



UNIVERSITY OF  
PROVIDENCE

**Master of Science in Counseling  
Summer 2023**

**MSC 505: Spirituality and Counseling (3 Credit Hours)**

<b>Location/Time:</b>	Online via Moodle
<b>Instructor:</b>	Jared Roberts, PhD, LCPC jared.roberts@uprovidence.edu
<b>Office Hours:</b>	By Appointment

**I. COURSE DESCRIPTION:**

- A. **CATALOG DESCRIPTION:** This course will examine the similarities and differences between spirituality and religion, including the basic beliefs of various spiritual systems, major world religions, agnosticism, and atheism. The role of religion and spirituality on individual worldviews and psychological functioning will be considered. As a part of the course, students will explore their own attitudes, beliefs, and values about spirituality and religion, and how these views may influence clients and the counseling process. Students will identify the limits of their own understanding and will develop a conceptual framework for responding sensitively to client communications about religion/spirituality and identifying spiritual and religious themes in client communications.
- B. **INSTRUCTOR'S ELABORATION:** This course is designed to assist you in becoming more informed about and aware of spiritual issues that affect you, your clients, and society. The emphasis is on how spiritual practice influences your work as a counselor, and how in-session psycho-spiritual interventions and between-session spiritual practice may deepen the client's work beyond the analytic and recollective levels addressed by traditional talk therapies. The course is guided by ASERVIC's *Competencies for Addressing Spiritual and Religious Issues in Counseling*.

The topics presented and discussed in class may generate vulnerable feelings on sensitive topics. It is important that you feel as comfortable, safe, and free as possible to discuss your reactions to the readings and class experiences. Therefore, it is important for everyone to be respectful of one another's positions on various issues. In this class, spirituality is viewed as an important component of mental health and as being necessary for a balanced sense of wellness.

Spirituality is conceptualized from a perspective of inclusiveness and tolerance for difference.

## II. BEHAVIORAL OBJECTIVES OF COURSE/ ANTICIPATED STUDENT COMPETENCIES:

At the conclusion of this course, students will demonstrate the ability to integrate ASERVIC's revised competencies into counseling practice by:

- A. Understanding diverse beliefs and practices of spirituality and religion and how these interact with mental health and wellness.
- B. Engaging in self-exploration of their own religious and/or spiritual beliefs to foster understanding and acceptance of their beliefs.
- C. Applying spiritual development models to self and others and integrating them with current lifespan development theories.
- D. Using spiritual and/or religious terms and concepts that are meaningful to the client.
- E. Demonstrate various means for assessing and understanding the client's spiritual and/or religious perspectives and beliefs.
- F. Articulating ethical considerations and appropriate boundary setting for dealing with spiritual and/or religious issues in counseling.
- G. Implement treatment plans, goals, interventions, and techniques that are consistent with the client's spiritual and/or religious beliefs and perspectives.

## III. PREREQUISITES TO THIS COURSE AND/OR REQUIREMENTS THIS COURSE FULFILLS:

This is an elective course for Master of Science in Counseling students.

## IV. REQUIRED AND/OR RECOMMENDED TEXTS AND COURSE MATERIALS:

### A. Required Texts:

Cashwell, C. S., & Young, J. S. (2011). *Integrating spirituality and religion into counseling: A guide to competent practice*. (2<sup>nd</sup> ed). Alexandria, VA: American Counseling Association.

Frame, M. W. (2003). *Integrating religion and spirituality into counseling: A comprehensive approach*. Belmont, CA: Wadsworth.

### B. Recommended Texts:

American Psychological Association. (2020). *Publication manual*. (7<sup>th</sup> ed). Washington, DC: American Psychological Association.

## V. COURSE REQUIREMENTS

### A. ASSIGNMENTS

**MOODLE PARTICIPATION: 80 points** (10 points per week)

Please complete all readings before their scheduled discussion date. There is some overlap between the two texts for the class. The Moodle discussions are intended to extend and solidify the readings, and otherwise greatly enhance the learning experience. Participation includes asking questions, exploring alternatives, making appropriate comments pertaining to the subject matter, expression of personal experiences to support your ideas, and contributing to overall class atmosphere. Students will provide an initial original response to each weekly topic and at least one response to another class member.

Each initial response **must be at least 300 words**. Students are required to offer a substantive response to at least one original post. Please offer replies that add

content to the original post, rather than a simple commendation/summary of what was already posted. References to the texts must be cited in-text using APA style. Initial postings will be due by 11:55PM Thursday of each week, and response postings will be due by 11:55PM Sunday of each week. Your final course grade will be affected by both the quality and the quantity of your discussion participation.

**SPIRITUAL AUTOBIOGRAPHY: 20 POINTS**

Students will submit a 6 – 8 page spiritual/religious autobiography (this might include a timeline) that offers a representation of their own spiritual and/or religious journey and experience. The specific content for the autobiography will not be delineated, but may include how you experience spirituality, how you live religion, how you experience God, whether there exists evil, what represents truth, how truth is found, what provides purpose, what provides meaning, etc.

**Due: May 28**

**SPIRITUAL PRACTICE EXPERIENCE AND PAPER: 40 Points**

Students will engage with a faith community that differs substantially in some way from their own. Examples of ways you might meet this requirement would be to attend a meeting, service, or ritual of a different world religion than your own, attend a religious meeting of a different cultural group from your own, or read a writing from a world religion that is different than your own.

Students will submit a 5 – 7 page reflection paper describing the experience, learning from the experience, and any hindrances to engage in the experience. This experience may also be shared with the class.

**Due: June 21**

**ARTICULATION OF LEARNING PAPERS: 60 Points (20 points/paper)**

At various points throughout the term students will submit a 3 – 4 page reflection paper articulating their learning to that date. In addition to personal reactions, students will describe how they anticipate how the information from the course will impact their work as professional counselors. **Due: May 21, June 4, June 18**

**VI. GRADING**

**A. Points**

Spiritual Autobiography	20
Spiritual Practice Experience & Paper	40
Articulation of Learning Papers	60
Moodle Participation	80
<b>TOTAL</b>	<b>200 points</b>

**RUBRIC FOR ALL WRITTEN ASSIGNMENTS CAN BE VIEWED AT THE END OF THE COURSE SCHEDULE.**

### **PAPER SUBMISSION REQUIREMENTS:**

All papers should include a title page and reference page (no abstract necessary), be typed, double-spaced, with 12-pt font, 1-inch margins, and should conform to APA style. Proper spelling, grammar, and punctuation are expected. Proofread writings prior to submission. To be considered on time, papers are due before midnight on the due date. Late papers/assignments will lose a full letter grade without prior approval.

### **TECHNOLOGY REQUIREMENTS:**

You will need access to a personal computer with Internet for this course. The course will occur online via Moodle. Students will find course articles and other relevant information on Moodle:

\*I will use the e-mail address you have registered with UP's Moodle system. Important e-mails will be sent throughout the semester. You are responsible for checking your UP e-mail on a consistent basis.\*

B. **Grading Policy:** Grades in the course will not be curved. Students will receive the grade they earn.

A =  $\geq$  90%

B = 80 – 89%

C = 70 – 79%

D = 60 – 69%

F =  $\leq$  50%

C. Late or missed work policy: Late papers/assignments will not be accepted without prior approval, and must be due to a legitimate emergency.

## **VII. UP Class Attendance Policy (the minimum number of online logins)**

“Students are expected to attend all classes and complete all assigned work.

Attendance includes attending on-campus classes and logging on a minimum of 3 times per week for on-line courses. The specific attendance and grading policy for each class is determined by the instructor and is listed in the course syllabus. Students who miss classes due to participation in University sanctioned events are required to make up any work or assignments they have missed in an equitable manner determined by the instructor and should not have their grade affected by the absence itself. In isolated cases involving family or medical emergencies, students are encouraged to speak with their instructors. Instructors may require documentation of family or medical emergencies.” (*UP Catalog: “Academic Policies”*)

## **VIII. ACADEMIC MISCONDUCT**

A. UP Policy:

“Students should exhibit high standards of academic conduct. All acts of dishonesty in academic work constitute academic misconduct. Such acts include:

**Cheating:** use or attempted use of unauthorized material or the work of another student in any academic assignment, paper, or examination.

**Plagiarism:** representation of another's work as one's own. This includes the unauthorized and unacknowledged use of the phrases, sentences, paragraphs, ideas, illustrations, drawings, photographs, or computer programs of another whether by using exact or nearly exact words without quotation marks or by omitting citations or both.

The course instructor is the initial judge of whether a student is guilty of academic misconduct. Should a student disagree with an instructor's judgment, the student may appeal the instructor's decision by following the "Academic Related Appeals Process" on page xxi of the UP Catalog.

The minimum penalty for an act of academic misconduct shall be a grade of "F" (failure) on the paper, assignment or examination involved. More severe penalties may be enforced by individual instructors, provided that such penalties are identified in the course syllabus. The maximum penalty for plagiarism that may be levied is a grade of "F" (failure) for the course. Copies of plagiarized work will be placed on file with the Coordinator of Student Faculty Relations. Severe or repeated instances of academic misconduct will result in more severe sanctions up to and including expulsion." (*UP Catalog: "Academic Policies"*)

B. B. Instructor's additions to the Academic Conduct policy

Students who engage in these behaviors will receive a failing grade (an "F") for this course. Strict adherence to APA Guidelines will keep you from plagiarizing. Please remember that plagiarism includes, but is not limited to, copying, quoting without referencing, paraphrasing, or summarizing another author's work without citing the original source.

**IX. PROVISION FOR SPECIAL NEEDS**

Accommodation for documented disabilities: If you have a documented disability and would like the professor to make accommodations, visit with Kay Seilstad, Disability Counselor, in the Center for Academic Excellence or call Kay at 406-791-5212.

**X. TENTATIVE CLASS SCHEDULE AND OUTLINE:**

<b>WEEK</b>	<b>READINGS FOR THE WEEK</b>	<b>ASSIGNMENTS DUE <u>IN ADDITION TO MOODLE POSTINGS</u></b>
<b>MAY 1 – APRIL 7</b>		Introductions
<b>APRIL 8 – MAY 14</b>	<i>C&amp;Y</i> Chapters 1 & 2 <i>Frame</i> Chapters 1 & 3	Online Moodle Discussion
<b>MAY 15 – MAY 21</b>	<i>C&amp;Y</i> Chapters 3 & 4 <i>Frame</i> Chapters 5 & 10	Online Moodle Discussion; 1 <sup>st</sup> Articulation of Learning Paper <b>due May 21</b>
<b>MAY 22 – MAY 28</b>	<i>C&amp;Y</i> Chapters 5 & 6 <i>Frame</i> Chapters 2 & 6	Online Moodle Discussion; Spiritual Autobiography <b>due May 28</b>
<b>MAY 29 – JUNE 4</b>	<i>C&amp;Y</i> Chapters 7 & 8 <i>Frame</i> Chapters 4 & 9	Online Moodle Discussion; 2 <sup>nd</sup> Articulation of Learning Paper <b>due June 4</b>
<b>JUNE 5 – JUNE 11</b>	<i>C&amp;Y</i> Chapters 9 & 10 <i>Frame</i> Chapters 7 & 8	Online Moodle Discussion
<b>JUNE 12 – JUNE 18</b>	<i>C&amp;Y</i> Chapters 11 & 12 <i>C&amp;Y</i> Chapters 13 & 14	Online Moodle Discussion; 3 <sup>rd</sup> Articulation of Learning Paper <b>due June 18</b>
<b>JUNE 19 – JUNE 25</b>		Spiritual Practice Paper <b>due June 21</b>