Social Work and Religious Diversity

Selected Readings and Resources on
Faith- Based Approaches to Mental Health and Illness

Texts:

Mona M. Amer and Sameera Ahmed (eds.), *Counseling Muslims: Handbook of Mental Health Issues and Interventions*, Routledge 2011.

Salman Akhtar (ed.), *The Crescent and the Couch: Cross-Currents Between Islam and Psychoanalysis*, Jason Aronson 2008.

Laurence Brown, *Religion, Personality and Mental Health,* Springer 2011.

Fabrizio Didonna (ed.), *Clinical Handbook of Mindfulness*. Springer 2009.

Christopher Germer, Ronald Siegel and Paul Fulton (eds.), *Mindfulness and Psychotherapy*. Guilford Press 2005.

Kathryn Greene- McCreight, *Darkness Is My Only Companion: A Christian Response to Mental Illness*, Brazos Press 2006.

Alan Harwood, *Rx, Spiritist as Needed: A Study of a Puerto Rican Community Mental Health Resource*, Cornell University Press 1987.

Ahmed Kobeisy, *Counseling American Muslims: Understanding the Faith and Helping the People*, Praeger 2004

Harold G. Koening. "Spirituality and Mental Health". in *International Journal of Applied Psychoanalytic Studies*, Vol. 7 no. 2, pp 116-122 (Jun 2010).

Kenneth Pargament, *Spiritually Integrated Psychotherapy: Understanding and Addressing the Sacred*, The Guilford Press 2011.

P. Scott Richards and Allen E. Bergin (eds.), *Handbook of Psychotherapy and Religious Diversity*, American Psychological Association 2000.

John F. Schumaker (ed.), *Religion and Mental Health*, Oxford University Press 1992.

Zindel V. Segal et al, *Mindfulness-Based Cognitive Therapy for Depression*. Guilford 2001

Len Sperry, *Spirituality in Clinical Practice: Incorporating the Spiritual Dimension in Psychotherapy and Counseling*. Taylor and Francis 2001.

Wittink, Marsha N., et al. "Losing Faith and Using Faith: Older African Americans Discuss Spirituality, Religious Activities, and Depression," in *Journal of General Internal Medicine*, Vol 24 no. 3, pp. 402-407 (March 2009).

Michael S Yi, et al. "Religion, Spirituality, and Depressive Symptoms in Patients with HIV/AIDS," in *Journal of General Internal Medicine*, Vol. 21 no. 5, pp 21- 27 (Oct 2006).

Also see the quarterly *Journal of Mental Health, Religion, and Culture,* published by Taylor & Francis.

Web-Based resources:

Psychotherapy and Spirituality Institute, www.mindspirit.org

> New York- based non- profit employing a range of counselors, psychotherapists and pastoral care providers to address clients' mental and spiritual health.

The New York Jewish Healing Center, www.jbfcs.org/programs-services/jewish-community-services-2/new-york-jewish-healing-center

> A program of the Jewish Board of Family and Child Services providing spiritual and emotional support to Jews of all backgrounds.

The American Institute for Cognitive Therapy, Mindfulness Resources, www.cognitivetherapynyc.com/Mindfulness.aspx

> An extensive list of websites and texts on cognitive therapy and mindfulness.

FaithNet, www.faithnet.nami.org

> Founded by NAMI, the National Alliance on Mental Illness, FaithNet is a network of friends and members dedicated to building supportive faith communities.

The Institute for Muslim Mental Health, www.muslimmentalhealth.com/

Presbyterian Serious Mental Illness Network
www.presbyterianmission.org/ministries/phewa/presbyterian-serious-mental-illness-network

> Advocates for those in the church struggling with serious mental illness.

Mental Health Ministry Resources, PDF available at
www.mentalhealthministries.net/models_of_ministry/faith_group_publications/congregational_resource_guide.pdf

> Extensive annotated bibliography provided by Pathways to Promise, a St. Louis based interfaith cooperative.

Boston Healing Landscape Project: www.bu.edu/bhlp/About/index.html

> Extensive resources on physical and psychological healing in a wide range of religious and cultural traditions.