

Bibliography of Spirituality Articles

(updated 6.18.25)

1. [Spirituality and Clinical Care](#) - By Larry Culliford

The article discusses the increasing recognition of spiritual values in clinical care, noting a 60-80% correlation between better health and religion or spirituality. It calls for open discussions and teaching of spiritual values in clinical care, highlighting hindrances and proposing solutions under clinical governance and professional development. The article concludes by advocating for an inquiry into spirituality, collaboration, and integration of spiritual care into clinical practice, emphasizing the sacred dimension of the medical profession.

2. [Spiritual Care and Psychiatric Treatment: An Introduction](#) - By Larry Culliford

This text underscores the importance of integrating spirituality into psychiatric treatment, emphasizing the understanding of patients' religious beliefs for a comprehensive approach to mental health. It points out the irony of merely recording patients' religion without exploring its relevance in coping with illness. Advocates, including the Prince of Wales, propose evaluating spiritual experiences in psychiatric assessments. The conclusion emphasizes that spiritual authenticity contributes significantly to well-being in various aspects of life and suggests the adoption of a non-denominational language in mental health discussions to foster the often-overlooked dimension of spirituality.

3. [The Role of Spirituality in Health Care](#) - By Christina M. Puchalski, MD, MS

Advantages of Becoming Familiar with Patients' Spirituality

In summary, the text argues that acknowledging and understanding patients' spirituality is crucial for building trust, facilitating effective communication, and promoting holistic healthcare, ultimately contributing to better patient outcomes.

4. [Clinical Implications of Spirituality to Mental Health: Review of Evidence and Practical Guidelines](#) - By Alexander Moreira-Almeida, Harold G. Koenig, Giancarlo Lucchetti

This paper provides practical guidelines for spiritual assessment and integration thereof into mental health treatment, as well as suggestions for future research on the topic.

5. [Recovery and Person-Centredness in Mental Health Services: Roots of the Concepts and Implications for Practice](#) - By Jan Kåre Hummelvoll*, Bengt Karlsson

*and Marit Borg *Corresponding author: Buskerud and Vestfold University College, Drammen, Norway*

The aim of the article is to discuss the roots and developments of recovery and person-centredness, highlight some key strategies of these practice developments and show how the concepts and practices can nurture each other.

6. [Spiritual Care and Psychiatric Treatment: An Introduction](#) - By Larry Culliford

In this commentary, the author reflects on David Brazier Culliford's exploration of spirituality in patient appraisal and its relevance to mental health assessment. As a Buddhist, the author considers whether Buddhist teachings align with the discussed medical model, suggesting that Buddhism may not be as incompatible with science as commonly perceived. The author emphasizes the importance of spiritual care in psychiatric treatment, asserting that psychiatric staff are inherently involved in spiritual work, albeit sometimes unrecognized, with caution regarding the nuanced interpretation of the term "spiritual."

7. [Spirituality and Mental Health](#) - By Abraham Verghese

The paper explores the evolving relationship between psychiatry and spirituality, noting a historical shift from viewing religious beliefs as symptoms of mental illness to recognizing the importance of spirituality in patients' lives. It defines spirituality as a belief in a higher power and a search for life's purpose, emphasizing its positive impact on mental health. The distinction between spirituality and institutionalized religion is discussed, with a recognition of potential pitfalls. The paper highlights the influence of spirituality on various mental health dimensions and cites research supporting its positive effects. Suggestions for incorporating spirituality into psychiatric practice are provided, advocating for a holistic bio-psycho-socio-spiritual model in psychiatry to enhance patient care and understanding of mental health.

8. [Spirituality in the Recovery from Persistent Mental Disorders](#) - By David Lukoff, PhD

People recovering from mental disorders have rich opportunities for spiritual growth, along with challenges to its expression and development. They will find much-needed support for the task when they are clinically guided to explore their spiritual lives. Thus directed, they can begin to create a positive health-promoting outcome for their spiritual journey in recovery.

9. [Standing on Sacred Ground: Integrating Spirituality and Mental Health](#) - By Rabbi Elisa Goldberg

The document offers guidance on identifying healthy and unhealthy spiritual beliefs, using questions to assess their impact on well-being while considering diverse cultural norms. It highlights Larry Culliford's perspective on spiritual values, introduces the Minister as

Diagnostician model, and discusses various assessment tools. Emphasizing the importance of initiating spiritual discussions and exploring spirituality's role in coping and treatment, the document provides a case study template for identifying spiritual resources and dilemmas. It encourages practitioners to integrate spiritually-oriented care, respecting limitations and fostering a culture of acceptance. The overall goal is to help individuals leverage their spirituality for strength while addressing negative beliefs.

10. [Healing from Within: A Guide for Assessing the Religious and Spiritual Aspects of People's Lives](#) - By Dr. Larry Culliford and Rev. Dr. Stuart Johnson

"Healing from Within: A Guide for Assessing the Religious and Spiritual Aspects of People's Lives" is a user-friendly resource published in 2001, widely available to staff, patients, and carers in mental health services. Recognized for its non-denominational and non-threatening approach, it has been distributed beyond South Downs Health NHS Trust and is referenced in a Royal College publication. The electronic version is made freely accessible, and the authors invite feedback.

11. [A Comparative Cross-sectional Study on Impact of Spirituality and its Associated Socioeconomic Factors Among Adult Health](#) - By Praveen Gautam, Shatkratu Dwivedi, Swapnil Jain, Piyush Swami

"The document discusses a study on the impact of spirituality and associated socioeconomic factors on the health of adults aged 40-60 in Gwalior... Integrating spirituality into health care can enhance health outcomes and quality of life, reducing the economic burden on health systems."

12. [Editorial: Spirituality and Mental Health: Exploring the Meanings of the Term "Spiritual"](#) - By Marcelo Saad, Elaine Drysdale and Everton Maraldi

This editorial looks at how spirituality and mental health are connected. It shows that spiritual practices like prayer, forgiveness, and gratitude can improve mental and physical health, mainly by reducing stress. But when people struggle with their spirituality, it can harm their well-being.

The article points out that many healthcare providers aren't trained to deal with spiritual issues, even though more people are identifying as "spiritual but not religious." It stresses the need for professionals to understand and respect patients' spiritual values.

The research shared covers how spirituality is defined, how it can be measured, and how it affects health. Some studies highlight its role in coping during COVID-19, the effect of believing in miracles, and new tools like an app called "Time Machine" for spiritual support.

It also explores rare spiritual experiences like sudden awakenings or feeling haunted, offering insight into how these affect the mind.

In the end, the editorial calls for better integration of spirituality into healthcare training, practice, and policies to improve patient care.

13. [Healing through Nature. A Lesson from the Traditional Ameru Culture in Kenya](#) - By Andrew Mukaria, MF - Norwegian School of Theology, Religion and Society

“The document explores the healing relationship between nature and traditional Ameru culture in Kenya, emphasizing spirituality and ecological awareness.” The Ameru's bond with nature supports healing, grief, and spiritual connection, highlighting the need to preserve the environment for holistic health.

14. [Integrating Spirituality into Mental Health](#) - By René Hefti, M.D.

Research shows that including religion and spirituality in mental health care can be helpful. Many patients want to talk about their beliefs during therapy but worry their views will be dismissed or misunderstood. That’s why therapists need to approach these topics with respect and care.

To do this well, mental health professionals need training that helps them:

1. Understand how spirituality affects well-being—positively or negatively.
2. Talk about spiritual issues in a respectful, nonjudgmental way.
3. Support spiritual practices like prayer or attending services.
4. Be aware of their own beliefs and how these might influence therapy.
5. Connect patients with spiritual or religious resources in the community.
6. Know when to refer patients to spiritual leaders or faith-based services.

Programs that include spirituality range from brief workshops to open discussions about religion and mental health. Studies show that therapy can be more effective for religious patients when their beliefs are included—whether the therapist is religious or not. More research is needed to explore this promising approach.

15. [Making Sense of Madness: A Meaning Making of a Psychotic Communication in Teams](#) - By Sacha Lawrence

This article explores a psychologically meaningful approach to interpreting the communications of a psychotic patient in a forensic hospital. Due to limited background information and the patient’s distrust of professionals, his bizarre and threatening behaviors were difficult for staff to contextualize. Using Interpretative Phenomenological Analysis (IPA), the author sought to uncover how the patient’s past trauma may inform his psychotic narrative. The article critiques traditional psychiatric diagnoses, emphasizing the link between psychosis and trauma. It advocates for trauma-informed, person-centered care that gives voice to the patient’s

experiences, enabling care teams to understand and respond more compassionately and effectively.

16. [Pre-conference Report for the 4th International Multidisciplinary Conference on Spirituality and Health: Interweaving Science, Wisdom and Compassion](#) – By Lyren Chiu, Soma Ganesan, Rob Rutledge and John Toews

This report outlines the growing recognition of spirituality's influence on health, especially in mental health and chronic illness care. The report highlights the importance of integrating spiritual awareness into healthcare alongside scientific knowledge, emphasizing compassion, cultural sensitivity, and self-awareness among providers. Organized by the Vancouver Research Network for Spirituality and Healing (VRNSH), the conference aims to bring together academics, practitioners, and spiritual leaders to foster interdisciplinary dialogue and promote research that bridges science, wisdom, and compassion in healthcare.

17. [Role of Spirituality in Mental Health Practice](#) - By Narendra Kumar Singh, D. Ram, Nishant Goyal, Justin Raj

Despite advances in science and technology, spirituality remains important. In India, healing for mental and physical issues has long been rooted in spirituality. During British rule, Western methods blended with traditional practices. After independence, rapid progress led to spirituality being overlooked. However, in recent years, it's being reintegrated—now blended with modern psychotherapy. Research supports the value of spirituality in holistic mental health care, but its use must be sensitive to India's cultural diversity.

18. [Spirituality and Religion in Psychiatric Rehabilitation and Recovery from Mental Illness](#) - By Roger D. Fallot

Mental health professionals often question how spirituality and religion affect people with serious mental illnesses. However, growing research shows that spirituality can actually help in recovery. This paper looks at how religious beliefs are considered in mental health diagnoses, why cultural and personal context matters, and how spirituality can both help or sometimes hurt a person's well-being. It also shares practical ways to include spiritual support in mental health care, like offering spiritual assessments, discussion groups, therapy that includes spiritual topics, and connections to faith communities.

19. [The Impact of Spirituality on Health](#) - By Seyed Ziaeddin Tabei, Nooshin Zarei, and Hassan Joulaei, *Corresponding author: Hassan Joulaei

The aim of this study was to review the impact of spirituality on people's health and to discuss the relationship between health and belief in spiritual powers. To date, most of the studies conducted on the topic have confirmed the positive impact of religious beliefs and other spiritual approaches on health and the course of recovery from acute and chronic diseases.

Based on these findings, medical personnel should turn their attention to the advantages of spirituality in relation to patients' treatment and acquaint patients and their families with such spiritual benefits."

**20. [FORUM – The Complex Interplay Between Religion and Mental Illness](#)
[Understanding and Addressing Religion Among People with Mental Illness](#) - By
*Kenneth I. Pargament & James W. Lomax***

This article looks at how religion can both help and harm people's mental health, especially those with psychiatric conditions. While some used to think religion was just a way to avoid problems, research now shows it can help people manage emotions, find comfort, feel connected, and make sense of life. But religion can also cause problems—like inner conflict, guilt, or even being used to justify violence. These religious struggles can sometimes be a result of mental illness, a cause of it, or both. Because of this, mental health professionals need to pay more attention to how religion affects a person's mental state. Early studies suggest that including spirituality in treatment can be helpful. The article ends by recommending more research, especially among people from different backgrounds and faiths.