

1. Welcome!

Thank you for agreeing to offer your opinion on cultural competencies in the domains of spirituality and religion for psychologists. This survey is being conducted by the Institute of Noetic Sciences, and has been approved by its Institutional Review Board. Any information you provide will be kept confidential, and you may choose not to participate, or to stop your participation at any time. This survey should take about 20-30 minutes to complete. Please contact the Principal Investigator, Cassandra Vieten at cvieten@noetic.org or 707-775-3500 if you have any questions about this survey.

When you complete the survey you will be prompted to enter contact information to be entered into a random drawing for an iPad. Your contact information will be used for no other purpose than to contact you if you are selected, and if you wish, to receive the results of this survey. You may also complete this survey anonymously - your IP address is not being recorded, and you will not be entered into the iPad drawing or receive results of this survey.

What we mean by "spiritual and religious competencies" is the set of attitudes, knowledge and skills in the domains of spirituality and religion that psychologists should expect to receive training in and demonstrate, regardless of whether or not they conduct spiritually-oriented psychotherapy or consider themselves spiritual or religious.

In other words, these are intended to be elements of basic clinical competence, which every clinician would be expected to possess, as opposed to constituting a specialty or a proficiency.

For each proposed area of competence, we will ask you to rate 1) to what extent you agree or disagree that the item should be included as a required aspect of cultural competence, 2) to what extent you feel that you have received adequate training in that area, and 3) your own competence in this area. Later, you will also be asked to rate the relative importance of each competency, and to provide demographic information.

2. Please Note

If you prefer, you may complete this survey anonymously. Your IP address is not being recorded. You do not have to provide your name or contact information, and if you do not, you will not be entered in the drawing to win an iPad.

If you would like to be entered into the drawing to win a free iPad and receive results of this survey, please provide your name and contact information at the end of the survey.

3. Definitions of Terms:

A religion is defined here as an organization that is guided by shared beliefs and practices, whose members adhere to a particular understanding of the divine and participate in religious rituals.

Spirituality is defined more broadly as an individual's internal sense of connection to something "more," something beyond oneself, which could be perceived as a higher power or God, but could also be a more general sense of the sacred, consciousness, or interconnectedness to all life.

Some people's spirituality is deeply informed by participation in organized religions, while others describe themselves as "spiritual but not religious."

Still others do not have any spiritual or religious involvement in their background, but this lack of spiritual or religious involvement may influence their worldview and behavior as well. Many of the items in this survey refer to one's "spiritual or religious background" so please be aware that this also INCLUDES a lack of spiritual or religious involvement in one's background.

4. Rating the Competencies

There are 16 items total, in three categories: Attitudes and Beliefs, Knowledge, and Skills.

Attitudes and beliefs refer to psychologists' implicit and explicit perspectives and biases people hold about spirituality and religion as it relates to the practice of psychology.

Knowledge refers to information, facts, concepts, and awareness of research literature psychologists possess about spirituality and religion as it relates to the practice of psychology.

Skills refer to psychologists' use of their knowledge of spirituality and religion in their clinical work with clients.

5. Attitudes and Beliefs (A)

Please answer the following questions with respect to this proposed area of competence:

Psychologists demonstrate empathy, respect, and appreciation for clients from diverse spiritual, religious or secular backgrounds and affiliations.

1. Do you believe that psychologists should receive training in, and demonstrate competence in, this area?

- Yes
 No

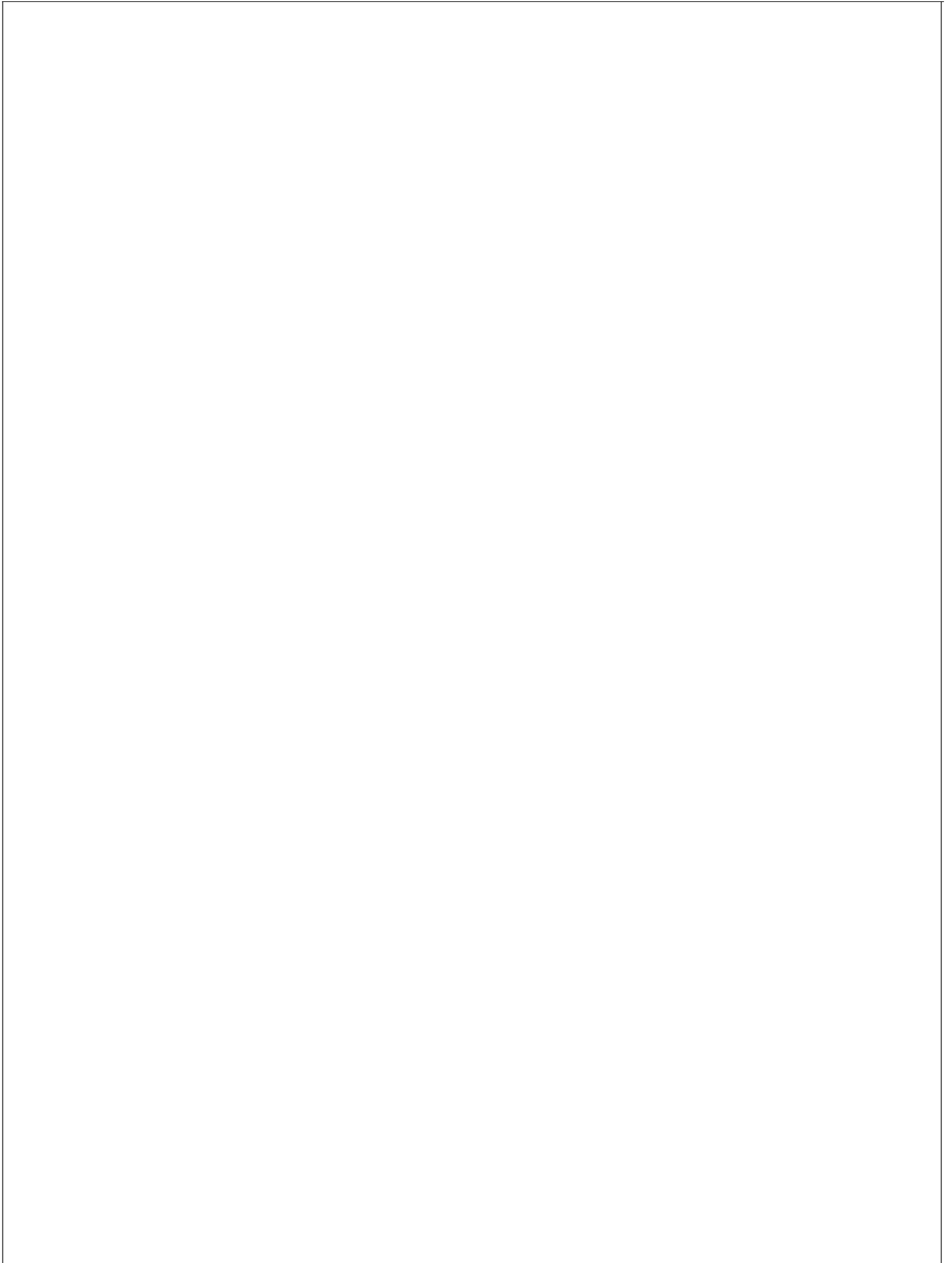
2. In my training program (formal coursework or internship):

- I did not receive any explicit training in this domain
 I received a little bit of explicit training in this domain
 I received some explicit training in this domain
 I received comprehensive formal training in this domain
 I received too much training in this domain

3. In my practice of psychology, I demonstrate empathy, respect, and appreciation for clients from diverse spiritual, religious or secular backgrounds and affiliations.

- Not at all
 A little
 Somewhat
 Mostly
 Completely

4. If you wish, please comment on this proposed area of competence (e.g. do you have any other responses to this area of competence, or suggestions regarding wording)



6. Attitudes and Beliefs (B)

Psychologists view spirituality and religion as important aspects of human diversity, along with factors such as race, ethnicity, sexual orientation, socioeconomic status, disability, gender, and age.

1. Do you believe that psychologists should receive training in, and demonstrate competence in, this area?

Yes

No

2. In my training program (formal coursework or internship):

I did not receive any explicit training in this domain

I received a little bit of explicit training in this domain

I received some explicit training in this domain

I received comprehensive formal training in this domain

I received too much training in this domain

3. In my practice of psychology, I view spirituality and religion as important aspects of human diversity, along with factors such as race, ethnicity, sexual orientation, socioeconomic status, disability, gender, and age.

Not at all

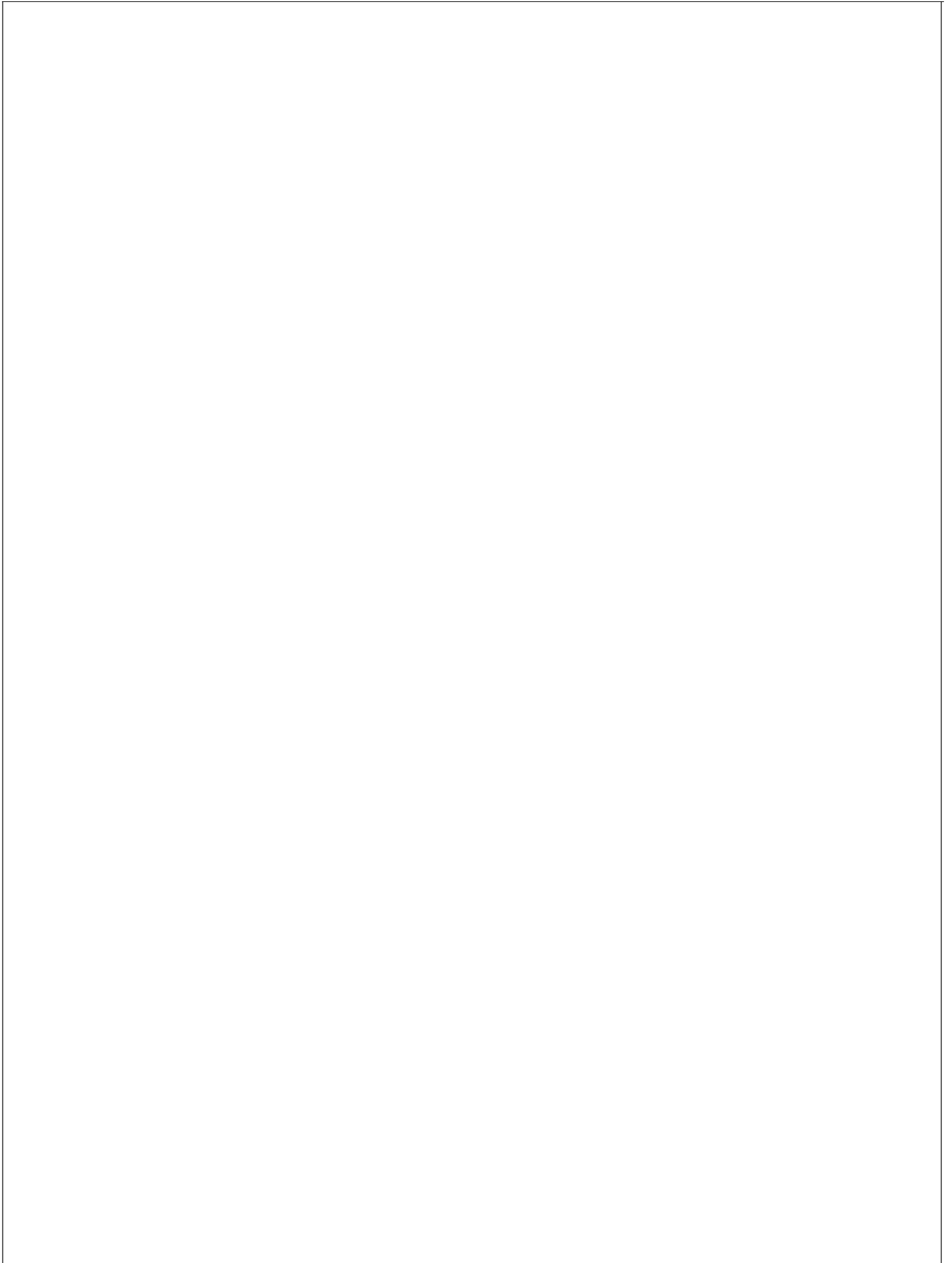
A little

Somewhat

Mostly

Completely

4. If you wish, please comment on this proposed area of competence (e.g. do you have any other responses to this area of competence, or suggestions regarding wording)



7. Attitudes and Beliefs (C)

Psychologists are aware of how their own spiritual and/or religious background and beliefs may influence their clinical practice, and their attitudes, perceptions, and assumptions about the nature of psychological processes.

1. Do you believe that psychologists should receive training in, and demonstrate competence in, this area?

Yes

No

2. In my training program (formal coursework or internship):

I did not receive any explicit training in this domain

I received a little bit of explicit training in this domain

I received some explicit training in this domain

I received comprehensive formal training in this domain

I received too much training in this domain

3. In my practice of psychology, I am aware of how my own spiritual and/or religious background and beliefs may influence my clinical practice, and my attitudes, perceptions, and assumptions about the nature of psychological processes.

Not at all

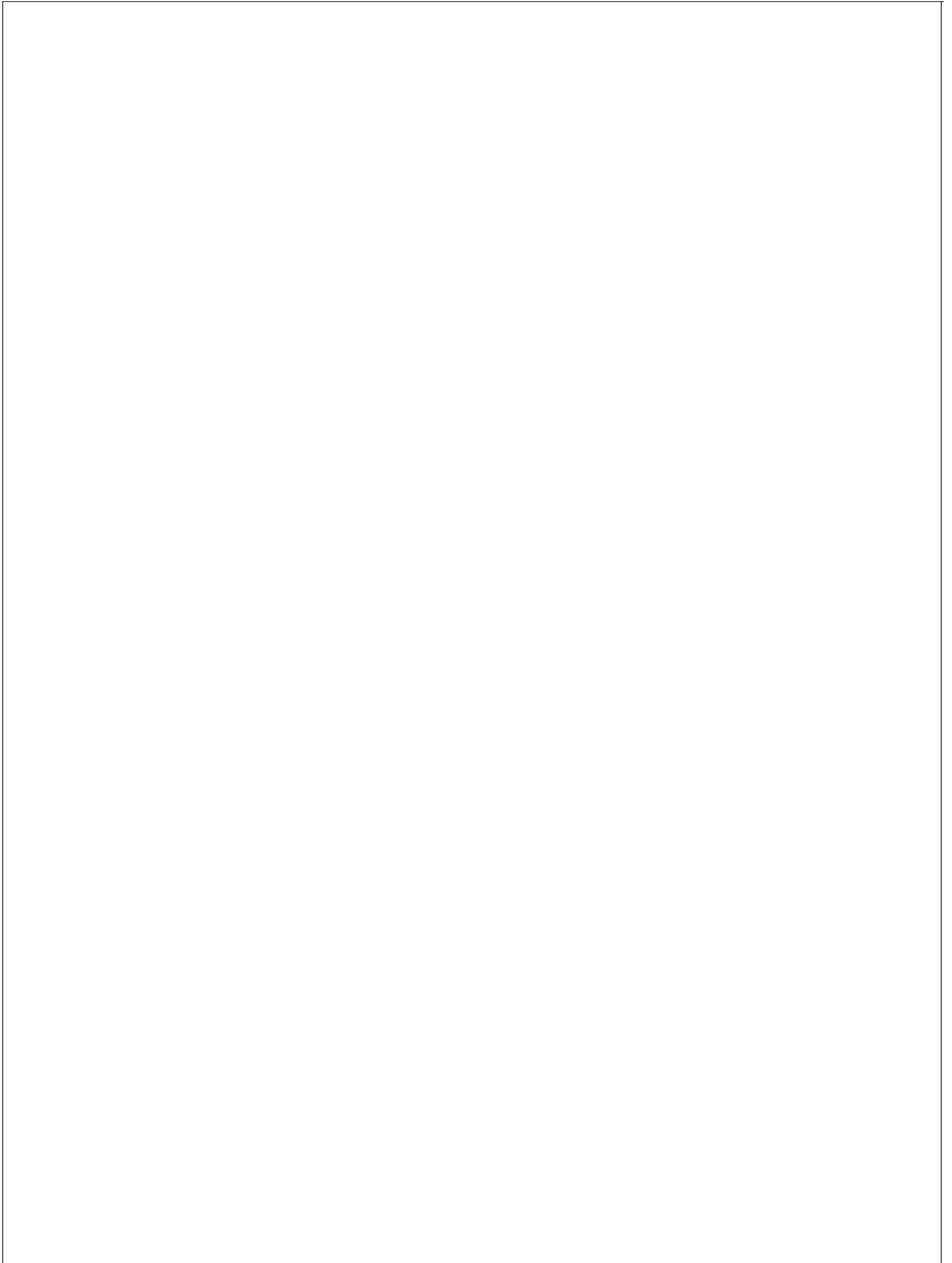
A little

Somewhat

Mostly

Completely

4. If you wish, please comment on this proposed area of competence (e.g. do you have any other responses to this area of competence, or suggestions regarding wording)



8. Knowledge (A)

Psychologists know that many diverse forms of spirituality and/or religion exist, and explore spiritual and/or religious beliefs, communities, and practices that are important to their clients.

1. Do you believe that psychologists should receive training in, and demonstrate competence in, this area?

Yes

No

2. In my training program (formal coursework or internship):

I did not receive any explicit training in this domain

I received a little bit of explicit training in this domain

I received some explicit training in this domain

I received comprehensive formal training in this domain

I received too much training in this domain

3. In my practice of psychology, I know that many diverse forms of spirituality and/or religion exist, and explore spiritual and/or religious beliefs, communities, and practices that are important to my clients.

Not at all

A little

Somewhat

Mostly

Completely

4. If you wish, please comment on this proposed area of competence (e.g. do you have any other responses to this area of competence, or suggestions regarding wording)

9. Knowledge (B)

Psychologists can describe how spirituality and religion can be viewed as overlapping, yet distinct, constructs.

1. Do you believe that psychologists should receive training in, and demonstrate competence in, this area?

Yes

No

2. In my training program (formal coursework or internship):

I did not receive any explicit training in this domain

I received a little bit of explicit training in this domain

I received some explicit training in this domain

I received comprehensive formal training in this domain

I received too much training in this domain

3. In my practice of psychology, I can describe how spirituality and religion can be viewed as overlapping, yet distinct, constructs.

Not at all

A little

Somewhat

Mostly

Completely

4. If you wish, please comment on this proposed area of competence (e.g. do you have any other responses to this area of competence, or suggestions regarding wording)

10. Knowledge (C)

Psychologists understand that clients may have experiences that are consistent with their spirituality or religion, yet may be difficult to differentiate from psychopathological symptoms.

1. Do you believe that psychologists should receive training in, and demonstrate competence in, this area?

Yes

No

2. In my training program (formal coursework or internship):

I did not receive any explicit training in this domain

I received a little bit of explicit training in this domain

I received some explicit training in this domain

I received comprehensive formal training in this domain

I received too much training in this domain

3. In my practice of psychology, I understand that clients may have experiences that are consistent with their spirituality or religion, yet may be difficult to differentiate from psychopathological symptoms.

Not at all

A little

Somewhat

Mostly

Completely

4. If you wish, please comment on this proposed area of competence (e.g. do you have any other responses to this area of competence, or suggestions regarding wording)

11. Knowledge (D)

Psychologists recognize that spiritual and/or religious beliefs, practices and experiences develop and change over the lifespan.

1. Do you believe that psychologists should receive training in, and demonstrate competence in, this area?

Yes

No

2. In my training program (formal coursework or internship):

I did not receive any explicit training in this domain

I received a little bit of explicit training in this domain

I received some explicit training in this domain

I received comprehensive formal training in this domain

I received too much training in this domain

3. In my practice of psychology, I recognize that spiritual and/or religious beliefs, practices and experiences develop and change over the lifespan.

Not at all

A little

Somewhat

Mostly

Completely

4. If you wish, please comment on this proposed area of competence (e.g. do you have any other responses to this area of competence, or suggestions regarding wording)

12. Knowledge (E)

Psychologists are aware of internal and external spiritual and/or religious resources and practices that research indicates may support psychological well-being, and recovery from psychological disorders.

1. Do you believe that psychologists should receive training in, and demonstrate competence in, this area?

Yes

No

2. In my training program (formal coursework or internship):

I did not receive any explicit training in this domain

I received a little bit of explicit training in this domain

I received some explicit training in this domain

I received comprehensive formal training in this domain

I received too much training in this domain

3. In my practice of psychology, I am aware of internal and external spiritual and/or religious resources and practices that research indicates may support psychological well-being, and recovery from psychological disorders.

Not at all

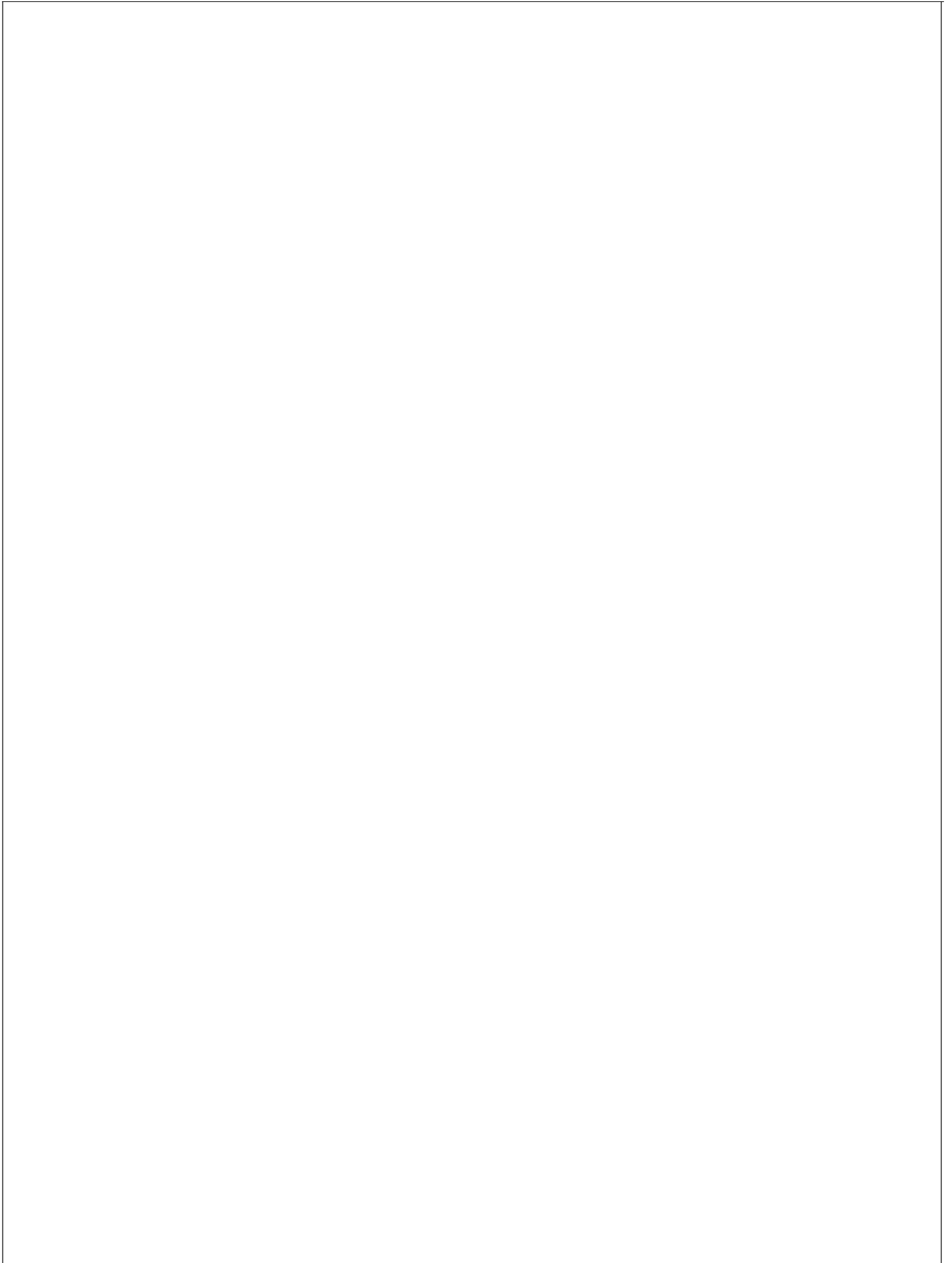
A little

Somewhat

Mostly

Completely

4. If you wish, please comment on this proposed area of competence (e.g. do you have any other responses to this area of competence, or suggestions regarding wording)



13. Knowledge (F)

Psychologists can identify spiritual and religious experiences, practices and beliefs that may have the potential to negatively impact psychological health.

1. Do you believe that psychologists should receive training in, and demonstrate competence in, this area?

Yes

No

2. In my training program (formal coursework or internship):

I did not receive any explicit training in this domain

I received a little bit of explicit training in this domain

I received some explicit training in this domain

I received comprehensive formal training in this domain

I received too much training in this domain

3. In my practice of psychology, I can identify spiritual and religious experiences, practices and beliefs that may have the potential to negatively impact psychological health.

Not at all

A little

Somewhat

Mostly

Completely

4. If you wish, please comment on this proposed area of competence (e.g. do you have any other responses to this area of competence, or suggestions regarding wording)

14. Knowledge (G)

Psychologists can identify legal and ethical issues related to spirituality and/or religion that may surface when working with clients.

1. Do you believe that psychologists should receive training in, and demonstrate competence in, this area?

Yes

No

2. In my training program (formal coursework or internship):

I did not receive any explicit training in this domain

I received a little bit of explicit training in this domain

I received some explicit training in this domain

I received comprehensive formal training in this domain

I received too much training in this domain

3. In my practice of psychology, I can identify legal and ethical issues related to spirituality and/or religion that may surface when working with clients.

Not at all

A little

Somewhat

Mostly

Completely

4. If you wish, please comment on this proposed area of competence (e.g. do you have any other responses to this area of competence, or suggestions regarding wording)

15. Skills (A)

Psychologists are able to conduct empathic and effective psychotherapy with clients from diverse spiritual and/or religious backgrounds, affiliations, and levels of involvement.

1. Do you believe that psychologists should receive training in, and demonstrate competence in, this area?

Yes

No

2. In my training program (formal coursework or internship):

I did not receive any explicit training in this domain

I received a little bit of explicit training in this domain

I received some explicit training in this domain

I received comprehensive formal training in this domain

I received too much training in this domain

3. In my practice of psychology, I am able to conduct empathic and effective psychotherapy with clients from diverse spiritual and/or religious backgrounds, affiliations, and levels of involvement.

Not at all

A little

Somewhat

Mostly

Completely

4. If you wish, please comment on this proposed area of competence (e.g. do you have any other responses to this area of competence, or suggestions regarding wording)

16. Skills (B)

Psychologists inquire about spiritual and/or religious background, experience, practices, attitudes and beliefs as a standard part of understanding a client's history.

1. Do you believe that psychologists should receive training in, and demonstrate competence in, this area?

Yes

No

2. In my training program (formal coursework or internship):

I did not receive any explicit training in this domain

I received a little bit of explicit training in this domain

I received some explicit training in this domain

I received comprehensive formal training in this domain

I received too much training in this domain

3. In my practice of psychology, I routinely inquire about spiritual and/or religious background, experience, practices, attitudes and beliefs as a standard part of understanding a client's history.

Not at all

A little

Somewhat

Mostly

Completely

4. If you wish, please comment on this proposed area of competence (e.g. do you have any other responses to this area of competence, or suggestions regarding wording)

17. Skills (C)

Psychologists help clients explore and access their spiritual and/or religious strengths and resources.

1. Do you believe that psychologists should receive training in, and demonstrate competence in, this area?

Yes

No

2. In my training program (formal coursework or internship):

I did not receive any explicit training in this domain

I received a little bit of explicit training in this domain

I received some explicit training in this domain

I received comprehensive formal training in this domain

I received too much training in this domain

3. In my practice of psychology, I help clients explore and access their spiritual and/or religious strengths and resources.

Not at all

A little

Somewhat

Mostly

Completely

4. If you wish, please comment on this proposed area of competence (e.g. do you have any other responses to this area of competence, or suggestions regarding wording)

18. Skills (D)

Psychologists can identify and address spiritual and/or religious problems in clinical practice, and make referrals when necessary.

1. Do you believe that psychologists should receive training in, and demonstrate competence in, this area?

Yes

No

2. In my training program (formal coursework or internship):

I did not receive any explicit training in this domain

I received a little bit of explicit training in this domain

I received some explicit training in this domain

I received comprehensive formal training in this domain

I received too much training in this domain

3. In my practice of psychology, I identify and address spiritual and/or religious problems, and make referrals when necessary.

Not at all

A little

Somewhat

Mostly

Completely

4. If you wish, please comment on this proposed area of competence (e.g. do you have any other responses to this area of competence, or suggestions regarding wording)

19. Skills (E)

Psychologists stay abreast of research and professional developments regarding spirituality and religion specifically related to clinical practice, and engage in ongoing assessment of their own spiritual and religious competency.

1. Do you believe that psychologists should receive training in, and demonstrate competence in, this area?

- Yes
- No

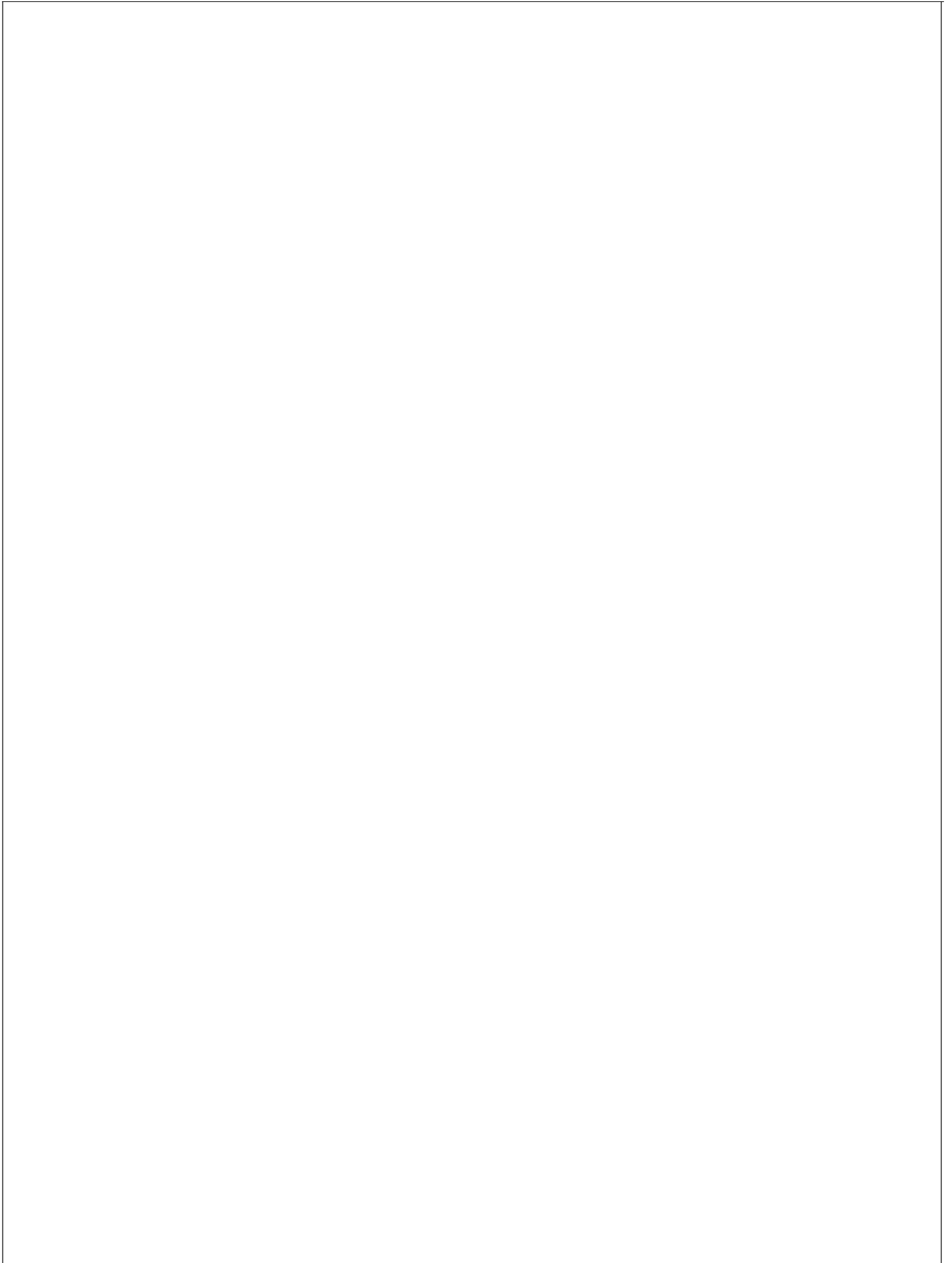
2. In my training program (formal coursework or internship):

- I did not receive any explicit training in this domain
- I received a little bit of explicit training in this domain
- I received some explicit training in this domain
- I received comprehensive formal training in this domain
- I received too much training in this domain

3. In my practice of psychology, I stay abreast of research and professional developments regarding spirituality and religion specifically related to clinical practice, and engage in ongoing assessment of my own spiritual and religious competence.

- Not at all
- A little
- Somewhat
- Mostly
- Completely

4. If you wish, please comment on this proposed area of competence (e.g. do you have any other responses to this area of competence, or suggestions regarding wording)



20. Skills (F)

Psychologists recognize the limits of their qualifications and competence in the spiritual and/or religious domains, including their responses to clients spirituality and/or religion that may interfere with clinical practice, so that they a) seek consultation from and collaborate with other qualified clinicians or spiritual/religious sources (e.g. priests, pastors, rabbis, imam, spiritual teachers, etc), b) seek further training and education, and/or c) refer appropriate clients to more qualified individuals and resources.

1. Do you believe that psychologists should receive training in, and demonstrate competence in, this area?

Yes

No

2. In my training program (formal coursework or internship):

I did not receive any explicit training in this domain

I received a little bit of explicit training in this domain

I received some explicit training in this domain

I received comprehensive formal training in this domain

I received too much training in this domain

3. In my practice of psychology, I recognize the limits of my qualifications and competence in the spiritual and/or religious domains, including my responses to clients spirituality and/or religion that may interfere with clinical practice, and when needed I a) seek consultation from and collaborate with other qualified clinicians or spiritual/religious sources (e.g. priests, pastors, rabbis, imam, spiritual teachers, etc), b) seek further training and education, and/or c) refer appropriate clients to more qualified individuals and resources.

Not at all

A little

Somewhat

Mostly

Completely

4. If you wish, please comment on this proposed area of competence (e.g. do you have any other responses to this area of competence, or suggestions regarding wording)

A large, empty rectangular box with a thin black border, intended for the user to provide comments or suggestions regarding the proposed area of competence.

21. Relative Importance

Now, please rate the importance of each competency. We are not asking for a rank order; if you believe they are all very important, or not important, you may endorse that response for each item. If you believe some are less important than others, please use this rating scale to indicate that.

1. You may believe that some of these competencies are essential, while others are less important. Please rate the relative importance of each of these competencies for the practice of psychology.

ATTITUDES:

	Not important	A little bit important	Somewhat important	Very important
A) Psychologists demonstrate empathy, respect, and appreciation for clients from diverse spiritual, religious or secular backgrounds and affiliations.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
B) Psychologists view spirituality and religion as important aspects of human diversity, along with factors such as race, ethnicity, sexual orientation, socioeconomic status, disability, gender, and age.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
C) Psychologists are aware of how their own spiritual and/or religious background and beliefs may influence their clinical practice, and their attitudes, perceptions, and assumptions about the nature of psychological processes.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

2. You may believe that some of these competencies are essential, while others are less important. Please rate the relative importance of each of these competencies for the practice of psychology.

KNOWLEDGE:

	Not important	A little bit important	Somewhat important	Very important
A) Psychologists know that many diverse forms of spirituality and/or religion exist, and explore spiritual and/or religious beliefs, communities, and practices that are important to their clients.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
B) Psychologists can describe how spirituality and religion can be viewed as overlapping, yet distinct, constructs.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
C) Psychologists understand that clients may have experiences that are consistent with their spirituality or religion, yet may be difficult to differentiate from psychopathological symptoms.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
D) Psychologists recognize that spiritual and/or religious beliefs, practices and experiences develop and change over the lifespan.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
E) Psychologists are aware of internal and external spiritual and/or religious resources and practices that research indicates may support psychological well-being, and recovery from psychological disorders.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
F) Psychologists can identify spiritual and religious experiences, practices and beliefs that may have the potential to negatively impact psychological health.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
G) Psychologists can identify legal and ethical issues related to spirituality and/or religion that may surface when working with clients.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

3. You may believe that some of these competencies are essential, while others are less important. Please rate the relative importance of each of these competencies for the practice of psychology.

SKILLS:

	Not important	A little bit important	Somewhat important	Very important
A) Psychologists are able to conduct empathic and effective psychotherapy with clients from diverse spiritual and/or religious backgrounds, affiliations, and levels of involvement.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
B) Psychologists inquire about spiritual and/or religious background, experience, practices, attitudes and beliefs as a standard part of understanding a client's history.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
C) Psychologists help clients explore and access their spiritual and/or religious strengths and resources.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
D) Psychologists can identify and address spiritual and/or religious problems in clinical practice, and make referrals when necessary.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
E) Psychologists stay abreast of research and professional developments regarding spirituality and religion specifically related to clinical practice, and engage in ongoing assessment of their own spiritual and religious competency.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
F) Psychologists recognize the limits of their qualifications and competence in the spiritual and/or religious domains, including their responses to clients spirituality and/or religion that may interfere with clinical practice, so that they a) seek consultation from and collaborate with other qualified clinicians or spiritual/religious sources (e.g. priests, pastors, rabbis, imam, spiritual teachers, etc), b) seek further training and education, and/or c) refer appropriate clients to more qualified individuals and resources.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

22. Demographic Questions

1. Gender:

Male

Female

Other (please specify)

2. Age:

3. Race/Ethnicity (check all that apply):

White/Caucasian

Black/ African American

American Indian/ Alaskan native

Hispanic/ Latino/ Spanish descent

Asian/ Pacific Islander

Other (please specify)

4. Location - City, State, Country:

5. Degree Granting Institution:

6. Highest Degree

- MD
- PhD
- PsyD
- MA/MS
- BA/BS

Other (please specify)

7. License

- MD
- DO
- Psychologist
- MFT
- LCSW
- CADAC/Licensed Chemical Dependency Counselor
- LPC/Licensed Professional Counselor
- Ordained Clergy/Pastoral Counselor
- No Clinical License

Other (please specify)

8. Year Licensed:

9. Years in Clinical Practice:

10. How many client-hours do you spend providing psychotherapy or counseling each week?

- Less than 10
- 11-20
- 21-30
- 31-40
- over 40

11. Primary Clientele (check all that apply):

- Adults
- Children/Adolescents
- Couples
- Families
- Groups
- Other (please specify)

12. Theoretical Orientation:

13. Please rate your expertise in the intersection of spirituality/religiosity with psychology. In other words, to what extent do you consider yourself competent or proficient in integrating spirituality and/or religion in the practice of psychology?

- Not Competent
- Minimally Competent
- Competent
- Proficient
- Very Proficient

14. Do you consider yourself:

- Religious but not spiritual
- Spiritual but not religious
- Both religious and spiritual
- Neither spiritual nor religious

15. Do you identify with any of the following? (Check all that apply)

- Buddhism
- Christianity (Catholic)
- Christianity (Protestant/ Non-Catholic)
- Hinduism
- Islam
- Judaism
- Native American Spirituality
- Pagan or Earth-Based Religion (e.g. Shamanism)
- Agnostic
- Atheist
- Other (please specify)

16. How much did religion or spirituality influence your upbringing (in other words, how much was religion or spirituality a part of your family life while growing up)?

- Not at all
- A little
- Somewhat
- A Fair Amount
- Quite a Bit
- Very Much

17. Other demographics you see as relevant (that we may not have asked):

18. If you would like to be entered into the drawing to win a free iPad, and would like to receive the results of this survey, please enter your contact information below.

First Name

Last Name

Email Address

Address 1

Address 2

City

State

Zip

Office Phone

23. Thank you!

Thank you!

We are grateful for your expert opinion on this survey.

If you have any questions about the survey, please contact us at cvieten@noetic.org

Sincerely,

Cassandra Vieten, Ph.D.

Shelley Scammell, Psy.D.

Ron Pilato, Psy.D.

Ingrid Ammonson, Psy.D.

David Lukoff, Ph.D.