

## **Loma Linda University School of Behavioral Health**

### **Spiritual Integration**

The LLU School of Behavioral Health integrates spirituality, understood as the search for the sacred (Pargament, 2007), into the biopsychosocial model (Engel, 1977) to wholistically understand and help humanity. Our spiritual integration follows the teaching, healing, and social justice principles of Jesus Christ while staying consistent with empirical science. We incorporate spiritual and religious variables in our research using accepted social science methods and empirical data to evaluate theory and engage in scientific inquiry. We view our patients' spirituality and religiosity as potential treatment resources and train clinicians to use them competently and ethically according to discipline best practice guidelines. We view our patients' spiritual and religious traditions as an important lens through which to understand their environmental context, culture, and efforts to seek healing, growth, fairness, and justice. We respect all humanity regardless of worldview or religious tradition.

#### **References**

- Engel, G. L. (1977). The need for a new medical model: A challenge for biomedicine. *Science*, 196(4286), 129–136. <https://0-doi-org.catalog.llu.edu/10.1126/science.847460>
- Pargament, K. I. (2007). *Spiritually integrated psychotherapy: understanding and addressing the sacred*. Guilford Press.

#### **Other Resources**

- Hatala, A. R. (2013). Towards a biopsychosocial–spiritual approach in health psychology: Exploring theoretical orientations and future directions. *Journal of Spirituality in Mental Health*, 15(4), 256–276. <https://0-doi-org.catalog.llu.edu/10.1080/19349637.2013.776448>
- Saad, M., de Medeiros, R., & Mosini, A. C. (2017). Are We Ready for a True Biopsychosocial-Spiritual Model? The Many Meanings of "Spiritual". *Medicines* (Basel, Switzerland), 4(4), 79. <https://doi.org/10.3390/medicines4040079>
- Toward A Biopsychosocial-Spiritual Approach to Health/Mental Health Care*. (2019, November 1). National Association of Christians in Social Work Convention Proceedings, 1–37. <https://www.nacsw.org/Convention/Resources2019/CooperZIntegratingSpirituality.pdf>