



# **Explorations in Counseling and Spirituality: Philosophical, Practical, and Personal Reflections (Spirituality/Religious Values)**

*Christopher M. Faiver, R. Elliott Ingersoll, Eugene M. O'Brien, Christopher McNally*

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This book provides a basic foundation that readers can use to draw practical and personal conclusions regarding the interface of counseling and spirituality. Readers will have a unique opportunity for both didactic and experiential investigation of spiritual and religious beliefs in relation to the counseling process. The authors provide important information on issues and concepts regarding spirituality, as well as examples of specific interventions related to the topics. The authors have made a conscious attempt to provide readers with information not addressed in other counseling and spirituality texts. The text is divided into three domains, the philosophical, the practical, and the personal. It is the authors' premise that a holistic model of counseling and spirituality that integrates the scholarly and philosophical with the practical and personal must be used. This book provides a rich introduction to the topics, drawing on various disciplines, and presents the information in a user-friendly manner.

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