



Spiritually Oriented Psychotherapy for Trauma

Donald F., Ed. Walker

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Trauma can impact people not only psychologically, socially, and physically, but spiritually as well. Recent clinical research has shown that psychotherapists working with traumatized clients can foster better outcomes if they exercise sensitivity to their clients' spiritual needs. This book addresses a wide range of different client presenting problems, with a specific focus on relational forms of trauma, such as sexual abuse, partner violence, and other familial forms of trauma. It includes case studies that highlight how to assess and help clients process these and other types of trauma, including war and natural disasters. The case studies illustrate multiple facets of spirituality rather than explaining it as merely a source of anxiety reduction, social connectedness, or control. Readers will learn how to differentiate between healthy and unhealthy forms of spirituality, and how to apply spiritually-oriented practices within their own setting, theoretical framework, and unique client populations. They will also learn how to work with the ethical challenges and dilemmas trauma treatment can pose to the therapist's competence and world view. Recent years have brought broader awareness and openness to talking about child abuse and other traumatic life events. Survivors of these events often experience spiritual struggles in the course of healing; likewise, in helping clients process trauma, therapists too may come to question why evil exists or why so many people suffer. This book offers practical and reassuring guidance for performing therapy in these situations.

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