT DISCLAIMER

This course is being explored for 4 major reasons:

2. To ascertain if there is sufficient interest in the topic of Spirituality in the Helping Professions to consider it a major focus in the future of the CEP curriculum
3. To engage in professional dialogue directed at a sensitive (and therefore often overlooked) but critical aspect of our own lives and those of the people whom we serve professionally
4. To determine, through respectful, though dissonant, and perhaps heated dialogue, what “exactly” we are talking about when we say “Spirituality” in the Helping Professions.
5. To provide a “portfolio” of resources for professionals to use when working with professional populations who want to focus on “Spirituality”
6. To share with colleagues our own thoughts, ideas and experiences with Spirituality in our own professional practice

SPIRITUALITY IS A DEEPLY PERSONAL CONSTRUCT IN ALL OF OUR LIVES. YOU ARE INVITED TO SHARE AS MUCH OR AS LITTLE ABOUT YOUR OWN SPIRITUALITY AS YOU DEEM NECESSARY AND SUFFICIENT TO ENABLE YOU TO WORK AS A HELPER WITH THE ISSUE OF SPIRITUALITY. PERSONAL PRIVACY IS ONE OF THE MAJOR ASPECTS OF SPIRITUALITY

Philosophy
Spirituality has been described by many prominent researchers in the helping professions as “the missing link in the effectiveness of helping” (Burke & Miranti, 1992; 1995; Fowler, 1981; 1991; Fukayama & Sevig, 1997; Kelly, 1990; 1995; Maples, 1995; 1998; 2000; 2003; Miller, 1992; 1999; 2000; 2003)

Further, the term “Spirituality” has been misunderstood because of the variety of definitions, descriptions and distinctions it has been subjected to by the person discussing it. Because of the many dimensions of Spirituality, the application of it in helping has been avoided by professionals.

Not to be confused with “Religion”, Spirituality is seen by most researchers as more holistic, global and all-encompassing than Religion. On the other hand, Religion is accepted by most writers in the helping fields as a facet of Spirituality. It is further recognized that many persons view Religion as synonymous with Spirituality. This course will not focus on that view, but will include it as a discussion point. Another aspect of Spirituality is its centeredness on “wellness”, from a holistic perspective. (Maples, 1995, 2003, 2006; Myers, 1992; Myers & Wittmer, 1990).

In the past ten years, hundreds of authors, researchers and educators have focused upon Spirituality as integral to all helping professions to the extent that Spirituality can be viewed in its broadest sense as dynamic, fluid and evolutionary.

This brief 15 hour journey into Spirituality as integral to helping will explore a variety of perspectives, encourage each person’s contributions and examine through presentation and discussion, several research-based views on the application of Spirituality and/or Religion (as separate and distinct components) in a variety of helping professions, inclusive of but not limited to: Counseling; Social Work, Public Health; Medicine, Law.

It is anticipated that your thoughts and feelings about Spirituality will be challenged, enhanced and expanded to the extent that you will leave this brief sojourn with a more comprehensive, meaningful and helpful perspective on Spirituality as it applies to your own personal value system and the application of your knowledge into your own professional endeavors.

Finally, it is anticipated that this day and a half will provide some thought-provoking experiences for you, and you will see it as time well-spent.

**Objectives**

As a result of active participation in this 15 hour course, you should be able to:

a. **Personal/Professional Growth**
   1. Identify a personal set of attitudes and feelings that will enhance your meaning in your daily life- your belief system
   2. Recognize and value a continuous sense of growth in Spirituality in your interactions with others, (family, friends, colleagues, clients).
   3. Assess and evaluate your own personal and professional spiritual issues related to your work as a helper.
4. Recognize and appreciate your own power and control issues as you enter the realm of Spirituality as a helping process, both for yourself and your clients, students, patients.

5. Know how to respond in an inviting and respectful manner to your clients, students, patients when they bring up topics related to Religion and Spirituality in the helping setting.

6. Recognize, through your own reluctance to confront your spiritual issues, the difficulty experienced by your professional populations to do the same.

7. Demonstrate a willingness to take a Spiritual journey yourself inorder to be effective with your professional population.

b. Professional Knowledge and Strategies

1. Reflect upon methods by which you can incorporate spirituality into your own life and the lives of those clients, patients, students, children and families with whom you work.

2. Reflect upon a variety of approaches to use when working with your professional populations to engage them in an exploration of their own spiritual issues.

3. Reflect upon resources that may be available to you when exploring spiritual issues with your professional populations.

4. Explore briefly the impact of children’s Spirituality on adult Spirituality, through your own childhood.

5. Accept (or not) the invitation to explore “End-of life” decisions from a Spirituality Perspective…those of yourself and your professional populations.

6. Know about learning abilities and learning problems. Know the impact of culture upon the community.

7. Accept the responsibility to participate fully in this journey into Spirituality as a part of both our personal and professional lives…there will be no “observers” in this experience.

Course Requirements

☀ Attendance from the beginning of the course (4 pm Friday) until the end of the course (5 pm Saturday) 25%

☀ Full participation through discussion, dialogue and activities 50%

☀ Evaluation of course within one week of course (sent by email, maples@unr.edu fax <784-1990> or <857-2037> or snail mail to Dr. Maples) (Form to be provided) 25%

TENTATIVE PLAN OF ACTION
FRIDAY, FEBRUARY 23, 2007

4:00- 5:00  Introductions, Discussion of Plan of Action for the 2 days, Explanation of Activities, Requirements, Overview of Program, Brief “Pre-Assessment”; Syllabus

5:00- 6:00  Presentation of Holistic Adult Development Model: A Spirituality Perspective Spirituality….Definitions (Descriptions) of Spirituality; Contrasting and Comparing to Religion

6:00- 7:00  Dinner- (Communal Reflections- Pizza and soft drinks provided by Dr. Maples)

7:00- 8:00  Presentation of CEP 780 Spirituality in Legal & Ethical Issues Class…Fall, 2003 Paul Sturdevant- (small group activity- case studies)

8:00- 9:00  Review and Discussion of Small Group Activity related to case studies. Homework Assignment: Write a Spiritual Autobiography: (What events in your life contributed to your current Spiritual perspective?) To be discussed tomorrow.

SATURDAY, FEBRUARY 24, 2007

9:00- 10:00  Children’s Spirituality--- How it Contributes to Adult Spirituality- Brief Presentaion and Dialogical Activity of “Focusing” (Hinterkopf, 1998) on “Spiritual Autobiography” of last evening’s homework assignment

10:00- 10:15---- Brief Respite


10:45- noon-  Jung and Spirituality- Keirsey Temperament Sorter- How does knowledge of helper/ helpee personality type contribute to (or not) the helping relationship?)

Noon-1:00-  Brown Bag lunch (on your own)----private (or shared) reflections on one’s own Spirituality…using nature around the UNR campus as our guide

1:00- 2:00- Application (Infusion) of Spirituality into Various Helping Fields: School………………College Pastoral……………Transpersonal Relationship…………Individual (Group) Mental Health Career…………………End of Career
Counselor Education……Social Work….Medicine….Law, etc

2:00- 2:30- Discussion of Goals Methods and Outcomes Between and Among Personal Counseling, Pastoral Counseling and Spiritual Facilitation

2:30- 2:45- Brief Respite

2:45- 3:15- Cornerstones of A Civilized Society: Delineating the Similarities and Differences Goals, Objectives and Cornerstones of Spiritual Development

3:15- 3:45- Practical Application—Dealing with End-of Life Decisions (Client) Assignment: Choice of: 1) Writing your own Obituary or 2) Developing a 3-step Plan of Action to address helpee end-of-life Spiritual Decision-Making

3:45- 4:15- Applying Above Assignments to Culturally Diverse Populations- African-Americans; Latinos/Hispanics; Pacific Islanders; Asians, Others??? Similarities and Differences

4:15- 4:45- Dyadic Activity- Developing a Brief Plan (Approach- Model- Activity) for Incorporating Spirituality into your Practice

4:45- 5:00- Evaluation and Wrap-up

Finally, it is my hope that this day and a half commitment to yourself and to your helpee population will have been a valuable expenditure of your precious time.

Please be certain to return the evaluation to me (listed above) as soon as you feel comfortable doing so. Thank you,

Mary Finn Maples, Ph.D., NCC, Professor, CEP