



2021 Diversity Conference

PHILADELPHIA COLLEGE OF OSTEOPATHIC MEDICINE

SCHOOL OF PROFESSIONAL AND APPLIED PSYCHOLOGY

Monday, June 7 to Friday, June 11, 2021 LIVE WEBINARS



## Session I

### Find Strength in Your Struggle: A Faith-Based Approach to Health and Wellness

Monday, June 7, 12:00-1:00PM EST: LIVE WEBINAR

H. Jean Wright II, PsyD

#### PROGRAM DESCRIPTION

This presentation aims to improve the ability of behavioral health practitioners to provide effective treatment with diverse populations and diverse belief systems through the understanding and integration of spirituality in clinical care. Additionally, the presentation seeks to increase collaboration between clergy/faith communities and behavioral health practitioners to increase the quality of life for people living with behavioral health challenges. The presenter will use the clinical and empirical literature as well as knowledge in this area to inform guidelines for best practice.

#### EDUCATIONAL OBJECTIVES

Based on the presentation, the participants will be able to:

- Define and compare the concept of spiritual depression and clinical depression.
- Identify the connection between unresolved trauma, behavioral health challenges and the impact on faith/spirituality.
- Describe the benefits of utilizing faith, spirituality, and psychology practice to support healing and wellness with diverse populations.

#### ABOUT THE PRESENTER

**H. Jean Wright II, PsyD** is a transformational Clinical and Forensic Psychologist with over 20 years of experience in behavioral health and proven success in passionately leading people and managing projects and initiatives in government; in private practice; in academia as Adjunct Professor and Clinical Faculty for Temple University; and in rehabilitation and correction. As a clinical consultant, facilitator, and trainer, Dr. Wright teaches the subtleties of human interaction to successfully embrace and celebrate the variety of personalities in the workforce and community. Recently, Dr. Wright completed his book: *Find Strength in Your Struggle: Discover the Miracle in You*, which highlights his concept of "spiritual depression" and how it impacts the spiritual core of people from all walks of life. He conducts interactive and highly charged seminars, workshops, and training on a variety of topics related to behavioral health and wellness, population health education, and trauma informed care for a diverse group of clientele throughout the United States.

## SUGGESTED READINGS

- Cooperman, A., Smith, G. A., & Cornibert, S. S. (2015). *U.S. public becoming less religious: Modest drop in overall rates of belief and practice, but religiously affiliated Americans are as observant as before*. Pew Research Center. <https://www.pewforum.org/2015/11/03/u-s-public-becoming-less-religious/>
- Koenig, H. G. (2018). *Religion and mental health: Research and clinical applications*. Academic Press, an imprint of Elsevier.
- Pargament, K. I. (2013). Searching for the sacred: Toward a nonreductionist theory of spirituality. In J. Exline & J. W. Jones (Eds.), *APA handbooks in psychology, APA handbook of psychology, religion, and spirituality (Vol. 1, Context, theory and research, pp. 257-273)*. American Psychological Association. <https://doi.org/10.1037/14045-014>
- Park, C. L., Edmondson, D., & Hale-Smith, A. (2013). Why religion? Meaning as motivation. In K. I. Pargament, J. J. Exline, & J. W. Jones (Eds.), *APA handbooks in psychology. APA handbook of psychology, religion, and spirituality (Vol. 1, Context, theory and research, pp. 157-171)*. American Psychological Association. <https://doi.org/10.1037/14045-008>
- Wright, H. J. (2015). *Find strength in your struggle: Discover the miracle in you*. Xulon Press.

## Session II

### Culturally Sensitive Mental Health Care for Muslim Clients

Tuesday, June 8, 1:00-2:00PM EST: LIVE WEBINAR

Rania Awaad, MD

## PROGRAM DESCRIPTION

Divisive rhetoric notwithstanding, the United States is headed irreversibly toward a future that will be more heterogeneous than ever before. Nonetheless, an increasingly xenophobic global atmosphere has posed challenges for clinicians working with patients impacted by this groundswell of hostile attitudes. Muslims are perhaps one of the most impacted groups in the wake of recent socio-political events such as the Muslim Ban, DACA repeal and other clearly discriminatory policies. Hence, it is of utmost importance for clinicians to understand the circumstances of impacted Muslim patients and how to address these circumstances in the clinician-patient encounter. The presenter will use the clinical and empirical literature as well as knowledge in this area to inform guidelines for best practice.

## EDUCATIONAL OBJECTIVES

Based on the presentation, the participants will be able to:

- Describe the issues that marginalized Muslim patients may face, including discrimination on the basis of ethnicity, cultural background, or faith, and the potential fear of deportation
- Discuss the unique issues and challenges for Muslim students
- Identify ways to frame counseling for Muslim students
- Revise assessment considerations for working with Muslim students
- Identify successful counseling methods for Muslim students that implement culturally- and religiously-sensitive techniques in a clinic setting

## ABOUT THE PRESENTER

**Rania Awaad, M.D.** is a Clinical Associate Professor of Psychiatry at the Stanford University School of Medicine where she is the Director of the Stanford Muslim Mental Health and Islamic Psychology Lab and its community non-profit Maristan.org. She also serves as the Associate Division Chief for Public Mental Health and Population Sciences as well as the Section Chief of Diversity and Cultural Mental Health in the Department of Psychiatry and Stanford. She pursued her psychiatric residency training

at Stanford where she also completed a postdoctoral clinical research fellowship with the National Institute of Mental Health (NIMH). Some of her most recent academic publications include an edited volume on "Islamophobia and Psychiatry" (Springer, 2019), "Applying Islamic Principles to Clinical Mental Health" (Routledge, 2020) and an upcoming clinical textbook on Muslim Mental Health for the American Psychiatric Association. She has also produced a toolkit, fact sheet, CME course on Muslim mental health for the APA. Dr. Awaad has pioneered in founding the first Muslim Mental Health Community Advisory Board (BAMMH CAB) in the nation. She has also established multiple Muslim mental health clinics, clinical training programs for clinicians, and educational training programs for religious and community leaders that are custom-tailored to addressing the mental health needs of the Muslim community.

### SUGGESTED READINGS

- Ali, S., Elsayed, D., Elahi, S., Zia, B., & Awaad, R. (2021). Predicting rejection attitudes toward utilizing formal mental health services in Muslim women in the US: Results from the Muslims' perceptions and attitudes to mental health study. *International Journal of Social Psychiatry*. Advance online publication. <https://doi.org/10.1177/00207640211001084>
- Awaad, R. (2017). A Muslim graduate student from Sudan trapped by the travel ban. *The American Journal of Psychiatry*, 174(10), 925-926. <https://doi.org/10.1176/appi.ajp.2017.17060700>
- Awaad, R., Abid, A., & Fereydooni, S. (2020). The power of prejudice: Cross-cultural competency and Muslim populations. *Journal of Islamic Faith and Practice*, 3(1), 73-87. <https://doi.org/10.18060.24673>
- Awaad, R., Dailami, N., & Nouredine, N. (2020). US policy of public charge inadmissibility and refugee suicides. *Lancet Psychiatry*, 7(3), e12-e12. [https://doi.org/10.1016/S2215-3666\(20\)30037-7](https://doi.org/10.1016/S2215-3666(20)30037-7).
- Furqan, Z., Awaad, R., Kurdyak, P., Husain, M., Husain, N., & Zaheer, J. (2019). Considerations for clinicians treating Muslim patients with psychiatric disorders during Ramadan. *Lancet Psychiatry*, 6(7), 556-557. [http://dx.doi.org/10.1016/S2215-0366\(19\)30161-0](http://dx.doi.org/10.1016/S2215-0366(19)30161-0)

## Session III

### Considerations for Incorporating Spirituality and Religion with Christian Clients Who Desire an Integrated Treatment Approach

Wednesday, June 9, 12:00-1:00PM EST: LIVE WEBINAR

L. Stewart Barbera Jr., Psy.D., M.S.W.

### PROGRAM DESCRIPTION

As psychologists and mental health providers, we strive to appreciate, respect, and understand the unique diversity of our clients (APA, 2017). This commitment to diversity, that includes religion and spirituality, contributes to efficacious and ethical treatment (Rosmarin, 2018).

Religion and spirituality are an important aspect of many people's lives and wellbeing (Carlson & Gonzalez-Prendes, 2016). As the Religious Landscape Study (Pew, 2014) found 51% of adult Pennsylvanians' reported that religion was very important in their lives. As a result, many clients would appreciate the opportunity to discuss and include spirituality and/or religion into their mental health treatment (Vieten, Pilato, Pargament, Scammell, Ammondson, & Lukoff, 2013).

Drawing on the empirical literature and case vignettes, this presentation will focus on incorporating religion and spirituality with cognitive-behavioral therapy when working with Christian clients who desire an integrated treatment approach. Viewing religion/spirituality as a resource for treatment, particular attention will be given to how this aspect of a clients' diversity might enrich the case conceptualization, enhance the working alliance and tailor treatment interventions in order to reduce

symptoms and facilitate treatment goals. Mindful of practicing within our professional boundaries and areas of competence, ethical considerations will also be explored when clinicians incorporate religion and spirituality into therapy. The presenter will use the clinical and empirical literature as well as knowledge in this area to inform guidelines for best practice.

### EDUCATIONAL OBJECTIVES

Based on the presentation, the participants will be able to:

- Explain how religion and spirituality can be integrated into cognitive behavioral therapy
- Provide three examples of religious/spiritual treatment interventions
- Apply ethical considerations to religious/spiritually integrated therapy

### ABOUT THE PRESENTER

**L. Stewart Barbera Jr., Psy.D., M.S.W** earned his M.A. in Clinical Psychology from Loyola University in Maryland, M.S.W. from the University of Pennsylvania School of Social Policy and Practice, M.S. and Psy.D. in Clinical Psychology from the Philadelphia College of Osteopathic Medicine and Certificate of Advanced Certificate in Spiritual Direction from the Graduate School of Religion and Religious Education from Fordham University. Dr. Barbera has also completed the Spiritual Director's Workshop at Ignatius Jesuit Centre in Guelph, Ontario and has participated in other formation/training related to Ignatian spirituality.

Dr. Barbera is a member of the Counseling Department at St. Joseph's Prep where he has been involved in a variety of initiatives related to Ignatian spirituality and he is an adjunct instructor at Penn State University (Abington Campus) and Neumann University. Dr. Barbera is a PA licensed psychologist and maintains a private clinical practice, The Center for Family Enrichment, LLC, located in Media, PA.

Most recently, Dr. Barbera provided a presentation at the Ignatian Spirituality and Leadership Conference sponsored by St. Joseph's University entitled "*Journeying together, sharing the gift of Ignatian spirituality*" and in published an article in the Pennsylvania Psychologist (2019) "*Considerations for incorporating spirituality and religion with clients who desire an integrated treatment approach*".

### SUGGESTED READINGS

- Bonelli, R., Dew, R. E., Koenig, H. G., Rosmarin, D. H., & Vasegh, S. (2012). Religious and spiritual factors in depression: Review and integration of the research. *Depression Research and Treatment*. <https://doi.org/10.1155/2012/962860>
- Capatari, L. E., Hook, J. N., Hoyt, W., Davis, D. E., McElroy-Heltzer, S. E., & Worthington Jr., E. L. (2018). Integrating clients' religion and spirituality within Psychotherapy: A comprehensive meta-analysis. *Journal of Clinical Psychology*, 74(11), 1938-1951. <https://doi.org/10.1002/jclp.22681>
- Carlson, K. M., & Gonzalez-Prendes, A. A. (2016). Cognitive behavioral therapy with religious and spiritual clients: A critical perspective. *Journal of Spirituality in Mental Health*, 18(4), 252-282.
- Carneiro, R. (2013). The impact of Christianity on therapy with Latino families. *Contemporary Family Therapy*, 35(1), 137-146.
- Ciarrocchi, J.W., Schechter, D., Pearce, M. J., & Koenig, H. (2014). *Religiously-integrated cognitive behavioral (rcbt) manuals and workbooks (Christian version)*. Center for Spirituality, Theology and Health Duke University <https://spiritualityandhealth.duke.edu/index.php/religious-cbt-study/therapy-manuals>
- Craguan, C. L., & Friedlander, M. L. (2012). Experiences of Christian clients in secular psychotherapy: A mixed-methods investigation. *Journal of Counseling Psychology*, 59(3), 379-391.
- Koenig, H. G. (2017). *Catholic Christianity and mental health: Beliefs, research and applications*. Center

- for Spirituality, Theology and Health: Duke University.
- Paz Mosqueiro, B., de Rezende-Pinto, A., & Moreira-Almeida, A. (2020). Spirituality, religion and mood disorders. In Rosmarin, D. H., & Koenig, H. G. (Eds.), *Handbook of spirituality, religion and mental health* (2<sup>nd</sup> ed., pp. 1-25). Academic Press. <https://doi.org/10.1016/B978-0-12-816766-3.00001-X>
- Pew Research Center. (2014). *Religious landscape survey: Adults in Pennsylvania*. <https://www.pewforum.org/religious-landscape-study/state-pennsylvania>.
- Plante, T. G. (2020). St. Ignatius as a Psychotherapist? How Jesuit spirituality and wisdom can enhance psychotherapy. *Spirituality in Clinical Practice*, 7(1), 65-71.
- Rosmarin, D. H. (2018). *Spirituality, religion, and cognitive-behavioral therapy: A guide for clinicians*. Guilford Press.
- Rosmarin, D. H., & Koenig, H. G. (Eds.). (2020). *Handbook of spirituality, religion, and mental health* (2<sup>nd</sup> Ed.). Academic Press.
- Rosmarin, D. H., Pirutinsky, S., Auerbach, R. P., Bjorgvinsson, T., Bigda-Peyton, J., Anderson, G., Paragment, K. I, & Krumeri, E. J. (2011). Incorporating spiritual beliefs into a cognitive model of worry. *Journal of Clinical Psychology*, 67(7), 691-700.
- Rosmarin, D. H., Wacholtz, A., & Ai, A. (2011). Beyond descriptive research: Advancing the study of spirituality and health. *Journal of Behavioral Medicine*, 34(6), 409-413.
- Vieten, C., Pilato, R., Pargament, K. I., Scammell, S., Ammondson, I., & Lukoff, D. (2013). Spiritual and religious competencies for psychologists. *Psychology of Religion and Spirituality*, 5(3), 129-144.

## Session IV

### Mental Health Issues in the Jewish-American Population

Thursday, June 10, 12:00-1:00PM EST: LIVE WEBINAR

Harris Finkelstein, Ph.D.

#### PROGRAM DESCRIPTION

This presentation will review the literature regarding the prevalence of mental health issues among Jewish Americans. The various sub-groups within the Jewish American population will be described with an emphasis on issues that affect their access to mental health services. Particular cultural and religious factors will be described that create vulnerabilities to specific mental health disorders. Specific alterations in treatment approaches will be recommended to create more successful outcomes with this population. Several competencies necessary for working with population will be outlined. The presenter will use the clinical and empirical literature as well as knowledge in this area to inform guidelines for best practice.

#### EDUCATIONAL OBJECTIVES

Based on the presentation, the participants will be able to:

- Describe the demographic characteristics of the Jewish-American population
- Describe the common mental health issues associated with Jewish Americans
- Create modifications to treatment to address factors specific to Jewish Americans
- Improve access to mental health care for under-served segments of Jewish Americans

#### ABOUT THE PRESENTER

**Harris Finkelstein, Ph.D.** is a licensed psychologist in private practice located in Wilmington, Delaware and Bryn Mawr, Pennsylvania. He was formerly the Director of Psychology of a psychiatric hospital. For over 30 years, he has worked with children and adolescents in many different settings including the diagnosis and treatment of children, adolescents, young adults and their families

regarding a wide range of issues. Services include individual and family therapy, psychological evaluations of emotional disorders, custody evaluations and evaluations of learning and attention disorders. His major areas of interest include family issues, divorce related issues and school-related issues. He provides frequent consultations to public and private schools, including several Orthodox day schools in the Philadelphia area. Dr. Finkelstein sees many Jewish families in his practice from all branches of Judaism. He also provides evaluation and treatment to families in transition by request of attorneys and the Family Court. He has testified in Family Court on many occasions. Dr. Finkelstein frequently presents in-service training programs to school personnel and mental health professionals and provides educational programs to parent groups.

Dr. Finkelstein earned a doctoral degree from Temple University in 1983. He is a member of the American Psychological Association, the Delaware Psychological Association, the Pennsylvania Psychological Association, the Society for Personality Assessment and the International Dyslexia Association.

### SUGGESTED READINGS

- Flasch, P., & Fulton, C. L. (2019). Counseling Jewish Americans: Considerations for practice. *Counseling and Values, 64*(1), 2-19.
- Rosmarin, D. H., Pargament, K. I., & Mahoney, A. (2009). The role of religiousness in anxiety, depression, and happiness in a Jewish community sample: A preliminary investigation. *Mental Health, Religion & Culture, 12*(2), 97-113. <https://doi.org/10.1080/13674670802321933>
- Schnall, E., Kalkstein, S., Gottesman, A., Feinberg, K., Schaeffer, C. B., & Feinberg, S. S. (2014). Barriers to mental health care: A 25-year follow-up study of the Orthodox Jewish community. *Multicultural Counseling and Development, 42*(3), 161-173.
- Rosmarin, D. H., Bocanegra, E. S., Hoffnug, G., & Appel, M. (2019). Effectiveness of cognitive behavioral therapy for anxiety and depression among Orthodox Jews. *Cognitive and Behavioral Practice, 26*(4), 676-687.

## Session V

### Panel Discussion: Religion & Mental Health Care

Friday, June 11, 12:00-1:00PM EST: LIVE WEBINAR

Panelists: Rania Awaad, MD, L. Stewart Barbera Jr., Psy.D., M.S.W., Harris Finkelstein, Ph.D. & H. Jean Wright II, Psy.D.

Facilitator: Elizabeth A. Gosch, Ph.D., ABPP

### PROGRAM DESCRIPTION

PCOM's 2021 Diversity Conference will conclude with a one-hour panel discussion on Religion and Mental Health Care. Panelists include experts in the field who will discuss their informed perspectives on current important topics including how learning about religious faiths improves the competency of mental health practitioners, how religion impacts clinical practice, delivering culturally competent care congruent with religious faiths, and critical areas of research in this domain. In addition to addressing questions about these topics, each panelist will also give a final statement regarding what they want practitioners to remember about the topic of Religion and Mental Health Care. The panelists will use the clinical and empirical literature as well as knowledge in this area to inform guidelines for best practice.

### EDUCATIONAL OBJECTIVES

Based on the presentation, the participants will be able to:

- Describe why learning about religious faiths improves the competency of mental health practitioners.
- Compare the views of two religious faiths on an aspect of mental illness and treatment.
- Distinguish at least two ways to modify mental health interventions to make them more congruent with a person's religious faith.

#### ABOUT THE FACILITATOR:

**Elizabeth A. Gosch, Ph.D., ABPP** is Professor in the Clinical Psychology Program and Director of Continuing Education in the School of Professional and Applied Psychology at the Philadelphia College of Osteopathic Medicine. A licensed psychologist, she is board certified in Clinical Child and Adolescent Psychology by the American Board of Professional Psychology. She serves on the editorial review board of *Evidence-Based Practice in Child and Adolescent Mental Health* and as a reviewer for numerous scientific journals including the *Journal of the American Academy of Child & Adolescent Psychiatry*, *Clinical Psychology: Science and Practice*, and the *Journal of Anxiety Disorders*. She has authored or coauthored over 40 publications in peer-reviewed journals and is President of the American Board of Clinical Child and Adolescent Psychology. She has a strong interest in developing education and training programs that support the delivery of culturally-competent, evidence-based mental health services.

#### ABOUT THE PRESENTERS

**Rania Awaad, M.D.** is a Clinical Associate Professor of Psychiatry at the Stanford University School of Medicine where she is the Director of the Stanford Muslim Mental Health and Islamic Psychology Lab and its community non-profit Maristan.org. She also serves as the Associate Division Chief for Public Mental Health and Population Sciences as well as the Section Chief of Diversity and Cultural Mental Health in the Department of Psychiatry and Stanford. She pursued her psychiatric residency training at Stanford where she also completed a postdoctoral clinical research fellowship with the National Institute of Mental Health (NIMH). Some of her most recent academic publications include an edited volume on "Islamophobia and Psychiatry" (Springer, 2019), "Applying Islamic Principles to Clinical Mental Health" (Routledge, 2020) and an upcoming clinical textbook on Muslim Mental Health for the American Psychiatric Association. She has also produced a toolkit, fact sheet, CME course on Muslim mental health for the APA. Dr. Awaad has pioneered in founding the first Muslim Mental Health Community Advisory Board (BAMMH CAB) in the nation. She has also established multiple Muslim mental health clinics, clinical training programs for clinicians, and educational training programs for religious and community leaders that are custom-tailored to addressing the mental health needs of the Muslim community.

**L. Stewart Barbera Jr., Psy.D., M.S.W** earned his M.A. in Clinical Psychology from Loyola University in Maryland, M.S.W. from the University of Pennsylvania School of Social Policy and Practice, M.S. and Psy.D. in Clinical Psychology from the Philadelphia College of Osteopathic Medicine and Certificate of Advanced Certificate in Spiritual Direction from the Graduate School of Religion and Religious Education from Fordham University. Dr. Barbera has also completed the Spiritual Director's Workshop at Ignatius Jesuit Centre in Guelph, Ontario and has participated in other formation/training related to Ignatian spirituality. Dr. Barbera is a member of the Counseling Department at St. Joseph's Prep where he has been involved in a variety of initiatives related to Ignatian spirituality and he is an adjunct instructor at Penn State University (Abington Campus) and Neumann University. Dr. Barbera is a PA licensed psychologist and maintains a private clinical practice, The Center for Family Enrichment, LLC, located in Media, PA. Most recently, Dr. Barbera provided a presentation at the

Ignatian Spirituality and Leadership Conference sponsored by St. Joseph's University entitled "Journeying together, sharing the gift of Ignatian spirituality" and in published an article in the Pennsylvania Psychologist (2019) "Considerations for incorporating spirituality and religion with clients who desire an integrated treatment approach".

**Harris Finkelstein, Ph.D.** is a licensed psychologist in private practice located in Wilmington, Delaware and Bryn Mawr, Pennsylvania. He was formerly the Director of Psychology of a psychiatric hospital. For over 30 years, he has worked with children and adolescents in many different settings including the diagnosis and treatment of children, adolescents, young adults and their families regarding a wide range of issues. Services include individual and family therapy, psychological evaluations of emotional disorders, custody evaluations and evaluations of learning and attention disorders. His major areas of interest include family issues, divorce related issues and school-related issues. He provides frequent consultations to public and private schools, including several Orthodox day schools in the Philadelphia area. Dr. Finkelstein sees many Jewish families in his practice from all branches of Judaism. He also provides evaluation and treatment to families in transition by request of attorneys and the Family Court. He has testified in Family Court on many occasions. Dr. Finkelstein frequently presents in-service training programs to school personnel and mental health professionals and provides educational programs to parent groups. Dr. Finkelstein earned a doctoral degree from Temple University in 1983. He is a member of the American Psychological Association, the Delaware Psychological Association, the Pennsylvania Psychological Association, the Society for Personality Assessment and the International Dyslexia Association.

**H. Jean Wright II, PsyD** is a transformational Clinical and Forensic Psychologist with over 20 years of experience in behavioral health and proven success in passionately leading people and managing projects and initiatives in government; in private practice; in academia as Adjunct Professor and Clinical Faculty for Temple University; and in rehabilitation and correction. As a clinical consultant, facilitator, and trainer, Dr. Wright teaches the subtleties of human interaction to successfully embrace and celebrate the variety of personalities in the workforce and community. Recently, Dr. Wright completed his book: *Find Strength in Your Struggle: Discover the Miracle in You*, which highlights his concept of "spiritual depression" and how it impacts the spiritual core of people from all walks of life. He conducts interactive and highly charged seminars, workshops, and training on a variety of topics related to behavioral health and wellness, population health education, and trauma informed care for a diverse group of clientele throughout the United States.

### SUGGESTED READINGS

- Awaad, R. Ali, S., Salvador, M., & Bandstra, B. A. (2014). A process-oriented approach to teaching religion and spirituality in psychiatry residency training. *Academic Psychiatry, 39*(6), 654-660.
- Ciarrocchi, J.W., Schechter, D., Pearce, M. J., & Koenig, H. (2014). *Religiously-integrated cognitive behavioral (rcbt) manuals and workbooks (Christian version)*. Center for Spirituality, Theology and Health Duke University <https://spiritualityandhealth.duke.edu/index.php/religious-cbt-study/therapy-manuals>
- Flasch, P., & Fulton, C. L. (2019). Counseling Jewish Americans: Considerations for practice. *Counseling and Values, 64*(1), 2-19.
- Manney, J. (2011). *A simple life-changing prayer: Discovering the power of St. Ignatius Loyola's examen*. Loyola Press.
- Rosmarin, D. H. (2018). *Spirituality, religion, and cognitive-behavioral therapy: A guide for clinicians*. Guilford Press.
- Rosmarin, D. H., & Koenig, H. G. (Eds.). (2020). *Handbook of spirituality, religion, and mental health* (2<sup>nd</sup> Ed.). Academic Press.



## All Sessions

**Target Audience: Doctoral Level Psychologists  
and Other Mental Health Professionals**  
**Level of Instruction: Intermediate**  
**Number of CE Credits Offered: 1 Credit per session**  
**Cost: \$10**

### CRITERIA FOR EARNING CE

Full attendance is required to receive CE credit for each session. No partial credits are available. All participants must sign an attestation regarding attendance and indicate the type of CE credit they require through a link which will be provided following the session. At the conclusion of each session participants will be provided an additional link to complete an evaluation survey; we request that you take a few minutes to anonymously provide feedback.



**Psychologists:** Philadelphia College of Osteopathic Medicine's School of Professional and Applied Psychology is approved by the American Psychological Association to sponsor continuing education for psychologists. Philadelphia College of Osteopathic Medicine, School of Professional & Applied Psychology maintains responsibility for this program and its content.



**Certified Counselors:** Philadelphia College of Osteopathic Medicine, School of Professional and Applied Psychology has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5672. Programs that do not qualify for NBCC credit are clearly identified. Philadelphia College of Osteopathic Medicine, School of Professional and Applied Psychology is solely responsible for all aspects of the programs.

**Licensed Social Workers:** Philadelphia College of Osteopathic Medicine, School of Professional and Applied Psychology is approved by the American Psychological Association to sponsor continuing education for psychologists. The Philadelphia College of Osteopathic Medicine, School of Professional and Applied Psychology maintains responsibility for this program and its content. The Pennsylvania Board of Social Work Examiners recognizes and accepts the psychology continuing education hours/credits for social workers. However, all social workers are responsible for checking with their Board. The Board requires a minimum duration of two hours per program. After successfully meeting the criteria for earning CE's, social workers will receive the Certificate of Attendance.

***Unless otherwise specified in the program promotional materials, there is no commercial support interest to the sponsor, instructors, content of instruction or any other relationship that could be construed as a conflict of interest. For any program where a fee is charged, there is a Refund/Cancellation Policy.***

Refund/Cancellation Policy: For any program that has a fee attached, the School of Professional and Applied Psychology requires that notification of cancellation be made no later than 3 business days before the day of the program. Full refunds are available for notifications for programs with fees that are made within 3 business days prior to the day of the event. For all other cancellations, a credit will be issued for a future PCOM CE program.

Further Information about the Refund/Cancellation Policy and any other questions may be obtained by contacting Katie Garson, M.S.Ed., Coordinator of Continuing Education at [katiega@pcom.edu](mailto:katiega@pcom.edu).