

## SPIRITUALITY AND RELIGION IN 21<sup>ST</sup> CENTURY MENTAL HEALTH: A GLANCE AT CURRENT SCHOOLS OF VIEWS AND OPINIONS

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**Introduction:** Religion and Spirituality have a close relationship with mental health throughout human history. However in the 21<sup>st</sup> century, post-modern world their roles has attracted attention and debate in the context of clinical practice.

**Aims:** The aim of the presentation is to reflect on the understanding of spirituality and religion in the post-modern world with their relevance to mental health and to explore the current opinions and views in their clinical application.

**Objectives:** To present the two conflicting school of views in their clinical use. To identify training needs in psychiatric curriculum with respect to the above.

**Method:** A comprehensive literature search on the subject of Spirituality and Religion in mental health was carried out. Different schools of opinions were identified and their positives and negatives was analysed. A questionnaire was compiled to highlight the important areas of conflicts in clinical practice (useful religious practices, boundaries, self-disclosure, etc) A survey was sent out online via the surveymonkey website. The results were collated and analysed for trends.

**Conclusions:** It is only intuitive to link mental health with Spirituality and Religion. However it is crucial to identify the spiritual and religious beliefs of the patient and use it effectively in their care plan.

Clinician to be aware of his own prejudices and how this might affect his practices.

It is important to separate from Religion and Spirituality, though overlapping, they are diverse and unique to every individual.

To differentiate clinical practice and research evidence. Clearer guidance and better training advocated for practice.