The words "Running head" should appear flush left in the header followed immediately by a colon and then by a shortened title of the paper (50 characters or less) in all caps (229).
Note: The words "running head" only appear on the first page.

The page numbers should appear flush right in the header (229).

The title of the paper, your name, and the name of your institution should appear on separate, double-spaced lines about 1/3 down the page (229)

Using Prayer in Professional Counseling

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All margins should be set to 1" (229).

If you are submitting a paper for publication, you will want to include an author's note at the bottom of the title page. See pages 24–25 in the manual for more information.

Abstract

[The heading "Abstract" should be centered at the top of the second page (27).]

Because religion or spirituality is important to [Do not indent the abstract (27).] t th

Prayer plays a large part in the lives of many religious people, and sometimes, clients desire

prayer to be a part of [The abstract typically ranges from 150-250 words, and should not exceed a single paragraph (27).] gion and prayer, mental

health practitioners ng these issues. Also,

they should be educ nent methods into therapy

and then strive to remain updated on these topics.

Using Prayer in Professional Counseling

Everyday, prayer is used in homes, workplaces, and schools across the world, but is it

appropriate to use prayer in counseling   ose

who simply claim to be spiritual, use pr   ne

people use prayer as a means to find peace or forgiveness. Others use prayer as a way to deal

with their anger (Gubi, 2001, p. 15). Fouque and Glachan (2000) noted that when people are

dealing with emotional problems, 42% first turn to clergy rather than counselors or psychologists

(p. 49). Furthermore, two-thirds of Americans view religion as important in their lives; two-

thirds also said that when dealing with a serious   olds

spiritual beliefs (Hage, 2006, p. 304). Because

spirituality and prayer are important to them, there is a great need to understand the role of

prayer in counseling. Therefore, this paper will discuss the need for Christian integration in

counseling, what ethical concerns there are regard

prayer can be incorporated into the professional de

Christian Integration

The majority of the American population believes that spirituality is an important part of

life, but the proportion of those working in the mental health field that believe this is much lower

than that of the general popula   of psychologists said that

religion was not very importan   eneral population (Russell

& Yarhouse, 2006, p. 92). This study alone suggests that in order to serve the population better,

mental health professionals need to become more educated in issues of spirituality and religion.

For instance, some religious groups frown upon counseling or the use of medication for the

treatment of mental illness (J. Williams, personal communication, October 2006). Others take

this belief further by asserting that any type of mental illness is the result of sin in one's life

(Yarhouse, Butman, & McRay, 2005, p. 14). This alone may cause some Christians to be

reluctant to seek counsel. _____ counseling, their religious influences

may cause them to be e_____ems with a stranger. Counselors need

to be aware of the belie_____em explore their issues. This does not

mean that counselors must agree with the beliefs of their clients; it simply means that they must

acknowledge their clients' views and be respectful of them.

Use an ampersand in parenthetical citations with more than 1 author.

Biblical Principles in Counseling

Although some counselors are not religious, several Christian principles could still be

positive _____s brought up in counseling—such as loneliness,

anxiety,_____e Bible and other religious materials. One example

Indent each paragraph ½" (229).

of a prayer that virtually every counselor would agree with is that of St. Francis of Assisi:

"Where there is hatred, let me sow love. Where there i_____

faith. Where there is despair, hope. Where there is dar____

joy" (as cited in Garrett, 1994, para. 6). This prayer, written over 700 years ago, not only fits the

The entire paper should use Times New Roman, 12pt, black font.

codes of counseling ethics, but it also promotes the positive values that many clients are striving

for in their lives: love, hope, ____

Some principles that a_____

psychology. For example, the_____hat

has been done to them. Matthew 6:14 states, "For if you forgive men when they sin against you,

your heavenly Father will also forgive you" (New International Version). Fincham, Hall, and

Beach (2006) note _____ forgiveness is

associated with ph_____nships (p. 415). Prayer

When citing the Bible, include the book, chapter, and verse number as well as the translation. Do not include a page number or year of publication (179).
Note: The Bible does not appear on the References page.

When the author's last name is in the text, place the year of publication in parenthesis immediately after the last name. Then, place only the page number in parenthesis at the end of the sentence before the final punctuation (170-171).

is another biblical principle that has been positively integrated into counseling. Gubi (2001) interviewed [text obscured] doctoral degrees on the topic of prayer, and only one wa[text obscured]seling (p. 431). Some of the participants viewed pray[text obscured] According to Gubi, one counselor stated,

> "Within a paragraph, when the name of the author is part of the narrative…, you need not include the year in subsequent non-parenthetical references…" (174).

It's that feeling that . . . this is now out of our hands, but there's actually hope in that, rather than despair . . . at the end of the day, whatever will happen, will happen . . . but there will be some influence upon that outside of the relationship. (p. 428)

Although research has found that prayer is important for some counselors, the use of overt prayer with clients is treated with caution and is not a practice that is commonly engaged in (Gubi, 2004, p. 464).

> Level 2 headings should be bold, flush left (62).

Ethical Use of Prayer

Abernethy, Houston, Mimms, and Boyd-Franklin (2006) discussed a case example of [text obscured] during therapy (pp. 103-106). The clients that were involved in [text obscured] old African American male and his 36-year-old aunt and legal [text obscured] use of his mother's death, Jamal was dealing with feelings of [text obscured] ccording to Abernathy et al., both clients were religious and [text obscured] his was the only reason that prayer was used as an intervention. [text obscured] this article was an ethically correct prayer for several reasons:

> "When a work has three, four, or five authors, cite all the authors the first time the reference occurs; in subsequent citations, include only the surname followed by et al." (174).
> Note: When a work has six or more authors, only include the first author's last name followed by et al.

1. The prayer was consistent with the clients' faith traditions.
2. The terminology was adapted to fit the clients (i.e. referring to God as Jehovah).
3. It focused on positive aspects of the clients' relationship, such as unconditional love.
4. The prayer had a practical purpose—to bring Jamal and his aunt closer together.

Clearly, the counselor in this case example was not only educated in the topic of prayer, but he was also flexible enough to mold the prayer to fit the needs of the particular clients. In order to stay within ethical boundaries, "professionals [should] not try to do work for which they have not been trained" (Summers, 2006, p. 26). Hage (2006) stressed that therapists who are unable to adequately serve their spiritually-oriented clients should refer them to someone who can rather than simply ignore this area during counseling (p. 306).

Ethical Concerns

When it comes to using prayer in counseling, one ethical concern is that counselors must never push their own beliefs or values upon their clients. Therefore, prayer should be used in counseling only if the client desires it (Abernethy et. al, 2006, p. 107). From a counseling standpoint, there are two main types of prayer: covert and overt. Counselors can make sure to not infringe upon their clients beliefs by praying "covertly" to God (Gubi, 2004, p. 166). Counselors can pray before a couns[eling session, or they m]ay also pray for their clients outside of [the session. Overtly], the client might request prayer. It [is important for a counselor to be aware] of his or her client so that the prayer will be relevant and consistent with the client's beliefs. McMinn, Ruiz, Marx, Wright, and Gilbert (2006) suggested that one way this could be handled is to find out about issues of religion, including prayer, during the intake session (p. 300).

> Always include the page number with citations even if you are paraphrasing and not directly quoting. The manual encourages this practice (171), and the Regent University Student Handbook necessitates it in order to ensure proper attribution.

Professional Development

Because religion and prayer is such an important part of some peoples' lives, mental health professionals should be familiar with spiritual issues in order to better serve their clients. For example, because many Christians believe that faith-based treatments such as prayer are the most effective for mental health, some clients think that remaining depressed implies spiritual

failure (Trice & Bjork, 2006, p. 288). Counselors should be aware of this possible belief and the likelihood of self-blame that might accompany depression in Christians. Counselors must also seek to understand when prayer would be appropriate and when it would not be. For instance, African Americans dealing with cu[...] n to prayer—viewed as a last resort—because th[...] out of their control (Lewis-Coles & Constantine, 200[...], p. [...]). On the other hand, when dealing with individual racism, more practical methods are sought, and prayer is not typically used. Not only should counselors be educated about [...] be careful of *how* to use it. Fouque and Glachan (2001) fo[...] elors placed more emphasis on prayer and spirituality than on the counseling relationship, they typically trusted them less. They also found that when the counselor was perceived as directive and powerful, the use of prayer was viewed by clients as having a negative effect (pp. 210-211).

[...]ing, but psychologists and counselors must be [...] The following suggestions were given by Russell [...] ive training in the areas of religion and spirituality:

1. Facilitate discussion of religion/spirituality in supervision.

2. Add a session on recent trends on the practical application of psychology of religion and spirituality in therapeutic practice.

3. Incorporate religion/spirituality as a diversity variable when training in cultural diversity.

4. Form relationships with members of communities of faith. (p. 435)

New ways of incorporating prayer into the therapeutic healing process, such as *Theophostic Ministry*, are being developed (Garzon & Poloma, 2005, p. 388), so mental health professionals should strive to stay informed on current treatment methods. Both the American Psychological

> Always use past tense "when discussing another researcher's work and when reporting your results" (78).

> If you are citing multiple pages, be careful of *how* to use 2 p's instead of 1.

> Start block quotes (40+ words) ½" on the left, do not use quotation marks, and place the citation after the final punctuation mark (171).

Association and the American Counseling Association's ethical guidelines encouraged continued

education for mental health professionals (Corey, Corey, & Callanan, 2003).

Conclusion

Spirituality and religion—and all the issues that accompany these, like prayer—are major

aspects to many peoples' lives. The counseling field cannot simply ignore their existence.

Instead, mental health professionals should be aware of their client's beliefs and incorporate

anything that could help them into their treatment sessions. All treatments do not work for all

people, so counselors should be aware of each treatment's limitations before utilizing them. For

example, some say that prayer could take responsibility away from "self," thus inhibiting client

growth (Gubi, 2004, p. 473). Therefore, incorporating religious practices into counseling is a

delicate issue; thus, psychologists and counselors need to be aware of all the ethical guidelines

surrounding it. In order to give the client autonomy in his or her treatment, the counselor should

include him when deciding upon which treatment methods will be used during therapy (Gubi,

2004, p. 471). In conclusion, prayer, as with any treatment, should be used with caution to ensure

that the client receives the best therapy possible.

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The heading "References" should be centered at the top of the page and not bolded (37).

Reference entries should be double-spaced and use a ½" hanging indent (37).

Use sentence style capitalization for the titles of works.

Include authors' last names and first initials, but never the author's full first name (184).

Reference entries should be arranged alphabetically by the authors' last names. Use dates if you have two works by the same author.

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