

SOPP

Religious/Spiritual Strengths Organized Religion/Spirituality Personal Religion/Spirituality Problems with Religion/Spirituality

Screening Questions

For some people, their religion or spirituality are a source of strength and comfort in dealing with life's challenges. Are they for you?

If no: Were they ever?

If both answers are no, ask about personal beliefs and practices (without using religious/spiritual in question)

Do you have any beliefs or practices that help you cope with difficulties or stress?

If yes, continue interview using client's terminology (e.g., specific personal or religious or spiritual beliefs and practices)

Strengths: Religious/Spiritual Strengths and Coping Resources

How does religion/spirituality support your well-being and mental health?

Do you have spiritual beliefs that help you cope with stress?

Can you give a recent example of how religion/spirituality helped you with a recent challenge or problem?

Organized Religion

Do you belong to a religious/spiritual community (church, temple, mosque or other place of worship)? Does it support your well-being and mental health? How?

Is there a group of people you really love or you engage with on a regular basis such as at your yoga studio, dojo, choir, bible study group?

If you don't have a community, would you like to find one?

Personal Religion/Spirituality

Do you have any personal religious or spiritual beliefs or practices that you do on your own and find helpful (e.g., prayer, meditation, reading scripture, listening to music, walking in nature)?

An altar in your home or room to honor deceased family members?

Pets, a gardening area, access to nature?

Problems: Religious/Spiritual Problems

Does what is happening to you now change your relationship to God /or to your spirituality? (closer to God, more distant, no change)

What aspects of your religious community and their beliefs are helpful and not so helpful to you?

Do you feel you have spiritual needs in your life that are not being met?