

What did I learn with my first paper/topic?

I hoped to show that spirituality was indeed an important aspect of possible therapy tool for forensic populations, ie people that are in or have been released from prison. But I came to an albeit small understanding of the topic on a couple things.

1. Where I wanted to vilify some of the APA for their attitudes towards the use of spirituality, but at the end of the paper, I could see some of their points. While there is evidence-based information, how do you become an expert on the matter with how unique spirituality is? How is it trainable and learnable to move forward in practice? And of course, money always comes to the forefront doesn't it...how do you bill for it? Is it psychotherapy sessions, or is it just spiritual counseling and not covered by insurance or they attempt to sue you for insurance fraud? My spiritual outlook and experiences are not or may not be what the patient's is, so how do you reconcile that?

2. While I addressed spirituality, I now completely realize even that was a VERY broad area and could be narrowed down even further. Is Christianity's, Islam's, Judaism, etc. spirituality relevant to forensic populations? I now realize just how massive a topic it is, and I must refer to question 1, how do you become an expert on such a massive area and so little people resources to fill the mental health professional roles? Question 1 again...

In my limited paper, I can see that spirituality can have a very important role in the mental health of forensic populations, including those that are reading this. But that is only a single piece, it was when organized religion was added to spirituality that the chances of recidivism were really impacted. Spirituality and religion together, gave the person a reconnection with society, a feeling of worth, and a support structure that would be available to ensure at least a good share of the study participants didn't relapse.

In my faith & religion/spirituality I refer to Hebrews 10:25 "Not forsaking the assembling of ourselves together, as the manner of some is but exhorting one another: and so much the more, as ye see the day approaching."