# Unit 2 Discussion

What are spiritual disciplines? How can counselors implement spiritual disciplines in counseling? Describe how this may work in both church and secular settings. Would implementation of spiritual disciplines in counseling be considered an ethical practice in secular settings? Why or why not?

Spiritual disciplines such as praying and bible readings etc. are used to help and or enhance someones journey to spiritual well-being. One spiritual discipline I used a lot while I was volunteering as a rookie dad coach at Pregnancy Solutions here in Florida was prayer. I have found that no matter what the belief of the father was at the time they all welcomed prayer for them and their upcoming baby. The use of prayer in these sessions I also believed helped strengthen the trust and confidence between myself and the client. Most people I believe know that offering to pray for someone isn’t something done out of obligation or to try to “convert” someone, but to show your care and love for that person.

I think and believe that using the spiritual disciplines in a secular setting would not break any ethical boundaries or guidelines. Like I stated above the use of prayer in a counseling session isn’t something that breaks ethical guidelines unless it was strictly said by the client that they would prefer you not to. (Which in the year and a half I was at Pregnancy Solutions has never occurred.) An article I found on the internet states, "Smith, Bartz, and Richards (2007) conducted a meta-analysis of 31 research studies (1,845 clients) to determine the outcome effectiveness of using religious and spiritual interventions in psychotherapy and found moderately strong support in favor of religious and spiritual approaches”(Bartley & Cashwell, 2014)

Bibliography

Bartley, J., & Cashwell, C. (2014). Integrating Religion and Spirituality into Counseling. https://www.counseling.org/docs/default-source/practice-briefs/integrating-religion-and-spirituality-into-counseling.pdf?sfvrsn=b5c78611\_1