

Recommended Books

To take full advantage of workshop, these should be read prior to seminar

Spirituality in Patient Care, 2nd Edition. Templeton Foundation Press (2007)

This landmark handbook for health professionals interested in identifying and addressing the spiritual needs of patients has been significantly revised and expanded. Over the past five years, since the first edition was written, there has been increased research on the relationships among religion, spirituality, and health, and further discussions on the application of these findings to clinical practice. Every section of the book has been re-written and updated with current research. "I think this version will be my most important contribution to the field of spirituality and health," says Dr. Koenig. "Every bit of what I know about the integration of spirituality into clinical practice, learned over twenty years, is contained in this book." Koenig addresses the whys, hows, whens, and whats of patient-centered integration of spirituality into patient care, including details on the health-related sacred traditions for each major religious group. He provides healthcare professionals with the training necessary to screen patients sensitively and competently for spiritual needs, begin to communicate with patients about these issues, and learn when to refer patients to trained spiritual-care professionals who can competently address spiritual needs. New sections specifically address mental-health professionals, nurses, chaplains and pastoral counselors, social workers, and occupational and physical therapists. A ten-session model course curriculum on spirituality and healthcare for medical students and residents is provided, with suggestions on how to adapt it for the training of nurses, social workers, and rehabilitation specialists. To order, go to website:

http://www.templetonpress.org/book.asp?book_id=105

Length: 264 pages

Medicine, Religion and Health. Templeton Press (2008)

This is the latest book by Dr. Koenig, who discusses and updates research on religion, spirituality and health (including both mental and physical health). This will be one vital for all researchers to obtain a copy, since it has many of the latest findings described (updates the Handbook of Religion and Health below). To preorder, go to website:

http://www.templetonpress.org/book.asp?book_id=124

Length: 240 pages

Handbook of Religion and Health. Oxford University Press (2001)

This is a comprehensive review of history, research, and discussion of religion and health. Its 35 book chapters span mental and physical health, from well being to depression to immune function, cancer, heart disease, stroke, chronic pain, disability, and others. Appendix lists 1200 separate scientific studies on religion and health that are reviewed and rated on 0-10 scale, and followed by 2000 references and extensive index for rapid topic identification. This is the most cited of all references (books, book chapters, and peer review articles) on religion and health.

Length: 712 pages

Faith in the Future: Healthcare, Aging and the Role of Religion. Templeton Press (2004)

This book presents a compelling look at one of the most serious issues in today's society: healthcare in America. How will we provide quality healthcare to older adults who will need it during the next 30-50 years? Who will provide this care? How will it be funded? How can we establish systems of care now to be in place as demographic and health-related economic pressures mount? Alongside the sobering reality of the challenges our country faces, there are reasons for optimism. Innovative programs created and maintained by volunteers and religious congregations are emerging as pivotal factors in meeting healthcare needs. Summarizing decades of scientific research and providing numerous inspirational examples and role models, the authors present practical steps that individuals and institutions may emulate for putting faith into action.

Length: 200 pages (approximately)

The Link Between Religion and Health: Psychoneuroimmunology and the Faith Factor. Oxford University Press (2002)

Edited volume (15 chapters) examines the role of psychoneuroimmunology as an explanation for the link found between religion and physical health. Leaders in psychoneuroimmunology discuss their respective areas of research and how this research can help elucidate the relationship between religion and health. This volume reviews research on religious involvement, neuroendocrine and immune function, and explores further research needed to better understand these relationships. Length: 304 pages

Heal Thyself: Spirituality, Medicine, and the Distortion of Christianity. Oxford University Press (2002)

Heal Thyself argues that our popular culture's fascination with the health benefits of religion reflects not the renaissance of the world's great religious traditions but the powerful combination of pervasive consumer capitalism and a deeply self-interested individualism. A faith-for-health exchange, say the authors, serves to misrepresent and devalue the true meaning of faith. Such a utilitarian approach renders the content of faith superfluous, allowing a generic, highly personalized description of faith to take the place of a specific, confessional commitment to what one believes and does as a member of a community of faith.

Length: 174 pages

Freud vs. God: How Psychiatry Lost Its Soul and Christianity Lost Its Mind. InterVarsity Press (1999)

Before Freud, Christian theologians and psychiatrists rarely talked with one another about emotional suffering. But Freud brought psychiatry out of the asylum into everyday life, and Christians could no longer ignore it. What ensued were decades of often hostile and rarely constructive debate between theologians and psychiatrists. Now, in large part, the debate is over. But, argues psychiatrist (and Christian) Dan Blazer, it ended too soon, and altogether unsatisfactorily. For their part, Christians have baptized and adopted some of the worst aspects of psychiatry. And psychiatrists have cut themselves off from the "soul" - deep issues of meaning and community that animate all genuinely human life. *Freud vs. God* aims to rekindle the debate,

to shatter the "comfortable accommodation" between Christianity and psychiatry, and in so doing to restore the soul to psychiatry and the mind to Christianity. Length: 253 pages

Handbook of Religion and Mental Health. Academic Press (1998)

Religion has been one of the most powerful forces throughout human history. Due to our religiously diverse society, *The Handbook of Religion and Mental Health* will prove to be a useful resource for mental health professionals, religious professionals, and counselors. The book describes how religious beliefs and practices relate to mental health and influence mental health care. It presents research on the association between religion and personality, coping behavior, anxiety, depression, psychoses, and successes in psychotherapy, and discusses specific religions and their perspectives on mental health.

Length: 408 pages