



Therapist's Notebook for Integrating Spirituality in Counseling, Vol. 2: More Homework, Handouts and Activities for Use in Psychotherapy (Haworth Practical Practice in Mental Health)

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More activities to tap into the strength of your clients' spiritual beliefs to achieve therapeutic goals.

The Therapist's Notebook for Integrating Spirituality in Counseling II is the second volume of a comprehensive two-volume resource that provides practical interventions from respected experts from a wide range of backgrounds and theoretical perspectives. This volume includes several practical strategies and techniques to easily incorporate spirituality into psychotherapy. You'll find in-session activities, homework assignments, and client and therapist handouts that utilize a variety of therapeutic models and techniques and address a broad range of topics and problems.

The chapters of *The Therapist's Notebook for Integrating Spirituality in Counseling II* are grouped into four sections: Models of Therapy Used in Integrating Spirituality; Integrating Spirituality with Age-Specific Populations: Children, Adolescents, and the Elderly; Integrating Spirituality with Specific Multicultural Populations; and Involving Spirituality when Dealing with Illness, Loss, and Trauma.

As in *Volume One*, each clinician-friendly chapter also includes sections on resources where the counselor 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. Every chapter follows the same easy-to-follow format: objectives, rationale for use, instructions, brief vignette, suggestions for follow-up, contraindications, references, professional readings and resources, and bibliotherapy sources for the client.

The Therapist's Notebook for Integrating Spirituality in Counseling II adds more useful activities and homework counselors can use in their practice, such as:

- using religion or spirituality in solution-oriented brief therapy
- “Cast of Character” counseling
- using early memories to explore adolescent and adult spirituality
- cognitive behavioral treatment of obsessive-compulsive disorder
- age-specific clients such as children or the elderly
- multicultural populations and spirituality
- dealing with illness, loss, and trauma
- recovering from fetal loss
- creative art techniques with caregivers in group counseling
- and much more!

The Therapist's Notebook for Integrating Spirituality in Counseling II provides even more creative and helpful homework and activities that are 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.

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