
Values and Religious Issues in Psychotherapy and Mental Health

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A decade of work by Bergin and others is reviewed and synthesized concerning two broad issues: (a) the role of values in psychotherapy and (b) the relation of religion to mental health. Trends have changed and there is now more professional support for addressing values issues in treatment. There is also more openness to the healthy potentialities of religious involvement, and therapists themselves manifest a new level of personal interest in such matters. Cautions and guidelines for dealing with such issues are considered in both empirical and clinical terms. The multifactorial nature of religion is documented, and healthy and unhealthy ways of being religious are described. Suggestions are given for including education in values and religious issues in the training of clinicians so that the vast population of religious clientele may be better served.

When I published an article on psychotherapy and religious values 10 years ago (Bergin, 1980a), the reaction was unusual in that I received more than 1,000 comments and requests for reprints. Although a few critics arose (Ellis, 1980; Walls, 1980) and there was not a consensus on specific details, the essential themes received widespread support. Comments by individuals such as Ellen Berscheid, Karl Menninger, Hans Strupp, Robert Sears, Albert Bandura, and Carl Rogers are documented in a previous publication (Bergin, 1985a), but I quote Rogers here as illustrative:

I don't disagree as much as you might think. . . . I do believe there is some kind of a transcendent organizing influence in the universe which operates in man as well. . . . My present very tentative view [of humans] is that perhaps there is an essential person which persists through time, or even through eternity. (cited in Bergin, 1985a, p. 102)

Encouraged by such observations, I launched into a series of inquiries through the 1980s that addressed two major issues: (a) the role of values in psychotherapy, and (b) the relation of religion to mental health.

Values and Psychotherapy

There is a substantial literature on values and psychotherapy (Beutler, 1979, 1981; Kelly, 1990; Strupp & Hadley, 1977), but no consensus has been reached on which values are essential to the therapeutic enterprise or on how values should be implemented in the treatment con-

text. This is a major problem, and the profession still has not adequately addressed the issues so well outlined by M. B. Smith (1969) more than 20 years ago. The growth of literature devoted to such topics illustrates the strength of interest in these phenomena, but a recent national survey may provide the best evidence that mental health professionals are concerned with values. The survey sampled mental health values of clinical psychologists, clinical social workers, marriage and family therapists, and psychiatrists in the United States (Bergin & Jensen, 1990; Jensen & Bergin, 1988). A total of 200 persons from each profession were contacted and about two thirds of each group replied, except psychiatrists, of whom 40% responded (a typical response for psychiatrists). Profiles of the four samples showed them to be representative of their professional societies.

Table 1 summarizes a set of findings showing that clinicians value certain attributes and attempt to develop them in their clients. Items representative of the 10 value themes in the survey are presented along with the response rates of professionals to the items. A factor analysis showed the first 8 themes (and 55 of 69 items) to weight heavily on a first main factor, which accounted for 28% of the variance and which we labeled *Positive Affect/Health*. Responses to these 8 themes were very similar across the four professions. According to these data, therapists endorse certain values as vital to the change process and identify specific traits or behaviors as the desirable ones that characterize mental health.

In the value terms on which there was high consensus, mental health may be described as being a free agent;

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