



Spiritual Interventions in Child and Adolescent Psychotherapy

Donald F. Walker and William Hathaway

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Many children are raised in families where religion and spirituality are key factors in their development, and clinical experience shows that addressing this spirituality can assist the therapeutic process. In psychotherapy, spiritual interventions must be blended effectively with secular evidence-based techniques. Furthermore, when such interventions are applied with children, there are unique ethical, developmental, and family considerations.

This book presents guidance for integrating spiritual interventions in psychotherapy with children and their families. The interventions are appropriate for a range of settings, presenting problems, and client belief systems. Specific chapters address the use of prayer, forgiveness, acceptance, spiritual awareness, sacred texts, and God images in therapy. Illustrative case studies are included, and ethical issues are given special consideration.

This groundbreaking volume will be a valuable resource for therapists who work with spiritually diverse children, adolescents, and their families.

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