



Handbook of Psychotherapy and Religious Diversity

P. Scott Richards, Allen E. Bergin

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A deep appreciation for the diversity of human spirituality informs this volume, which examines over two dozen religious traditions in the context of clinical practice. Knowledge of religious diversity, now considered part of multicultural competency in the mental health professions, is particularly crucial when the client's faith differs from one's own. This book provides readers with the information needed to increase their competency in working sensitively with members of each of the major faith communities in North America. Chapter authors, each accomplished clinicians and active in the religions they describe, help the reader understand the unique history, beliefs, rituals and practices of the religion as well as commonly held views on such issues as divorce, homosexuality, birth control, abortion, suicide and euthanasia. Within the context of the particular faith, chapter authors describe the therapeutic, focusing on building relationships, assessment and diagnosis, and common clinical issues. By providing therapists with in-depth denominationally specific information and clinical guidelines, this book will help all psychotherapists more fully honour and make use of the unique religious beliefs and spiritual resources of their clients.

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