

Let's Unpack This: Supervising Religious Counselors Working with Religious Trauma

Nicole Taylor, Ed.S, LPC

Liberty University

PhD in Counselor Education and Supervision



About Me

- ❖ I am a licensed professional counselor and approved supervisor for the Virginia Board of Counseling
- ❖ My post-master's research has focused on religious trauma, particularly within marginalized communities.
- ❖ I have experience providing counseling to individuals who have experienced religious trauma and abuse and are unsure of how to navigate ongoing religious practices or have no interest in participating in organized religion.
- ❖ I do not experience burnout when working with individuals with multicultural differences, including religious upbringing.



Learning Objectives

1

This presentation aims to increase conversation regarding the preparation of religious counselors to provide therapy to individuals who have experienced religious trauma.

2

This presentation aims to help attendees evaluate the personal application of person-centered supervision techniques.

3

This presentation aims to increase dialogue regarding the relationship between multicultural differences and adherence to ethical codes within the supervisory relationship.



What's the Research?

- ❖ What is religious trauma?
 - ❖ (Cashwell & Swindle, 2018; Keller, 2016)
- ❖ Treating trauma often fosters existential questions
 - ❖ (Cashwell & Swindle, 2018; Hardiman & Simmonds, 2013)
- ❖ Self-awareness and monitoring are essential
 - ❖ (Angelos & Baggs, 2023; Cashwell & Swindle, 2018)
- ❖ Multiculturalism and ethics
 - ❖ (Singh et al., 2020, Smith et al., 2019)



Multiculturalism & Ethics

- ❖ American Counseling Association (ACA) Code of Ethics
- ❖ Council for Accreditation of Counseling and Related Education Programs (CACREP)
- ❖ Association for Spiritual Ethical and Religious Values in Counseling (ASERVIC)

- ❖ This is an ongoing process throughout the counseling career.

(Singh et al., 2020, Smith et al., 2019)



Ethical Dilemmas and Burnout

- ❖ Spiritual well-being and burnout
 - ❖ (Hardiman & Simmonds, 2013)
- ❖ Religious conflict in session
 - ❖ (Cashwell & Swindle, 2018)



“While the changed worldview may be inevitable, the resulting feelings of despair do not have to be. Just as clients move from victims to survivors of trauma, so, too, must their therapists, and supervision has a critical role to play in this regard.”

(Knight, 2004, p. 93)



Person-Centered Supervision

- ❖ Provides a warm, non-judgmental environment
 - ❖ (Callifronas & Nina, 2017; Cashwell & Swindle, 2018)
- ❖ Reduces supervisee burnout
 - ❖ (Iosim et al., 2021; Nordbøe & Enmarker, 2017)
- ❖ How can you incorporate this into your supervision style?



What's Next?

- ❖ Counselor education programs
 - ❖ (Minert et al., 2020)
- ❖ Additional professional discourse
 - ❖ (Smith et al., 2019)

- ❖ More research is needed



Questions?

Contact Me!



ntaylor7@liberty.edu



www.tayloredcounselingservices.com



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