## **CONTENTS**

Acknowledgments	
A Note to the Reader	xiii
INTRODUCTION	xv
The Heart of Helping	
Principles That Guide the Writing of This Book	
A Comparative Educational Approach	
Preview of Chapters	
Exercises	
PART I CENTRAL VALUES AND CONCEPTS	
FOR SPIRITUALLY SENSITIVE SOCIAL WORK	
CHAPTER ONE: COMPASSION, THE CALL TO SERVICE,	
AND ETHICAL PRINCIPLES FOR SOCIAL WORK	3
Introduction	3
The Virtue of Compassion in Professional Social Work	4
Symbols of Compassion in Religious Traditions	20
A Common Heart of Compassion	27
Ethical Principles for Spiritually Sensitive Social Work	29
Summary	34
Exercises	34
CHAPTER TWO: THE MEANING AND SIGNIFICANCE	
OF SPIRITUALITY	37
Introduction	37
The Challenges of Defining Spirituality	38
An Open Conceptualization of Spirituality	41
Responding to the Spirituality Debate	60
Summary	74
Exercises	74

viii CONTENTS

PART II EXPLORING SPIRITUAL DIVERSITY
FOR SOCIAL WORK PRACTICE

CHAPTER THREE: HUMAN DIVERSITY, SPIRITUALITY,	
AND SOCIAL WORK PRACTICE	79
Introduction	79
History of Spiritual Diversity in the United States	81
History of Connections Between Spirituality	
and Social Work	87
Ethnic Diversity and Spirituality	96
Women and Spirituality	104
Homosexuality, Sexual Orientation Diversity, and Spirituality	108
Summary	115
Exercises	116
CHAPTER FOUR: RELIGIOUS PERSPECTIVES ON	
SOCIAL SERVICE AND THEIR INSIGHTS FOR	
SOCIAL WORK PRACTICE	119
Introduction	119
Buddhism and Social Service	120
Christianity and Social Service	125
Hinduism and Social Service	131
Islam and Social Service	136
Judaism and Social Service	140
Shamanism and Social Service	145
Summary	153
Exercises	153
CHAPTER FIVE: NONSECTARIAN SPIRITUAL PERSPECTIVES,	
COMPARISONS, AND IMPLICATIONS FOR AN INCLUSIVE	
APPROACH	155
Introduction	155
Existentialism and Social Service	156
Transpersonal Theory and Social Service	161
Comparison of Spiritual Perspectives on Service	166
Engaging in Dialogue and Cooperation Across Spiritual	
Perspectives	170
Summary	179
Exercises	179

CONTENTS ix

PART III	SPIRITUALLY SENSITIVE SOCIAL WORK
	IN ACTION

CHAPTER SIX: CREATING A SPIRITUALLY SENSITIVE	
CONTEXT FOR PRACTICE	183
Introduction	183
The Helping Relationship and Process	185
A Holistic Approach to Social Work Practice	193
Summary	210
Exercises	213
CHAPTER SEVEN: UNDERSTANDING AND ASSESSING	
SPIRITUAL DEVELOPMENT	214
Introduction	214
Spiritual Development and Everyday Life	216
Spiritual Emergence and Emergencies	218
Spiritual Emergence Throughout the Life Cycle	225
Assessment over the Life Span	231
Topics for Assessment of Transpersonal Experiences	246
Summary	248
Exercises	249
CHAPTER EIGHT: UNDERSTANDING AND ASSESSING	
THERAPEUTIC PROCESS, SPIRITUAL ACTIVITIES, AND	
ETHICAL ISSUES	251
Introduction	251
Social Work Practice as a Transformational Process	251
Ethical Guidelines for Using Spiritually Based Activities	260
Assessing Spiritual Propensity	273
Assessing Psychosocial Impacts of Participation	
in Spiritual Groups	276
Summary	279
Exercises	279
CHAPTER NINE: SPIRITUALLY SENSITIVE PRACTICE SKILLS	
AND TECHNIQUES	282
Introduction	282
Multicultural Teamwork for Spiritually Sensitive Practice	283
Spiritual Growth-Oriented Helping Techniques	290

x CONTENTS

Spirituality and Managed Care	307
Spirituality and Community-Involved Practice	308
Summary	311
Exercises	312
APPENDIX A: DISCUSSION GUIDE FOR ASSESSING	
SPIRITUAL PROPENSITY	313
APPENDIX B: METHODOLOGICAL SUMMARY FOR	
NATIONAL SURVEY OF NASW MEMBERS ON SPIRITUALITY	
IN PRACTICE	316
References	319
Further Information on Spiritual Diversity in Social Work	351
Index	353