

Owen Minihan

Minihan 1

Professor Maret

General Psychology

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Spiritual Disciplines and The Practice of Integration

Disciplines are necessary and important to have as a person to live in a social life when it comes to relationships, workplaces, and desires. Without the necessary disciplines in life, often times we make many mistakes and do things without thinking that causes us to stumble and causes us great damage within us, as well as other people. When you hear of discipline you think of having self control, critical thinking, and emotional counseling. An example of discipline is when a kid wants something they begin to whine, cry, and complain to their parents about it. As a parent, it's their responsibility to discipline their child to the best of their ability that can help the child contain himself. Parent's discipline is vital in the sense for the kid to have responsibility in life, but God's role adds a great touch to make the discipline more abundant in enabling the child to discipline a friend. The purpose of the article is what can happen and what are some things that are still challenging in combining faith and psychology.

Throughout the article "Spiritual Disciplines And The Practice of Integration," by Mark R. McMinn and Barrett W. McRay, it is often found out that spiritual discipline and psychology have a lot in common. However, certain individuals can only apply certain integration based upon the growing desire that applies to them. This can improve the spiritual world of Christianity

by helping psychologists and Christian theologians safely and correctly help the individual receive the help that they need. The critical error among spiritual discipline is that people are often times defensive about the spiritual aspect in therapeutic sessions. It tends to ignore their emotions and not having the ability to describe the emotions and express in a session without the spiritual interference.

Prayer in a psychotherapy session is prove to be valuable and important to many Christian psychologists because many have valued it to be clinical in the process. According to the survey of the Christian Association for Psychological Studies the percentage of clients that have approved prayer to be efficient in theses sessions are 64%. It works to advance character development of both the Christian Psychologists and the clients to be effective in redeeming themselves. A negative impact according to American Association of Marriage and Family Therapy 1991, 75% of members were against the clergy practitioners who were orchestrating therapy. The reason being is there were many opposing abusive relationships. The author is thinking about the world by teaching Christian Psychologists to practice their works in sessions however, they also have to be careful with how they use the spiritual aspect with clients and how to interact with them using the spiritual methods. According to McMinn, psychologists are to safely to be cautious with when applying the Spiritual aspect. I believe that McMinn's viewpoint is justified because it is necessary for Christian Psychologists to be aware when practicing the aspect. Not every client will react in a positive way towards the aspect because certain clients are offended when it comes down to it. McMinn strongly believes in what he is explaining to the

psychologists, he believes that clients will react in different ways. McMinn had gone through the process with clients, so he knows what it's like for clients to express their opinions and emotions.

Discipline in itself is bigger than we think it is. The wisdom of discipline is stretched from God's wisdom to take care of his people as he would do with his own Son. I believe that we should be aware of our own wisdom when we are having a one on one therapy session with a person. As a Christian Psychologists, giving a Spiritual Psychological therapy to a client is just as important as reflecting on myself if there is an immature anit-Christian character. It's important to us because we need to witness to them who Christ is and to see if they are willing to give their lives to God. In a regular therapy session, people would find some joy and comfort but, it is only temporary and makes them go back to where they first started. What I think about this article is that it gives an explanation from both sides of non Christian Psychologists and Christian Psychologists. It breaks down the differences of both sides and how people deal with the different aspects of Psychology. The journal provides steps on how Chriatians psychologists should interact with people and how they can practice it without scarring or giving them burdens that they cannot handle. Prayer as it was mentioned, was seen as valuable for the patients because it starts the session therapy by having a peaceful and quiet moments with God before sharing your problems and concerns towards the psychologist. As I read the journal article, I can interrupt that Christian Psychologist is better for patients to be healed by God instead of a regular session from a regular Psychologist. People can benefit from Christian Sessions because they will experience more of a revival and peace when going through the process of the session. The

emptiness in their hearts can be fixed and healed when they can pour out their emotions. A regular session would only comfort that moment but not after the moment. Christians will keep track of your growth and the unseeable events that trigger a negative effect of your personality.