

Complementarity: Psychotherapist, Spiritual Director & Psychiatrist

Lecture 10

Rev. Dr Sahaya G. Selvam

selvamsdb@gmail.com



**Institute of Youth Studies
Tangaza University College, Nairobi**

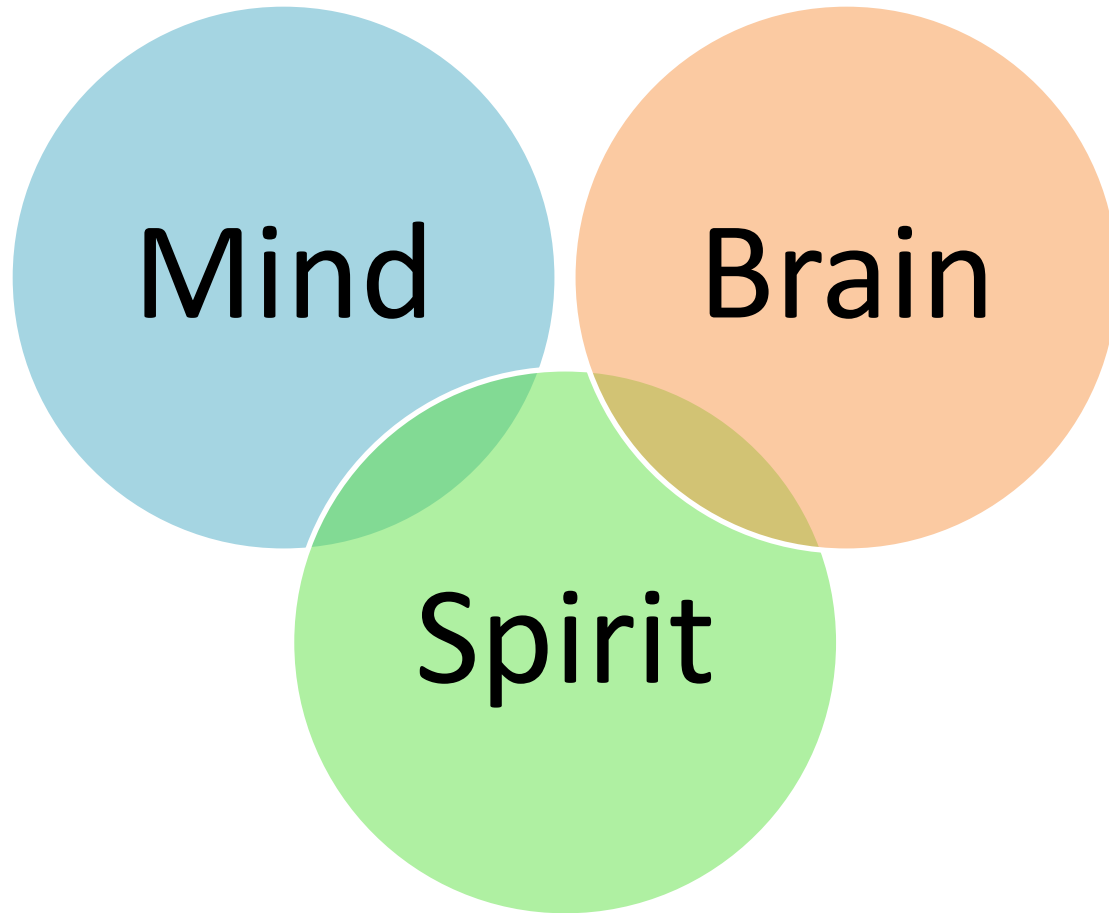


Learning Objectives – Lecture 10

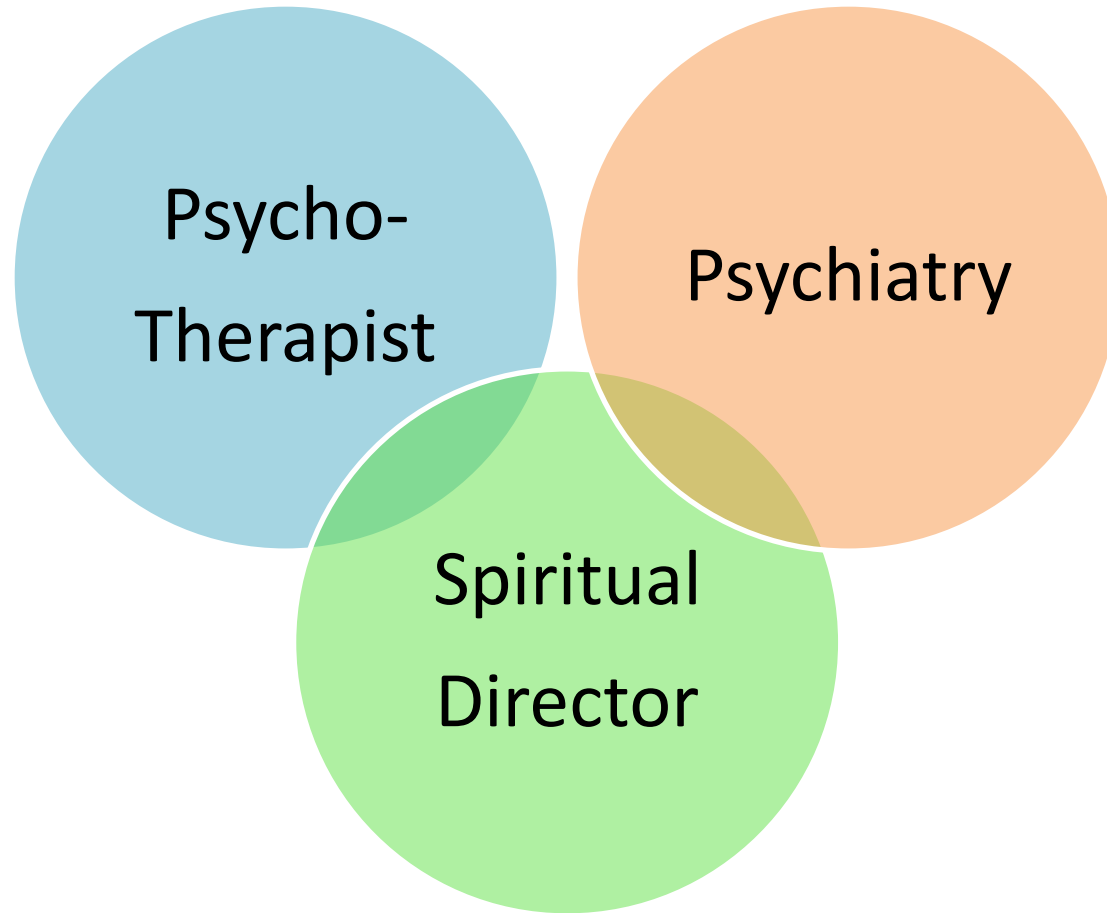
By the end of the lesson the learner should be able to:

- recognise the complementarity between a counsellor, psychiatrist and a religious chaplain.
- discuss also the complementarity in the process of supervision (pastoral supervision);

Three dimensions of the psyche



Three types of care of the psyche



When does a Counsellor/Chaplain refer the client to a Psychiatrist?

- When there is a clinical condition related to those described in DSM-5 and ICD-10;
- When there is a danger of self-harm (suicidal tendency) and possible harm to others;
- When there is a family history;
- When the problem is persistent for a long time;

When does a Counsellor or Psychiatrist bring in a Religious Chaplain?

- Faith & religion seem very important for the client; God and religion feature much in the stories of the client;
- When in the background (cultural and family) of the client religion plays an important role;
- A religious ritual (such as confession) might alleviate the problem.

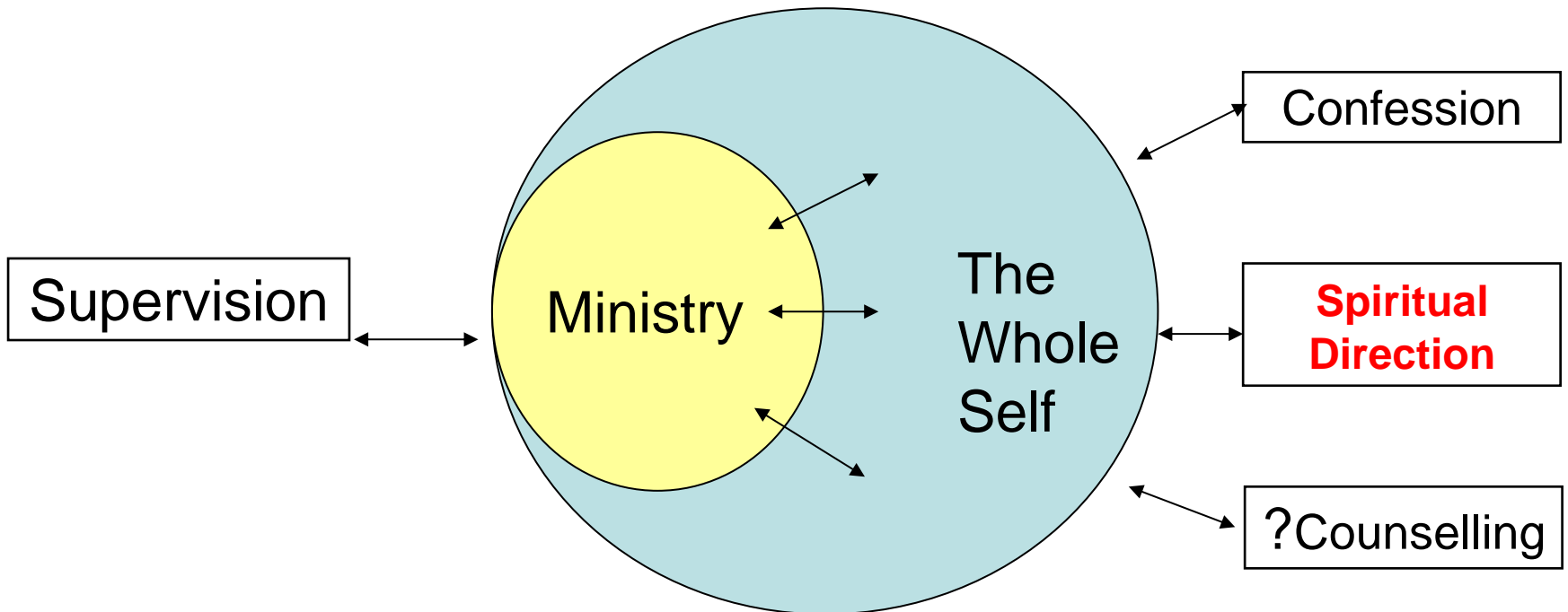
Handling God questions in the context of Counselling/Spiritual Direction

- The image of God might play an important role in individuals' wellbeing and functionality.
- It might be good for a counsellor living in a very religious (Christian) context to have a training in Spiritual Accompaniment.
- Handling God-questions:
 - Is this significant for you?
 - What is God like?
 - What does it feel like for you?

Barry, W. A., & Connolly, W. J. (2009). *The Practice of Spiritual Direction*. New York: Harper One.

Supervision

Figure 1: Supervision in relation to the Whole Self



For the purposes of Supervision

- A counsellor/psychotherapist might seek the services of a Spiritual Director/Chaplain;
- And a Spiritual Director/Chaplain might seek the services of a counsellor/psychotherapist.