

AN INTRODUCTION TO THE COMPREHENSIVE PSYCHO- SPIRITUAL CLINICAL INTERVIEW

Ralph L. Piedmont, Ph.D.
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INTRODUCTION

- My Background
- My Perspective
- My Work
- Purpose of Talk

UNDERSTANDING SPIRITUALITY

- What Religious Texts Say:
 - For the truth about God is known to them instinctively God has put this knowledge in their hearts (Romans, 1:19)
 - God has planted eternity in the hearts of men, even so, many cannot see the whole score of God's work from beginning to end (Ecclastes, 3:11).
 - Our hearts are restless until they rest in You (from St. Augustine's *Confessions* (Lib 1, 1-2, 2.5, 5: CSEL 33, 1-5)

UNDERSTANDING SPIRITUALITY

- What the Research Data Say:
 - Spirituality is a human universal
 - Defines our humanity and is what makes us unique
 - Psychologically, it can be understood as an intrinsic source of motivation
 - Internal striving to create ultimate meaning for our lives:
 - The values that we are willing to die for
 - The ultimate focus that gives meaning and direction to our lives
 - Spiritual motivations have a causal impact on the quality of our mental life

UNDERSTANDING SPIRITUALITY

- Value of a Psychological Perspective on Spirituality
 - Disclaimer: only one perspective on spirituality, which is multifocal in nature
- Provides a universal language for relating to all individuals regardless of their faith orientation and belief status
- Helps you to focus on the internal needs and personal strivings of the person
- Allows you to provide deep emotional support to individuals who are in crisis; help them to move closer to their ultimate source of meaning
- Pastoral Care versus Pastoral Counseling
- Allows Chaplains to have broad relevance in the world

THE NUMINOUS

- What is it?
- What does it tell us about spirituality?
- A Model of Numinous Motivations:
 - Infinitude
 - I believe that this life is only one stage in a larger, eternal process
 - I think that there are larger forces directing the flow of life
 - Meaning
 - Only a firm, unshakable belief in a religion or philosophy can give meaning to life
 - Prayer and/or meditation is important in my life
 - Worthiness
 - My failures show how worthless I am
 - I am a mistake

THE COMPREHENSIVE PSYCHO-SPIRITUAL CLINICAL INTERVIEW

- What is it?
- Why Use it?
- Description vs. Inference
- Overview of Instrument:
 - Presentation
 - Problem
 - Person
 - Predicament

IN-DEPTH LOOK AT THE PREDICAMENT

- Four sections to this “Axis”
 - Overall religiousness and spirituality
 - Religious Crisis
 - Meaning orientation
 - Logoplex
 - Pastoral Themes

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- The *Logoplex* is one such model that I have developed

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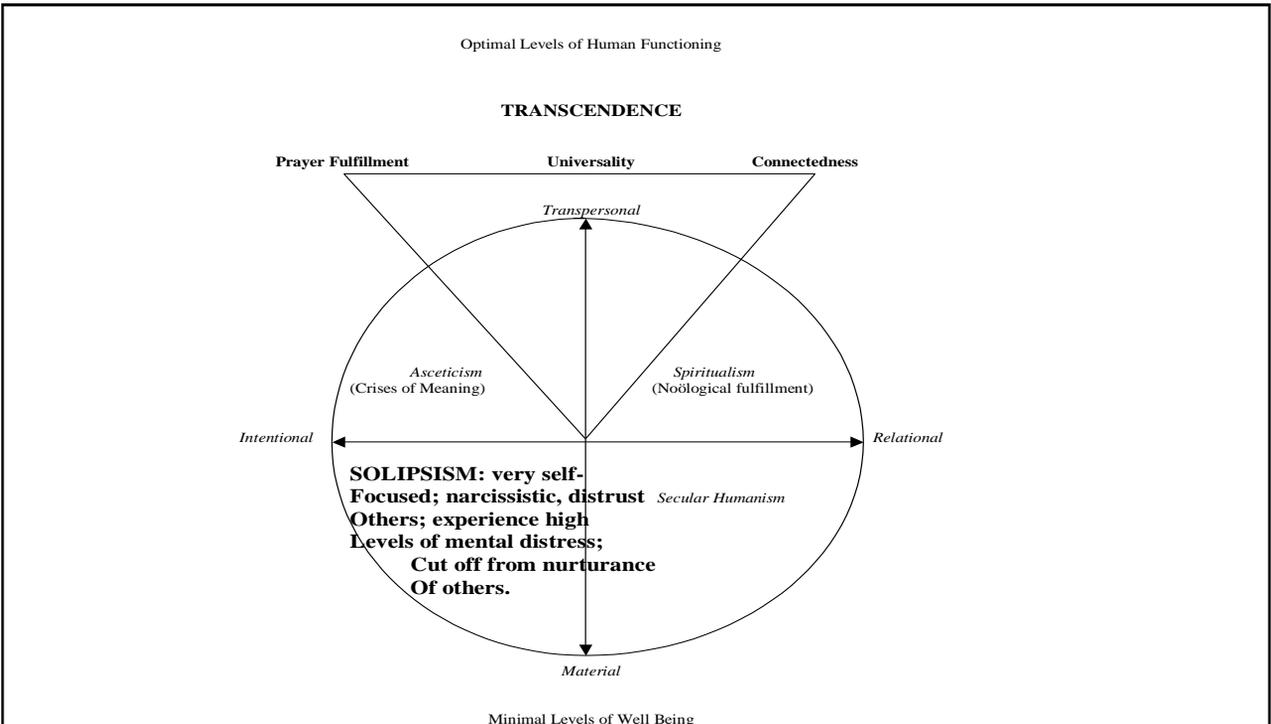
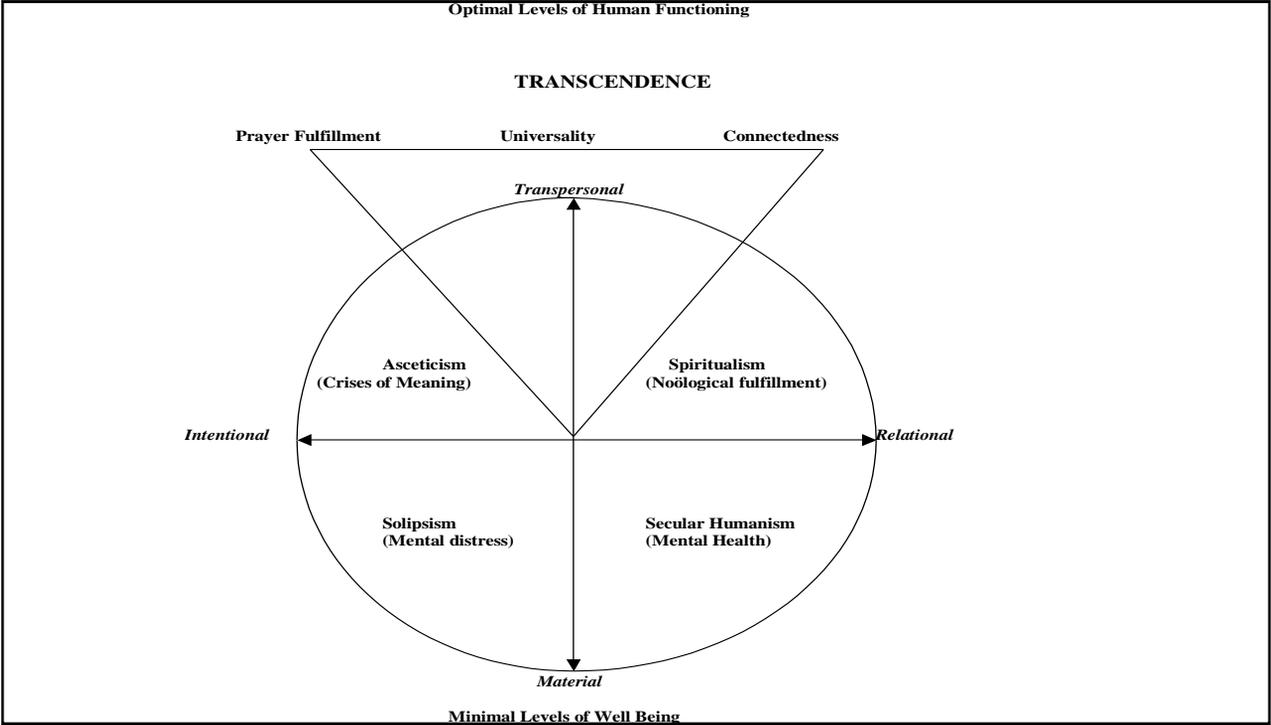
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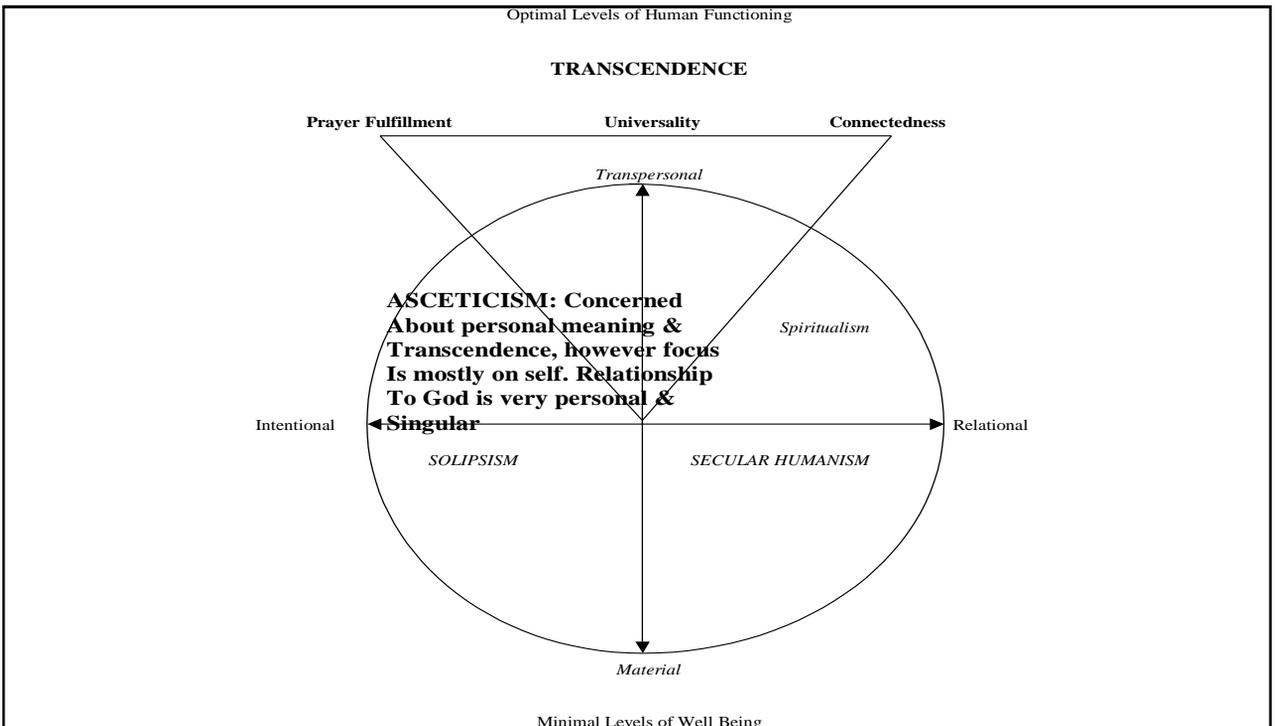
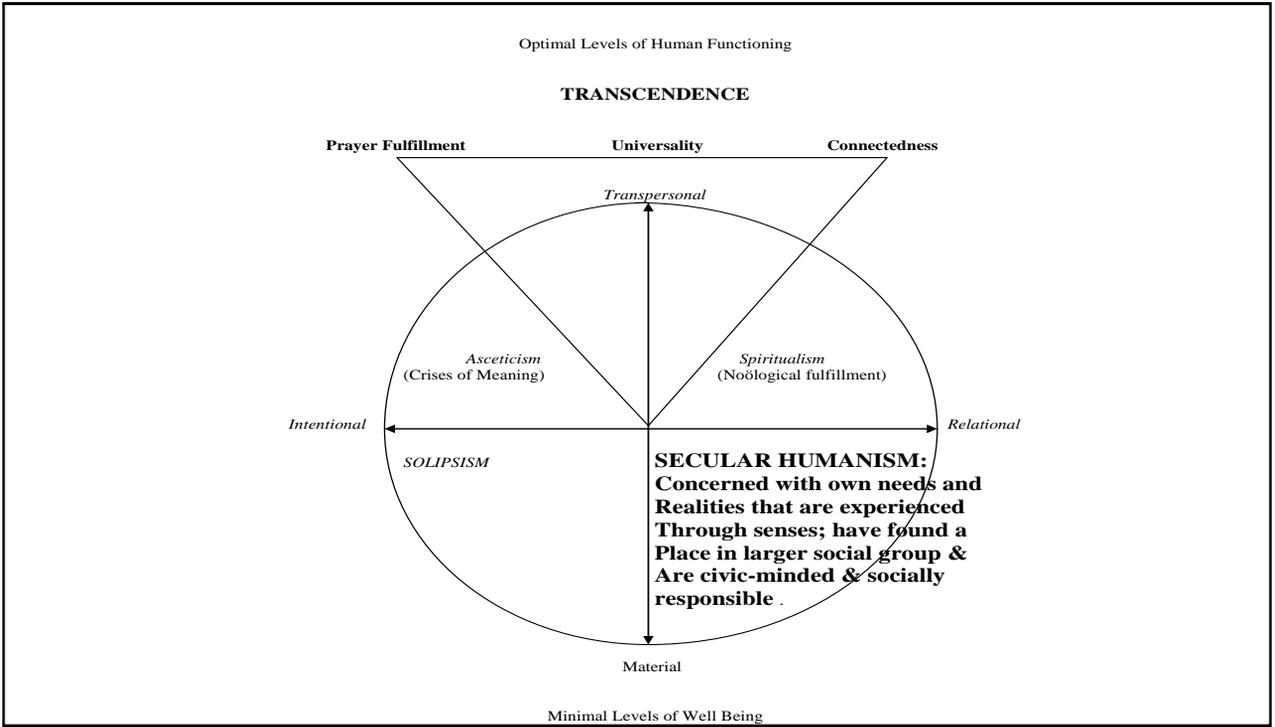
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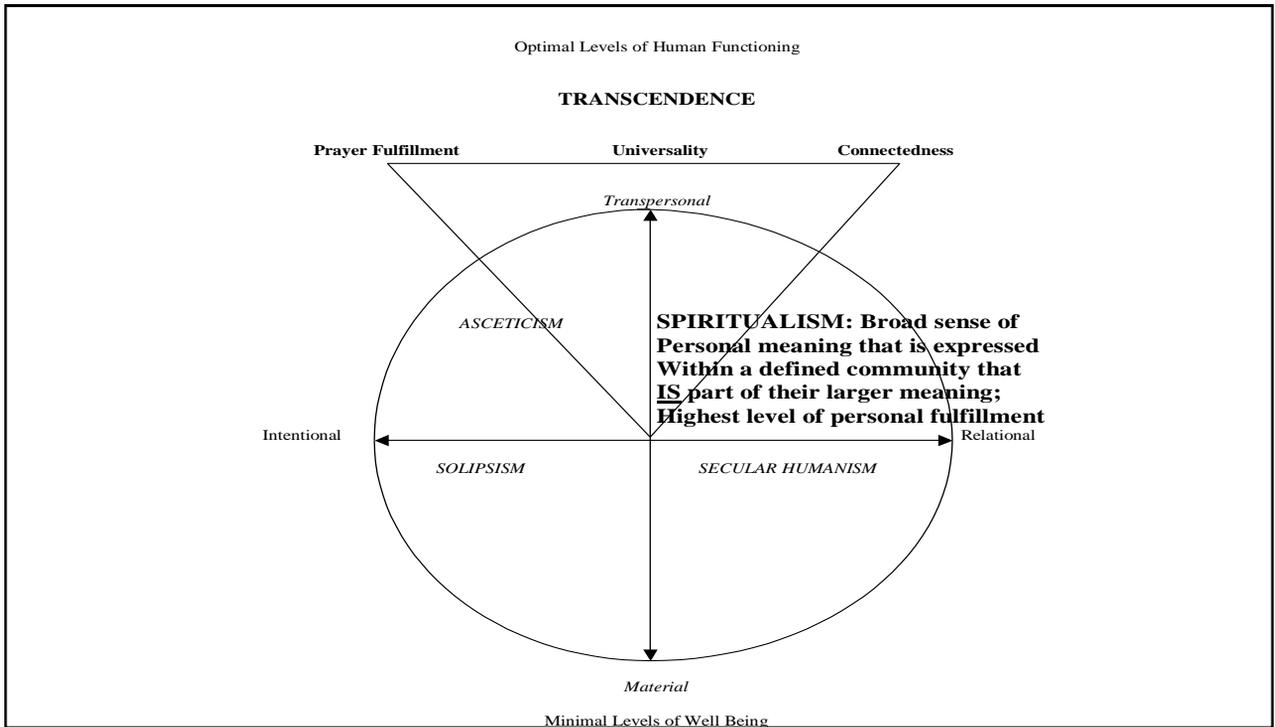
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- These two dimensions are represented as follows:







STRENGTHS AND WEAKNESSES

Quadrant	Strengths	Weaknesses
<i>Solipsist</i>	Goal Focused	Psychological Distress
<i>Secular Humanist</i>	Socially Generative	Cynicism
<i>Ascetic</i>	Wise and Insightful	Crisis of Meaning
<i>Spiritualist</i>	Capacity to Transform	Crisis of Relevancy

THE VALUE OF THE LOGOPLEX

- This model can help formalize an assessment of how an individual is creating meaning in his/her life
- It can help the Chaplain to conceptualize ways of intervening that are consistent with the client's worldview
- It can keep the Chaplain mindful of ways to help improve and/or develop a client's sense of personal meaning

PASTORAL THEMES

- Examines how an individual understands his/her major life themes
- Themes selected on the basis of their pastoral relevance
- Themes have been empirically determined as representing specific numinous motivations:
 - Adoration & Mourning = Infinitude
 - Mission & Temptation = Meaning
 - Betrayal & Shame = Worthiness
- Normative Information helps to identify areas of particular concern for client
- Can address the psychological issues associated with each motivation

VALUE OF THE COMPREHENSIVE PSYCHO-SPIRITUAL CLINICAL INTERVIEW

- Professionally, it outlines the themes, issues, and concerns that are unique to Pastoral Work
- Clinically, it disciplines Chaplains to always think about the pastoral dimensions of each client, even though such themes may not be recognized by the client
- All material in the pastoral section of CPSCI have been empirically determined to be of *significant, psychological importance*
- Material is relevant to *all* clients, regardless of religious denomination or belief status
- Can be used to document the value of Chaplain-based interventions



THANK YOU

- **Any Questions?**
- Contact me:
 - Ralph L. Piedmont
 - Department of Pastoral Counseling
 - Loyola University Maryland
 - 8890 McGaw Road. Suite 380
 - Columbia, MD 21045
 - Rpiedmont@Loyola.edu