**Course Learning Journal**

Loretta Evans

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

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**Introduction**

In "PHI 815-22: History of the Integration of Religion and Society," students study religious and social relationships throughout history. The course examines how these elements affect cultures, ethics, and behavior. This study is relevant to my master's degree since it offers a critical perspective on how religion affects many parts of life, including psychological well-being.   
Religious conviction and mental wellness are crucial to my job. Religious impacts on mental health practices must be understood to understand current difficulties. For instance, religious beliefs on mental health issues have long influenced how individuals think about and treat them.   
This course emphasizes the role of spirituality and religion in holistic well-being, which mental health therapy increasingly recognizes. Mental health practitioners may benefit from knowing about various faiths' viewpoints to include them into patient therapy. This data is vital for promoting mental health compassion and ensuring therapy respects ethnic and religious origins. This curriculum has prepared me for the complicated issues of mental health therapy, which has helped my schooling and profession.

**Personal Growth**

This lecture was formative because it helped me rethink religion and culture. My awareness of religion's significance in mental health was first restricted to modern applications. However, the course's emphasis on historical views helped me comprehend how religious beliefs have affected mental health norms throughout time. The semester's texts showed religious mental health viewpoints' evolution. I gained insight into mental illness by learning about other faiths' moral and spiritual perspectives. Example: mental illness. It has long been associated with divine displeasure or possession. This shows how pervasive mental illness stigma and ignorance are throughout time and place. Looking at mental health treatment via this historical prism made me reconsider the status quo and industry views. Training made me a better analyzer and critic. I now understand how religious narratives and cultural standards normalize or stigmatize mental health illnesses. Active involvement in class discussions and written assignments helped me improve my concept synthesis and informed criticism on mental health treatments. Having a thorough grasp of problems would help my mental health academic and professional career.

This lecture made me realize how vital cultural competence is in mental health treatment. By studying religion and culture throughout history, we can better understand the need of listening to and considering other opinions. This reflection is needed to provide appropriate spiritual and religious treatment to each patient. I've found that mental health care that considers beliefs is more thorough and successful.

**Reflective Entry**

I now realize that this education prepared me for mental health success. I prioritize learning how mental health clinicians might include patients' religious and spiritual values into treatment regimens. Spirituality's role in mental health is becoming more widely recognized. I'm learning that mental health professionals must respect their patients' religious and spiritual traditions.   
I also think about the moral issues this merger raises. How can mental health professionals treat patients based on data without considering religion or philosophy? Given this problem, mental health practitioners need continuing cultural competency and ethics training. I must address these issues if I want my future healing practice to honor both science and spirit.   
This lesson has also made me consider how various faiths have stigmatized mental illness. Now that I understand the context, I want to promote mental health education and awareness among religious groups. Mental health stigma must be addressed to make those with these issues feel more welcome. My newfound fascination has led me to investigate how I may contribute to these debates through community outreach, educational seminars, or religious alliances.

**Conclusion**

I can say that this course has altered my life by helping me achieve my personal, academic, and career goals. This seminar helped me understand how mental health procedures have changed over time, which has helped my profession. This information will help me give competent, empathetic, and respectful treatment to patients in my future mental health career. This curriculum has increased my religious desire to include spirituality into mental health therapy. Now that I understand religion's pros and cons, I approach mental health therapy with more insight. If my professional and spiritual goals align, I can serve my patients holistically. This training increased my analytical and thinking abilities, which will help me solve complicated mental health therapy challenges. It taught me to think critically and ask tough questions, which are essential to my career and academic success. I think this class prepared me for a mental health career by helping me comprehend religion and culture.