Instructor’s Manual and Test Bank

for

Integrating Spirituality in Clinical Social Work Practice
Walking the Labyrinth

prepared by

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Chapter 1

Walking the Labyrinth

CHAPTER SUMMARY
In this chapter we discussed the labyrinth as a metaphor to conceptualize clinical practice and the inclusion of spiritual matters in our work. Walking a labyrinth has phases similar to the therapeutic encounter as well as the spiritual journey. In each, the individual yearns for authenticity and wholeness. Each process used in response to a call for healing involves a commitment to begin, a stepping into the unknown, meeting challenges and when healed and renewed, bringing the benefits of each process into one’s everyday life.

CORE COMPETENCIES IN THIS CHAPTER

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CHAPTER OBJECTIVES

- To give an overview of the labyrinth as a metaphor for both the clinical process and the spiritual journey.
- To contrast the metaphor of the labyrinth with that of the maze.
- To give an overview of the inclusion of spirituality in the stages of the clinical process (engagement, assessment, intervention, endings).
- Gain an understanding of how the clinical process can be reframed from a spiritual perspective.
SUGGESTED DISCUSSION PROMPTS

1. In this chapter, we propose that the inevitable questions humans ask about the meaning and purpose of their lives are spiritual questions. Others conceptualize these questions as existential or humanistic. Discuss your views on how these questions are categorized and the implications of your answer for your clinical work.

2. When spirituality is included in clinical practice, it is an added dimension and does not replace the need for sound clinical practice. Discuss why this is important to consider when including spiritual issues in practice.

3. In this chapter, we propose that because the therapeutic process is unpredictable, the labyrinth is an appropriate metaphor to conceptualize the stages of clinical work. Discuss the stages of the clinical encounter and how it parallels the labyrinth walk. Do you find this a helpful way to conceptualize your clinical work?

4. In this chapter, we discuss that there is a great deal of uncertainty in doing clinical work. What are your reactions to this idea? How does uncertainty differ from not being prepared for our work with clients?

5. In this chapter we propose that the stages of the labyrinth walk can be used to assess client progress in treatment. Discuss the process of your work with one of your clients. Do the stages of the labyrinth walk apply to your progress with this client?

SUGGESTED CHAPTER ACTIVITIES AND ASSIGNMENTS

1. Using a diagram of a labyrinth, ask students to trace with their finger or a pencil the path to the center of the labyrinth and back out again. After completing this, ask students to describe their experience. How did they feel during the process of tracing the path? Did anything unexpected occur while they were tracing the path? Did they develop any insights about their clinical work? Does the experience of tracing the labyrinth path have parallels to their clinical work with clients? What lessons can be drawn from this exercise?

2. Using a diagram of a maze, ask students to trace with either a pencil or their finger the path to the middle of the maze and back out again. After completing the exercise, process their experiences. How did they feel during the process of tracing the path through the maze? What feelings emerged when they encountered obstacles? How did this experience compare to tracing the path of the labyrinth? How does the metaphor of the maze parallel their clinical work with clients? For example, are there any similarities between tracing the path through the maze and working with the various bureaucratic systems in their clients' lives? What lessons can be drawn from this exercise?
3. Self-reflection is important for clinical practice. Because students will be encountering different belief systems, self-awareness is especially important to monitor. Ask students to keep a weekly journal to record their reactions to course readings and classroom discussions and activities. You can make suggestions of topics throughout the semester that you think are particularly important for their weekly journaling assignment. See chapter 5 of the text for journaling tips. In various chapters throughout the Instructor’s Manual, I suggest topics for journaling assignments as well.

SUGGESTED TEACHING TIPS

Teaching about spirituality is exciting, but poses some unique challenges. Students are often confronted with beliefs that differ from their own. To create a safe learning environment, I suggest you open the first class session with a discussion about this. Pose questions about how they might feel if a student has very different beliefs. Lecture briefly on how core our spiritual framework is to understanding our personal lives. When confronted with challenges to our spiritual beliefs some react with excitement and curiosity, others with fear or anger. Stress the importance of respect and use differences among classmates to discuss how they will handle similar situations with clients. This initial discussion does not guarantee that students will not have strong reactions when differences emerge, but it provides a context you can refer back to when those reactions do emerge.
Test Bank

The following assessment has been created for in-class use. This assessment is available through Pearson’s MyTest website—allowing for easy access for creating your own tests. This assessment is also offered in a Blackboard/Angel/D2L/WebCT package. Please contact your local Pearson sales representative to learn about the options available. Visit http://www.pearsonhighered.com/replocator.

Essay Questions – 5 per chapter

Instructors, to access the full Test Bank, please download the complete Instructor’s Manual and Test Bank at www.pearsonhighered.com.
ADDITIONAL RESOURCES

Books


Journals


Websites

- Website includes a diagram of the labyrinth at Chartres Cathedral in France that can be downloaded. There is information on research using the labyrinth and a link to locate labyrinths in geographical areas.

Veriditas. [www.veriditas.org]

- Information includes a labyrinth locater, labyrinth events and guidelines for walking a labyrinth. The Labyrinth Journal is an excellent resource with pdfs that can be downloaded.

Hogan, Eve, Labyrinth Journey with Eve Hogan. [www.youtube.com]

- This is a 9-minute video of a discussion by Eve Hogan on the labyrinth.