PHI 815-22: History of the Integration of Religion and Society

Adam P. Robinson

Omega Graduate School

September 16, 2024

Professor

Dr. David Ward

Adam, great job on your Developmental Reading log for PHI 815-22!

Feedback by elements of Comments:

**Quote/Paraphrase:** Your sources and Quote/Paraphrases are well chosen as either seminal (if older), scholarly, relevant to your research focus, and recent. You chose relevant sources that were in line with research interests for this class. You found excellent research support for the benefit of integrating religion and well-being in mental health.

**Essential Elements:** You effectively identified which Course Essential Element from the Syllabus your selected readings were related to with the PHI 815...

1. Social Reforms

2. Religion & Society Integration Models

3. Christianity’s Influence on Society

4. Historical Methodologies

This connection to essential elements of each course is what enables students to pick their own readings, while being guided by the distinctive focus of each course.

**Additive/Variant Analysis:** Your Additive/Variant Analyses demonstrated critical thinking. You demonstrated faith-learning integration with insightful observations where religion and faith can contribute to mental health, healing, and flourishing.

**Contextualization:** Your Contextualizations showed relevant applications to your change-your-world calling. They made me look forward to your essay.

**Works Cited:** Your log adequately conforms to APA style but in your Works Cited note the following rules: 1. Book titles are to be in sentence case: Capitalize first letter of first word in the title and subtitle and any proper nouns. 2. Article titles are to be in sentence case.

Nice work! -- Prof. David Ward

**Source One:** Castillo, E. G. (2020). Community interventions to promote mental health and social equity. *Current Psychiatry Reports*, *21*(5), 1–14. <https://doi.org/10.1007/s11920-019-1017-0>

**Comment 1:**

**Quote/Paraphrase:** “There is evidence for the effectiveness of community interventions for improving mental health and some social outcomes across social-ecological levels. Studies indicate the importance of ongoing resources and training to maintain long-term outcomes, explicit attention to ethics and processes to foster equitable partnerships, and policy reform to support sustainable healthcare-community collaborations.” (Castillo, 2020).

**Essential Element:** Historical Methodologies

**Additive/Variant Analysis:** The article highlights the development of community interventions in mental health care. Historically, mental health care has often been institutionalized, and with limited community involvement. However, in recent times mental health has evolved towards community-based interventions encompassing social and ecological systems. The findings also indicate the need for ongoing resources and training for continuous support and adaptation for sustainable mental health care practices. The article also mentions the need for equitable partnerships and ethics in mental health which makes mental health inclusive to include collaborative and community-centered approaches. Additionally, there is emphasis on policy reforms to mitigate against barriers that hinder effective community-based mental health care practices to ensure a comprehensive framework for addressing mental health issues.

**Contextualization:**  The research historical perspective allows deeper insights and understanding of current practices and future directions with regards to mental health. Mental health care has shifted from institutions to integrated, community-based interventions. Historically, the initial implementation of community-based care was impacted by lack of resources and support systems, and this made it difficult to offer adequate mental care. As such, the article emphasizes the critical role played by availability of resources, training and policy reforms to address gaps in offering adequate mental health care. It also emphasizes the importance of equitable partnerships which includes faith communities. This historical methodology informs how faith communities can contribute to the development of sustainable mental health care that align with values of compassion, justice, and support for the vulnerable.

**Comment 2:**

**Quote/Paraphrase:** “Nearly 40% of jail and prison inmates self-report a history of mental illness, and this prevalence is higher among those with more arrests and time served in a correctional facility. Community interventions in collaboration with the criminal justice system are well positioned to address health disparities experienced by justice-involved populations and the vulnerabilities to justice involvement experienced by those with mental illness in the community.” (Castillo, 2020).

**Essential Element**: Social Reforms

**Additive/Variant Analysis:** This quote emphasizes the interrelationship between mental health and criminal justice system. It highlights the need for social reforms to mitigate against implications of mental health care among people who have been incarcerated. Research indicates that majority of people in correctional facilities have high prevalence of mental illness stemming from lack of support and resources. There is a need for collaboration between criminal justice system and community-based interventions to address these existing gaps in mental health care. The interventions propose alteration of the institutional processes which features the police and court processes to support people with mental health challenges by using an approach that understand the social determinants of health. Through this, community interventions are able to reduce vulnerabilities that lead to incarceration and improve overall mental health for people in criminal justice systems.

**Contextualization:** The focus on social reforms in mental health care is key to the creation of equitable and effective mental health care systems. Through collaboration with criminal justice system, community interventions are essential to understanding the root causes of mental health among people incarcerated. This aligns with the biblical principles of justice and care for the marginalized, which allows faith communities to work with local law enforcement and judicial systems to develop programs that offer mental health support and reduce repeat offenses. Through these interventions, and involvement of faith-based organizations – the social reforms get to play a critical role in promoting mental health and wellness.

**Source Two:** Frankl, V. E. (2013). *Man’s Search for Meaning: the classic tribute to hope from the Holocaust*. Ebury Digital.

**Comment 3:**

**Quote/Paraphrase**: "Even though conditions such as lack of sleep, insufficient food and various mental stresses may suggest that the inmates were bound to react in certain ways, in the final analysis it becomes clear that the sort of person the prisoner became was the result of an inner decision, and not the result of camp influences alone."

**Essential Element:** Christianity Influence on Society

**Additive/Variant Analysis:** Frankl’s insights demonstrate the power of decision making despite challenges, showing human resilience in extreme circumstances. As per this quote, it is evident that people have the capacity to retain a degree of free will in their decision-making process. This aligns with Christian teachings that emphasize principles of free will, personal responsibility and moral integrity. The author observation and experiences highlight the need for finding strength and ability to find meaning in challenging moments, which reflects Christian values of hope and perseverance. These concepts offer valuable lessons and insights that can inform approaches to mental health treatment based on Christian teachings and values.

**Contextualization:** Within the context of mental health and wellness, Frankl’s emphasis on power of making inner decisions shows the importance of fostering mental fortitude and personal responsibility. The ability to make decisions despite significant life challenges reflects the suffering and spiritual growth that dominates Christian teachings which can influence religious approaches to mental health. Ideally, faith-based communities can draw insights to support people coping with mental health by developing their inner strength and resilience which is based on biblical principles of hope and perseverance. These approaches to mental health can result to a holistic understanding of the wellbeing that includes spiritual and human experiences.

**Source Three:** Henri J M Nouwen. (2014). *The wounded healer: ministry in contemporary society*. Darton, Longman & Todd.

**Comment 4:**

**Quote/Paraphrase:** "Compassion is born when we discover in the center of our own existence not only that God is God and man is man, but also that our neighbor is really our fellow man."

**Essential Element:** Religion and Society Integration Models

**Additive/Variant Analysis:** Nouwen's reflection highlights the power of compassion. It is rooted in three perspectives: the nature of God, the nature of humanity, and our shared humanity with others. As per Christian teaching and values people should be empathetic and support each other. We need to understand that our neighbour are same as us, and therefore we should act with compassion and care to each other. These are the fundamental principles of social reforms and charitable works within the Christiona communities, which demonstrate the holistic process of how we should approach mental health and wellness.

**Contextualization:** Nouwen's insights to mental health and wellness indicate the need for compassionate approach to care. He advocated for compassion, and empathetic care through which people would feel supported and valued. In this context, faith-based communities can play a key role through embracing the principles of shared community in mental health interventions which aligns with the Christion values of love and care for one’s neighbour. Moreover, the quote epitomizes Nouwen’s ideas that led to the recognition of spirituality as a key factor in mental health and wellness. This perspective leads to strengthening of community relationships through supportive networks that enhance holistic mental wellness.

**Source Four:** Inauen, J., & Zhou, G. (2020). Health and Well‐Being in the Early Stages of the Covid‐19 Pandemic: Insights from Applied Psychology. *Applied Psychology: Health and Well-Being*. <https://doi.org/10.1111/aphw.12245>

**Comment 5:**

**Quote/Paraphrase:** The COVID-19 pandemic has highlighted the need for social reforms to address health disparities and improve access to mental health services.”

**Essential Element:** Social Reforms

**Additive/Variant Analysis:** The article discusses the importance of social reforms to help address gaps in mental health and wellness during the Covid-19 pandemic. During and post-covid pandemic period led to identification of key gaps with access to mental health services for the general population. The problem was exacerbated with the vulnerable and marginalized communities. As per the article, it was imperative for social reforms to ensure that everyone has equal access to mental health care regardless of the socioeconomic status. By addressing these gaps, the society contributes to a resilient and inclusive health care system that can address challenges posed by mental health issues and/or future crises.

**Contextualization:** The world over has a necessity to ensure mental health and wellness. To ensure there is capacity – social reforms are necessary as Covid-19 pandemic showed that existing health care systems are often inadequate and ill-equipped to address the needs of all persons mostly the marginalized and the vulnerable. In this case, the faith-based communities can play a key role in advocating for these reforms and supporting policies that improve access to mental health services. This promotes a just and equitable society as per Christian teachings and values. This approach ensures immediate health gaps are addressed and ensures long-term wellness and mental health of the society.

**Comment 6:**

**Quote/Paraphrase**: “Community support and social connections have been crucial for mental health during the pandemic, highlighting the importance of integrating social and religious support systems.”

**Essential Element:** Religion and Society Integration Models

**Additive/Variant Analysis:** The quote emphasizes the importance of community support and social connections for mental health. During the Covid-19 pandemic – it was evident that the social and religious systems had to support health agencies to ensure a comprehensive approach to mental health care. Religious communities often have strong social networks and offer a sense of belonging – which is key for mental wellness. Through combining religious communities with the broader social support systems, it leads a more comprehensive approach to mental health that address spiritual and social needs of persons.

**Contextualization:** To promote mental health and wellness, it is imperative to integrate efforts from social and religious systems. This is because they ensure a more coordinated and effective mental health interventions that encompasses religious and social needs. In this perspective, faith-based communities can offer a sense of belonging and support that is important to mental well-being. These organizations can work in tandem with other social support systems to offer a more comprehensive and inclusive approach to mental health care. This approach aligns with Christian teachings of compassion, love, and community – offering a more concerted effort to spiritual and social needs.

**Source Five:** Koenig, H. G. (2009). Research on Religion, Spirituality, and Mental Health: A Review. *The Canadian Journal of Psychiatry*, *54*(5), 283–291. <https://doi.org/10.1177/070674370905400502>

**Comment 7:**

**Quote/Paraphrase:** “Religious beliefs and practices can also comfort people who are fearful or anxious, increase sense of control, enhance feelings of security, and boost self-confidence (or confidence in Divine beings).”

**Essential Element:** Religion and Society Integration Models

**Additive/Variant Analysis:** The article emphasizes how religious beliefs and practices benefits people psychologically – as it offers them comfort, sense of control and security. It is important for integrating religion into societal models of mental health care which allows communities to have an elaborate way of addressing spiritual and psychological needs. Integrating religious practices into mental health interventions allows people to feel supported and confident, which contributes to overall wellness. This aligns with many religious teachings with emphasize principles of trust and faith.

**Contextualization:** In the context of mental health and wellness, it is beneficial to have a succinct relationship between religious beliefs and practices and mental health care. Faith communities can offer a calming and supporting environment where individuals can manage fear, and anxiety. Aligning with the principles of care and compassion, this helps to accommodate the spiritual and psychological needs. Moreover, by integrating religion into mental health care – communities have a support network for people.

**Comment 8:**

**Quote/Paraphrase:** “Many people suffering from the pain of mental illness, emotional problems, or situational difficulties seek refuge in religion for comfort, hope, and meaning. While some are helped, not all such people are completely relieved of their mental distress or destructive behavioural tendencies.”

**Essential Element:** Social Reforms

**Additive/Variant Analysis:** The article emphasizes the importance of religion for comfort and hope to individual with mental health challenges. Nonetheless, it also highlights for the need to ensure more interventions beyond religious practices to support people suffering from mental health. This insights champions for more integrative and collaborative care to ensure an effective and comprehensive mental health care system that addresses the diverse needs of individuals. As such, social reforms should ensure equal access to both spiritual and psychological support for better mental health care.

**Contextualization:** In the domain of mental health, it is important for combination of religious support with professional mental health services as it ensures creation of an effective care system. Faith communities can offer a stress-free environment with comfort and hope and ensure people have access to professional mental health services. Moreover, social reforms should ensure collaboration between these two social systems – the religious and healthcare systems to ensure resilient and sustainable mental health care.

**Source Six:** Monroy-Fraustro, D., Maldonado-Castellanos, I., Aboites-Molina, M., Rodríguez, S., Sueiras, P., Altamirano-Bustamante, N. F., de Hoyos-Bermea, A., & Altamirano-Bustamante, M. M. (2021). Bibliotherapy as a Non-pharmaceutical Intervention to Enhance Mental Health in Response to the COVID-19 Pandemic: A Mixed-Methods Systematic Review and Bioethical Meta-Analysis. *Frontiers in Public Health*, *9*. <https://doi.org/10.3389/fpubh.2021.629872>

**Comment 9:**

**Quote/Paraphrase:** “One of the main positive aspects of bibliotherapy is that it is a low-cost alternative that can reach those unable to access treatment during the COVID-19 pandemic; it is an integrative and multidisciplinary treatment that links psychology, medicine, humanities, and literature.”

**Essential Element:** Social Reforms

**Additive/Variant Analysis**: The article highlights the importance of bibliotherapy – as it encompasses psychology, medicine, humanities and literature to address mental health challenges. As a multidisciplinary approach it is beneficial as it can be used across a larger population, specifically those with limited support and resources. This aligns with the core element of social reforms which advocates for addressing health disparities and improving access to mental health care. Through implementation of bibliotherapy in a structured and elaborate way – it is feasible to promote positive mental health outcomes across the population. Therefore, this intervention can be a valuable resource during times of crisis allowing creation of equitable and inclusive mental health care systems.

**Contextualization:** Bibliotherapy is a great intervention that can be used to address mental health challenges which are common in the contemporary world. Faith based communities can play a key role in promoting and implementing this strategy as part of outreach mission to addressing mental health issues. Majority of these Churches own schools and training institutions which have access to literature which individuals can read to find comfort and meaning amidst mental health challenges. This aligns with the principles of compassion and support as advocated in most religious teachings and values. Therefore, faith-based organizations can contribute to social reforms by integrating bibliotherapy into mental health care systems to ensures better access and support for anyone suffering with mental health.

**Comment 10:**

**Quote/Paraphrase:** “Bibliotherapy is accessible to individuals who may be geographically or otherwise isolated; it is also a valuable form of treatment for those with limited economic resources and helps caregiving institutions to pay attention to larger groups with limited personnel”

**Essential Element:** Religion and Society Integration Models

**Additive/Variant Analysis:** The article highlights the importance of bibliotherapy as a valuable tool for assisting individuals with mental health challenges who have limited economic resources. It is also a private and accessible means – that can be used together with religious and social support systems for suffering persons. This tool can be used by Christian to support members – as it guarantees an opportunity to explore their mental health concerns through reading and reflection.

**Contextualization:** Within the context of mental health and wellness, bibliotherapy is a tool that aligns with the biblical teachings of empathy and support within the community. Faith-based communities can offer access to literature and discussion which encapsulates having a safe space to discuss and address mental health concerns. If bibliotherapy is used together within the outreach efforts emphasized by missions, the religious and social support organizations can support the mental health and contribute to the wellbeing of the communities.

**Source Seven:** Puffer, E. S., Green, E. P., Sikkema, K. J., Broverman, S. A., Ogwang-Odhiambo, R. A., & Pian, J. (2016). A church-based intervention for families to promote mental health and prevent HIV among adolescents in rural Kenya: Results of a randomized trial. *Journal of Consulting and Clinical Psychology*, *84*(6), 511–525. <https://doi.org/10.1037/ccp0000076>

**Comment 11:**

**Quote/Paraphrase:** “Beyond improving scalability, religiosity has been identified as a protective factor against sexual risk in some populations, including Kenyan adolescents, and local religious bodies are often trusted sources of social support and guidance on family relationships and sexual behavior.”

**Essential Element:** Christianity’s Influence on Society

**Additive/Variant Analysis:** The article pinpoints how religious institutions play a key role in social issues. In Kenya, religious organizations were identified as trusted sources for social support and guidance. This allowed them to significantly influence behaviours’ and promote positive social outcomes. In this case, the involvement of church-based institutions helped to offer guidance on family relationships and sexual behaviour which aligns with Christianity norms and practices. Using their influence and status, religious bodies have been able to contribute to the wellbeing of adolescents and support public health initiatives.

**Contextualization:** The influence of Christianity on the society is evident through the religious organizations. These organizations have been instrumental in advocating for healthy behaviours’ and offering social support. For Christion-based organizations they can address variety of social issues to ensure overall well-being of family members.

**Comment 12:**

**Quote/Paraphrase:** “Results suggest that READY holds promise as an approach to strengthen protective family processes that may prevent future negative outcomes for adolescents living in low-resource contexts. Implementation through religious congregations was feasible in this study and could be an effective and scalable delivery strategy for family-based and HIV prevention interventions.”

**Essential Element:** Social Reforms

**Additive/Variant Analysis:** The article also highlights the religious bodies played a critical role in interventions for social issues. The implications are that religious bodies are instrumental in social reforms. This is because they have existing infrastructure and trust within communities, which can be leverage to access larger populations for social issues interventions. As such, religious based organizations which advocate for the principles of togetherness and support – is imperative in addressing health issues and promote wellbeing among the vulnerable and marginalized.

**Contextualization:** The article demonstrates how religious congregations can be used to enhance the effectiveness of social issue interventions. Their structure focuses on promoting better family relationships and preventing negative social outcomes – which aligns with biblical teachings of care, love, and support. Therefore, they play a crucial role in promoting spiritual and practical needs. As such, when religious organizations advocate and participate in social reforms they effectively contribute to the overall wellbeing in the communities. This collaborative approaches to social issues, demonstrate that Christian organizations play an important role in mental health efforts, leading to positive mental health outcomes and wellness.

**Works Cited**

Castillo, E. G. (2020). Community interventions to promote mental health and social equity. *Current Psychiatry Reports*, *21*(5), 1–14. <https://doi.org/10.1007/s11920-019-1017-0>

Frankl, V. E. (2013). *Man’s Search for Meaning: the classic tribute to hope from the Holocaust*. Ebury Digital.

Henri J M Nouwen. (2014). *The wounded healer: ministry in contemporary society*. Darton, Longman & Todd.

Inauen, J., & Zhou, G. (2020). Health and Well‐Being in the Early Stages of the Covid‐19 Pandemic: Insights from Applied Psychology. *Applied Psychology: Health and Well-Being*. <https://doi.org/10.1111/aphw.12245>

Koenig, H. G. (2009). Research on Religion, Spirituality, and Mental Health: A Review. *The Canadian Journal of Psychiatry*, *54*(5), 283–291. <https://doi.org/10.1177/070674370905400502>

Monroy-Fraustro, D., Maldonado-Castellanos, I., Aboites-Molina, M., Rodríguez, S., Sueiras, P., Altamirano-Bustamante, N. F., de Hoyos-Bermea, A., & Altamirano-Bustamante, M. M. (2021). Bibliotherapy as a Non-pharmaceutical Intervention to Enhance Mental Health in Response to the COVID-19 Pandemic: A Mixed-Methods Systematic Review and Bioethical Meta-Analysis. *Frontiers in Public Health*, *9*. <https://doi.org/10.3389/fpubh.2021.629872>

Puffer, E. S., Green, E. P., Sikkema, K. J., Broverman, S. A., Ogwang-Odhiambo, R. A., & Pian, J. (2016). A church-based intervention for families to promote mental health and prevent HIV among adolescents in rural Kenya: Results of a randomized trial. *Journal of Consulting and Clinical Psychology*, *84*(6), 511–525. <https://doi.org/10.1037/ccp0000076>