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Thursday, October 17th, 2024
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David Marcotte is a Jesuit priest, clinical psychologist, and Associate Clinical Professor of Psychology at Fordham University. His academic training and research interests focus on the relationship between spiritual/contemplative practices and psychosocial integration, the achievement of multi-systemic resilience and well-being. He contributed to the development of Spiritual Self-Schema Therapy, an evidence-based substance-use intervention that integrates principles from the contemplative practices of world religions with contemporary clinical science. He serves on the board of the HealthCare Chaplaincy, which sponsors education and training for providers of pastoral care in healthcare settings, and is a member of the Psychology Coalition of on-Governmental Organizations at the United Nations, where he has contributed to projects related to Sustainable Development Goal No. 3, Health and Well-Being.

USING EVIDENCE BASED SPIRITUAL AND CONTEMPLATIVE PRACTICES IN PSYCHOTHERAPY: SYMPTOM RELIEF AND NARRATIVE INTEGRATION

ABSTRACT

The use of evidence based spiritual and contemplative practices in psychotherapy has received increasing attention for its contribution to clinical care and high desirability by many who seek therapeutic treatment. General principles for using these practices will be discussed from the perspectives of symptom relief and increased psychological integration. Comparison of mindfulness traditions in the Mahabharata and Theravada forms privileges a narrative method for using spiritual and contemplative practices that is highly sensitive to issues of diversity and inclusion. Instruction will be provided in the use of three practical tools from Jesuit spirituality that can support the achievement of clinical goals: the daily "Consciousness Examination," which increases mindful awareness, the "Principles of Discernment," which guide the evaluation of mindfulness-generated insight, and writing a "Spiritual Autobiography," which empowers the achievement of narrative coherence and identity.

LEARNING OBJECTIVES

1. Describe basic principles for using spiritual & contemplative practices in psychotherapy.
2. Explain the difference between two forms of mindfulness relevant for clinical goals.
3. Describe three practical tools from Jesuit spirituality: the Examination of Consciousness, Principles of Discernment, and Spiritual Autobiography.

REFERENCES

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2. Syed, M., & McLean, K. C. (2021). Master narrative methodology: A primer for conducting structural-psychological research. *Cultural Diversity & Ethnic Minority Psychology, 29*(1), 53-63. <https://doi.org/10.1037/cdp0000470>
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