

TITLE: Recognizing and Strengthening Spiritual Capacity

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Brief Bio

Russell Siler Jones, ThD, LCMHCS, is a pastoral counselor in Asheville, NC, Director of CareNet/Wake Forest Baptist Health's Residency in Psychotherapy and Spirituality, and Developer of ACPE's Spiritually Integrated Psychotherapy Program. He is author of *Spirit in Session: Working with Your Client's Spirituality (and Your Own) in Psychotherapy*.

Description:

All humans have spiritual capacity. Like physical capacity, which includes the many potentials and abilities we have because we're physical beings (seeing, hearing, breathing, speaking, moving, etc.), spiritual capacity includes the potentials and abilities we have because we're spiritual beings (love, generosity, wisdom, courage, conscience, intuition, etc.). Also like physical capacity, spiritual capacity is innate. We can strengthen spiritual capacities with intention and attention, but they are birthright energies that exist and arise in us naturally.

Recognizing, contacting, and strengthening spiritual capacity is a powerful intervention in psychotherapy. Because of holism, shifts of energy in the spiritual dimension of clients' lives evoke shifts in the somatic, psychological, and relational dimensions, shifts that can positively impact symptom-focused and transformation-focused psychotherapy.

This workshop will help participants understand the concept of spiritual capacity, recognize its myriad expressions in a human life, and learn to engage it and elicit it for therapeutic purpose.

Participants in this workshop will be able to:

1. Describe the idea of spiritual capacity
2. Name ten or more spiritual capacities
3. Describe therapeutic interventions to elicit and strengthen clients' spiritual capacities in psychotherapy