

Contents

<i>List of Figures</i>	xi
<i>List of Tables</i>	xiii
<i>List of Boxes</i>	xv
<i>List of Scenarios</i>	xvii
<i>Preface</i>	xix
<i>Acknowledgments</i>	xxi
<i>A Note to the Reader</i>	xxv

PART I CENTRAL VALUES AND CONCEPTS FOR SPIRITUALLY SENSITIVE SOCIAL WORK

1. Guiding Principles	3
Why Bother with Spirituality?	6
Two Examples of Spiritually Sensitive Practice	12
Principles That Guide the Writing of This Book	16
Preview of Chapters	34
Exercises	35
2. Compassion, the Call to Service, and Ethical Principles for Social Work	41
The Virtue of Compassion in Professional Social Work	44
Symbols of Compassion in Spiritual Traditions	61
A Common Heart of Compassion	67
Ethical Principles for Spiritually Sensitive Social Work	69
Conclusion	73
Exercises	74
3. The Meaning of Spirituality	77
The Challenges of Defining Spirituality	78
The Concept of Spirituality in the Helping Professions	83
Definitions and Models Related to Spirituality	95
Key Issues in Research About Spirituality	115
Conclusion	120
Exercises	120

PART II EXPLORING SPIRITUAL DIVERSITY FOR SOCIAL WORK PRACTICE

4. Human Diversity, Spirituality, and Social Work Practice	127
Contemporary Spiritual Diversity in the United States	130
Ethnic Diversity and Spirituality	146
Women and Spirituality	161
Sexual Orientation Diversity and Spirituality	167
Conclusion	175
Exercises	175
5. Religious Perspectives on Social Service and Implications for Social Work Practice	179
Buddhism and Social Service	182
Christianity and Social Service	188
Confucianism and Social Service	198
Hinduism and Social Service	204
Indigenous Spiritual Perspectives of North America and Social Service	210
Islam and Social Service	223
Judaism and Social Service	229
Conclusion	236
Exercises	236
6. Nonsectarian Spiritual Perspectives, Comparisons, and Implications for Cooperation	238
Prevalence of the Religiously Unaffiliated	239
Existentialism and Social Service	241
Transpersonal Perspective and Social Service	247
Twelve-Step Programs	255
Comparison of Spiritual Perspectives on Service	256
Engaging in Dialogue and Cooperation Across Spiritual Perspectives	260
Conclusion	270
Exercises	270

PART III SPIRITUALLY SENSITIVE SOCIAL WORK IN ACTION

7. Creating a Spiritually Sensitive Context for Practice	275
The Helping Relationship and Process	275
A Holistic Approach to Social Work Practice	285
Stage 1: Understanding	288
Stage 2: Designing	290
Stage 3: Implementing	291
Stage 4: Evaluating	296

Stage 5: Integrating	298
Conclusion	308
Exercises	308
8. Spiritual Development	311
Spiritual Development and Everyday Life	312
Spiritual Emergence and Emergencies	316
Spiritual Development Throughout the Life Cycle	323
Spiritual Development of Children and Youth	333
Spirituality at the End of Life	336
Conclusion	342
Exercises	342
9. Spiritual Assessment	345
Assessing Spiritual Experiences and Development of Individuals	345
Spiritual Assessment for Groups, Organizations, and Social Policy	376
Conclusion	381
Exercises	383
10. Ethical Guidelines for Spiritually Sensitive and Culturally Appropriate Practice	385
Ethical Guidelines for Using Spiritually Oriented Activities	385
Culturally Appropriate Practice and the Ethical Mandates for Cultural Competence and Humility	399
Cross-Tradition Exchange of Spiritual Practices	403
The Political Context of the Helping Relationship	407
Transcultural Teamwork for Spiritually Sensitive Practice	409
Conclusion	418
Exercises	418
11. Spiritual Growth—Promoting Practices	421
Spiritual Growth—Oriented Helping Activities	422
Practicing Therapeutic Mindfulness and Meditation	427
Practicing Forgiveness and Restorative Justice	445
Conclusion	457
Exercises	458
12. Transformational Process in Spiritually Sensitive Social Work Practice	460
Social Work Practice as a Transformational Process	460
Two Examples of Transformational Helping Process	472
Ritual and Ceremony Applied in Social Work Practice	478
A Repertoire of Spiritually Oriented Practices	485
Linking Micro and Macro in Practice	485
Spirituality in Fields of Practice	492
Spirituality Integrated in Common Helping Approaches	494

Conclusion	495
Exercises	496
13. A Worldwide View	499
A Worldwide View of Spiritually Sensitive Practice	499
Religion and Spirituality in Codes of Ethics Worldwide	512
Resources for International Networking	516
Principles for Inclusive Compassion and Justice in Worldwide View	521
Conclusion	523
Exercises	524
Appendix: Methodological Summary for the 2008 National Survey of NASW Members (US) on Spirituality and Religion in Practice	525
References	529
Index	579