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Nota di contenuto	1. Introduction -- Part 1: Theory and Background -- 2. Spirituality – what is it? -- 3. Experiences from the field -- 4. Spirituality in intercultural family therapy -- 5. Hindrances for including spirituality in therapy -- Part 2: Practice and Competence -- 6. Making room for spirituality -- 7. Developing spiritual literacy in dialogical practice -- 8. A map of spiritual literacy -- 9. Some concluding remarks.

Spirituality has offered people across cultures and continents a source of comfort and meaning for millennia and is closely connected to the human body through our emotions, our behaviour and our relationships. The concept today is considered broader than religion and can encompass our innate need for love, hope, values and direction in life. While spiritual belief can foster recovery and resilience in times of crisis, spiritual distress can also contribute to physical, emotional and relational problems. Despite its relevance, most family therapists are not trained to incorporate spiritual and religious issues in therapy. Based on the author's extensive research on this topic, this book offers an overview of current theory as well as practical elements designed to help practitioners develop their spiritual literacy in their work with clients. Åse Holmberg is Associate Professor in Family Therapy and Systemic Practice at VID Specialised University, Oslo. She completed her PhD on family therapy and spirituality in 2017 and has developed a course on this topic. She has been practising as a family therapist for over ten years. Per Jensen is Professor Emeritus in Family Therapy and Systemic Practice at VID Specialised University, Oslo. He gained his doctorate from the Tavistock Centre in London and is a member of the Taos Institute in Ohio, USA.

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