**Workshop Description:**

The purpose of this workshop is to offer spiritual and religious tools common among the major spiritual and religious traditions that can be used by contemporary mental health professionals regardless of their spiritual or religious affiliation (or lack of) to enhance their professional services. Examples include the benefits of meditation, charitable works, ethical values, and approaching others with compassion, gratitude, humility, and forgiveness. Examples of integrated services, ethical issues, and best practices will be discussed. Considering religious and spiritual factors as a multicultural issue focusing on cultural competence and humility will be highlighted. While all of the major religious and spiritual traditions will be incorporated into the workshop, the focus will be on those from the Judeo Christian traditions.

**Learning Objectives:**

1. Identify and summarize the research evidence that supports the psychological and physical health benefits of religious and spiritual activities and engagement.
2. Articulate and describe the 13 spiritual and religious tools that can be used in psychotherapy regardless of client religious interest and traditions
3. Define and summarize the four primary ethical conflicts and challenges in religious and spiritually integrated psychotherapy.
4. Articulate and summarize a variety of resources for training and learning more about spiritually and religiously integrated psychotherapy.

**Presenter: Thomas G. Plante, Ph.D., ABPP**

Thomas G. Plante, Ph.D., ABPP is the Augustin Cardinal Bea, S.J. University Professor, professor of psychology and religious studies (by courtesy) at Santa Clara University and adjunct clinical professor of psychiatry and behavioral sciences at Stanford University School of Medicine. He directs the Applied Spirituality Institute at Santa Clara University as well. He recently served as vice-chair of the National Review Board for the Protection of Children and Youth for the U.S. Conference of Catholic Bishops and is past-president of and current APA Council representative for the Society for the Psychology of Religion and Spirituality (Division 36) of the APA. He published 23 books and over 200 journal articles and book chapters mostly on the topic of psychology, spirituality and religion. He maintains a private practice in Menlo Park, CA and has evaluated or treated over 900 clerics or clerical applicants.