

Journal Article Critique 1

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The article that I chose for the first Journal Article Critique is from the Journal of Psychology and Christianity, A Holistic Psychology of Persons: Implications for Theory and Practice (Entwistle, 2009). This article stresses the importance of a Christian worldview that examines a person from a holistic point of view. According to Entwistle (2009), viewing humans from biological, psychological, social, and spiritual elements not only facilitates theoretical integration and holistic practice, but it also helps with the discernment of determining the root of the problem.

Although I read this article some time ago for another class, after last week's discussion on how people change and the various theological models, I was encouraged to read it again with a fresh perspective. The idea of people being multifaceted is not a new or unfamiliar assumption for me. In fact, I couldn't agree more with Entwistle's assertion of people being comprised of various components. This idea is supported by examining my own life as it pertains to the various titles I hold. I am a child of God, mother, wife, student, intern, child welfare worker, and so much more. Identifying merely one aspect of my life without acknowledging the other parts seem to do an injustice to me and who I am on a core level. In order to know someone, they must be looked at in a holistic manner. Failing to see someone in such a way is like looking at one body part by itself and failing to look at the rest of the body.

Entwistle (2009) discusses the importance of theoretical integration. According to Psychologydictionary.com, theoretical integration refers to the practice of incorporating two or

more theoretical ideas to generate assistance in explaining the dilemmas or dynamics of a person. Considering that people are multidimensional beings comprised of biological, psychological, social, and spiritual components (Entwistle, 2009), it makes sense that treatment should reflect this. Simply using one type of treatment to address a complex person that has multiple issues seems inadequate.

For treatment to be effective, it's important for clinicians to be able to see the underlying needs and get to the root of the problem. Entwistle (2009) discusses how viewing people in a holistic manner helps to facilitate this. Getting to know a person for who they are on the various levels mentioned above, allows treatment to be targeted and specific. For instance, I have a client who came into treatment complaining of depression. Without knowing anything about this person's biological, psychological, social, and spiritual parts, it would have been impossible to determine what could be causing the depression. Furthermore, without knowing the cause, it would have been impossible to treat. By carefully asking my client questions that focused on each component, I can see where the issues appear to be. This allows me to be effective and thoughtful with my interventions.

References

Entwistle, D. N. (2004). *Integrative approaches to psychology and Christianity: An introduction to worldview issues, philosophical foundations, and models of integration*. Eugene, OR: Wipf & Stock.