AN INTRODUCTION TO THE COMPREHENSIVE PSYCHO-SPIRITUAL CLINICAL INTERVIEW

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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 (Eccliastes, 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
MODELING MEANING

- Individuals find meaning for their lives in a number of different ways

Therefore, having a framework for organizing these different types of meaning in a way that promotes insight and facilitates clinical (pastoral) intervention would be helpful.
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• Therefore, having a framework for organizing these different types of meaning in a way that promotes insight and facilitates clinical (pastoral) intervention would be helpful
• The Logoplex is one such model that I have developed

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- A circumplex model is a circular ordering of traits around two, independent dimensions

- In the Logoplex, the first dimension is whether we are concerned primarily with ourselves or others
THE LOGOPLEX

• The Logoplex is a circumplex model of meaning that incorporates spirituality as a central theme
• A circumplex model is a circular ordering of traits around two, independent dimensions
• In the Logoplex, the first dimension is whether we are concerned primarily with ourselves or others
• The second dimension concerns whether I am focused on what is material, concrete, and tangible, or whether we can see beyond the immediate to broader realities that cut across our individual lives

• These two dimensions are represented as follows:
Optimal Levels of Human Functioning

TRANSCENDENCE

Prayer Fulfillment

Universality

Connectedness

Transpersonal

Spiritalism

(Crises of Meaning)

Noölogical fulfillment

Spiritualism

(Mental Health)

Secular Humanism

(Solipsism

(Mental distress)

Asceticism

(Crises of Meaning)

Intentional

Relational

SOLIPSISM: very self-focused; narcissistic, distrust others; experience high levels of mental distress; cut off from nurturance of others.

Material

Minimal Levels of Well Being
Optimal Levels of Human Functioning

**TRANSCENDENCE**

- **Prayer Fulfillment**
- **Universality**
- **Connectedness**

**Transpersonal**

- **Asceticism** (Crises of Meaning)
- **Spiritualism** (Noëlogical fulfillment)

**SOLIPSISM**

**Secular Humanism:** Concerned with own needs and realities that are experienced through senses; have found a place in larger social group & are civic-minded & socially responsible.

**Material**

**Minimal Levels of Well Being**
**Optimal Levels of Human Functioning**

**TRANSCENDENCE**

- Prayer Fulfillment
- Universality
- Connectedness

**ASCETICISM**

**SPIRITUALISM**: Broad sense of personal meaning that is expressed within a defined community that IS part of their larger meaning; Highest level of personal fulfillment

**SOLIPSISM**

**SECULAR HUMANISM**

**STRENGTHS AND WEAKNESSES**

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<thead>
<tr>
<th>Quadrant</th>
<th>Strengths</th>
<th>Weaknesses</th>
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</thead>
<tbody>
<tr>
<td><strong>Solipsist</strong></td>
<td>Goal Focused</td>
<td>Psychological Distress</td>
</tr>
<tr>
<td><strong>Secular Humanist</strong></td>
<td>Socially Generative</td>
<td>Cynicism</td>
</tr>
<tr>
<td><strong>Ascetic</strong></td>
<td>Wise and Insightful</td>
<td>Crisis of Meaning</td>
</tr>
<tr>
<td><strong>Spiritualist</strong></td>
<td>Capacity to Transform</td>
<td>Crisis of Relevancy</td>
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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?
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