

Spirituality and Counseling in Rural Communities: A broad based narrative of education and
advocacy in spiritual counseling

Kristopher Garza

Texas A & M

Introduction

Spirituality in the mental health profession could be used as a tool to promote better living to all patients involved; especially in rural parts of the United States. Cashwell and Young (2005) “observed that spirituality is difficult to define, given that it is both universal and highly personal” (as cited in Gill, Minton & Myers, 2010). Myers and Gill (2004) defined spirituality wellness as “a continuing search for purpose and meaning in life; an appreciation for depth of life, the expanse of the universe, and natural forces which operate; a personal belief system” (p11). This article will examine the challenges to introduce spirituality as a tool to aid with mental health patients in rural communities with understanding counselor education and counselor advocacy.