

**Annette Haußmann**

Dipl. theol. / Dipl. psych.

Ludwig-Maximilians-Universität

München

Evangelisch-Theologische Fakultät

Lehrstuhl für Praktische Theologie

Telefon +49 (0)89 2180-2864

annette.haussmann@lmu.de

Postanschrift

Geschwister-Scholl-Platz 1

80539 München

Spirituality and meaning in life – Pastoral Care and Cognitive Behavioral Therapy (CBT) in dialogue

Interdisciplinary conference**14th -15th february 2019****LMU Munich, Faculty of Protestant Theology**

Cognitive behavioural therapy (CBT) is the most common treatment for mental illnesses nowadays as one of three accredited methods in psychotherapy in Germany. In protestant pastoral care this group of psychotherapy is a mostly neglected area and only mentioned by a few scholars and practitioners recently. Although the ambition of postmodern pastoral care approaches is, to take different directions of psychotherapy into account including their critical reflection, this is largely not the case for CBT. Much more attention is usually given to psychoanalytical, depth psychology or systemic approaches – a new perspective and new ideas are needed. At a higher level, the two disciplines of pastoral care and CBT are connected within the sphere of a dialogue between psychology and theology.

Currently, religion and spirituality and meaning making are getting attention in different fields of research and practice in an interdisciplinary field: psychology of religion, empirical research, spirituality and religion in therapeutic interventions but also religious topics in pastoral care are important topics from different viewpoints. Some approaches in psychotherapy are integrating the potentials and conflicts around religion, spirituality or meaning in life as part of the intervention, such as mindfulness, schema therapy or DBT. SO far, only few publications in pastoral care even mention new developments in psychotherapy and try to capture their potential to further develop pastoral care approaches. On the other hand, only few practitioners in psychotherapy are familiar with pastoral care in theory and practice and a better dialogue between the disciplines, but also between theory and practice is needed.



LUDWIG-
MAXIMILIANS-
UNIVERSITÄT
MÜNCHEN



The upcoming conference will address topics as the following:

- Historical developments between CBT and pastoral care, understanding distance and closeness, similarities and distance.
- Theoretical understanding of religion, spirituality and meaning: basics in terminology and phenomenology for a dialogue
- What can both disciplines learn from each other in theory and practice?
- Different approaches to integrate religion, spirituality and meaning into therapy or pastoral care and their implications and professional requirements
- New methods in CBT and in pastoral care: how to learn from new developments?
- Requirements for professional training and qualification
- Contexts of society, health care system, culture and politics: how they influence and shape the dialogue between CBT and pastoral care, psychology and theology.
- Empirical knowledge and practical experience in integrating religious and spiritual issues in different contexts like the hospital, ambulant health care and everyday pastoral care from different professional perspectives

The aim of the conference will be to focus on the interdisciplinary dialogue linking theory and practice. A publication of talks and papers is planned for 2019.

Call for PAPERS:

Abstract max. 500 words, describing professional and research background, aim and argumentation of the paper. Please also add your contact details. The submitted abstracts will be reviewed and selected for the conference.

Please send your abstracts until **15.7.2018** at annette.haussmann@lmu.de

The conference is organized by

Annette Haußmann (LMU München) <http://www.pt1.evtheol.uni-muenchen.de/personen/haussmann/index.html>

PD Dr. Rainer Höfelschweiger (Augustana-Hochschule, Neuendettelsau) <http://augustana.de/forschung-lehre/praktische-theologie/privatdozierende.html>

Wir freuen uns auf Beiträge und Teilnehmende!

The project is funded by the LMU Munich and the Protestant Lutheran Church of Bavaria. Contributors can be supported with travel and accommodation expenses.