

## Required and Recommended Reading

### Required Reading:

#### **Spirituality and Health Research: Methodology, Measurement, Analyses, and Resources**

(Templeton Press, 2011)

This book gathers together a lifetime of professional experience into a practical one-stop reference on designing and executing new studies in this exciting field. This volume reviews what research has been done, discusses the strengths and limitations of that research, provides a research agenda for the future that highlights the most important studies that need to be done to advance the field, and describes how to actually conduct that research. It also covers practical matters such as how to write fundable grants to support the research, where to find sources of funding support for research in this area, and what can be done even if the researcher has little or no funding support. The information gathered together here, which has been reviewed for accuracy and comprehensiveness by research design and statistical experts, has been acquired during a span of over thirty-five years that Dr. Koenig has spent conducting research, reviewing others' research, reviewing research grants, and interacting with mainstream biomedical researchers both within and outside the field of spirituality and health. The material is presented in an easy to read and readily accessible form that will benefit researchers at almost any level of training and experience. Length: approximately 500 pages

(<https://www.templetonpress.org/books/spirituality-and-health-research>)

### Recommended Reading:

#### **Religion and Mental Health: Research and Clinical Applications** (Academic Press, 2018)

This book is Dr. Koenig's latest review of the research on religion, spirituality and mental health, and the clinical applications of this research. It is the most comprehensive examination of this subject to date

(<https://www.amazon.com/Religion-Mental-Health-Research-Applications/dp/0128112824/>).

#### **Handbook of Religion and Health** (Oxford University Press, 2001; 2012; 2023)

The 2001 edition (1<sup>st</sup>) was a comprehensive review of history, research, and discussion of religion and health through 2000. Its 35 book chapters span mental and physical health, from well being to depression to immune function, cancer, heart disease, stroke, chronic pain, disability, and others. Appendix lists 1200 separate scientific studies on religion and health that are reviewed and rated on 0-10 scale and followed by 2000 references and extensive index for rapid topic identification. The 2012 second edition of the Handbook updated all of the research covered from 2000 to 2010. The 2023 edition with 34 chapters is the most extensive version to date, covering the best research up through 2021. This is the most cited of all references (books, book chapters, and peer review articles) on religion and health. Length: the 2023, 3<sup>rd</sup> ed, is nearly 600,000 words (over 1100 pages and 5 pounds in weight).

#### **Religion and Recovery from PTSD** (Jessica Kingsley publishers, December 19, 2019)

From the publisher: "This volume focuses on the role that religion and spirituality can play in recovery from post-traumatic stress disorder (PTSD) and other forms of trauma, including moral injury. Religious texts, from the Bible to Buddhist scriptures, have always contained passages

that focus on helping those who have experienced the trauma of war. Many religions have developed psychological, social, behavioral, and spiritual ways of coping and healing that can work in tandem with clinical treatments today in assisting recovery from PTSD and moral injury. In this book the authors review and discuss systematic research into how religion helps people cope with severe trauma, including trauma caused by natural disasters, intentional interpersonal violence, or combat experiences during war. They delve into the impact that spirituality has in both the development of and recovery from PTSD. Beyond reviewing research, they also use case vignettes throughout to illustrate the very human story of recovery from PTSD, and how religious or spiritual beliefs can both help or hinder depending on circumstance. A vital work for any mental health or religious professionals who seek to help people dealing with severe trauma and loss.” Available for \$29.95 at <https://www.amazon.com/Religion-Recovery-PTSD-Harold-Koenig/dp/1785928228/>.

### **Handbook of Spirituality, Religion, and Mental Health**

(Academic Press, 2020)

From the publisher: “Research has indicated that spiritual and religious factors are strongly tied to a host of mental health characteristics, in both positive and negative ways. That body of research has significantly grown since publication of the first edition of this book 20 years ago. The second edition of the *Handbook of Spirituality, Religion and Mental Health* identifies not only whether religion and spirituality influence mental health and vice versa, but also how, why, and for whom. Hence 100% of the book is now revised with new chapters and new contributors. Contents address eight categories of mental disorders, as well as other key aspects of social, emotional, and behavioral health.” Available for \$34.98 (paperback) at <https://www.amazon.com/Handbook-Religion-Mental-Health-Rosmarin/dp/0128167661>.

### *2017 Religion and Mental Health Book Series*

#### **Protestant Christianity and Mental Health: Beliefs, Research, and Applications**

This book is for mental health professionals, clergy, researchers, and laypersons interested in the relationship between religion, spirituality and mental health in Protestant Christians. A concise description of Protestant beliefs, practices, and values is followed by a review of research conducted in Protestant-majority Christian populations, and then by recommendations for practice based on research, clinical experience, and common sense. The author is a physician researcher who has spent over 30 years investigating the relationship between religion and health, and directs Duke University’s Center for Spirituality, Theology and Health. He is also a clinician who for decades has treated clients with a wide range of emotional disorders using a faith-based approach. In this well-documented and highly cited volume, he brings together over 100 years of research that has examined how religious faith impacts the mental health of those who call themselves Christians, and explains what this means for those who are seeking to provide hope, meaning, and healing to members of this faith tradition.

<https://www.amazon.com/dp/1544642105/> (\$7.50)

#### **Catholic Christianity and Mental Health: Beliefs, Research, and Applications**

This book is for mental health professionals, clergy, researchers, and laypersons interested in the relationship between religion, spirituality and mental health in Catholics. A concise description of Catholic beliefs, practices, and values is followed by a review of research conducted in Catholics, and then by recommendations for practice based on research, clinical experience, and

common sense. The author is a physician researcher who has spent over 30 years investigating the relationship between religion and health, and directs Duke University's Center for Spirituality, Theology and Health. He is also a clinician who for decades has treated clients with a wide range of emotional disorders using a faith-based approach. In this well-documented and highly cited volume, he brings together over 100 years of research (from Durkheim onward) that has examined how religious faith impacts the mental health of those who call themselves Catholics, and explains what this means for those who are seeking to provide hope, meaning, and healing to members of this faith tradition.

<https://www.amazon.com/dp/1544207646/> (\$7.50)

### **Judaism and Mental Health: Beliefs, Research, and Applications**

This book is for mental health professionals, clergy, and researchers interested in the relationship between religion, spirituality and health in Judaism. A concise description of Jewish beliefs and practices is followed by a systematic review of the research literature, and then by recommendations for clinical practice based on the research findings. The author is a physician researcher who has spent over 30 years investigating the relationship between religion and health, and directs Duke University's Center for Spirituality, Theology and Health. He is also a clinician who for decades has treated clients with a wide range of emotional disorders using a faith-based approach. In this well-documented and highly cited volume, he brings together over 50 years of research that has examined how religious faith impacts the mental health of those who call themselves Jews, and explains what this means for those who are seeking to provide hope, meaning, and healing to members of this faith tradition.

[https://www.amazon.com/dp/154405145X](https://www.amazon.com/dp/154405145X/) (\$7.50)

### **Islam and Mental Health: Beliefs, Research, and Applications**

This book is for mental health professionals, clergy, researchers, and laypersons interested in the relationship between religion, spirituality and mental health in Muslims. A description of Islamic beliefs, practices, and values is followed by a systematic review of research conducted in Muslim populations, and then by recommendations for practice based on research, clinical experience, and common sense. The authors are physician researchers who have spent over 30 years practicing medicine and investigating the relationship between religion and health in Muslim populations. Dr. Koenig directs Duke University's Center for Spirituality, Theology and Health, and Dr. Al Shohaib is a professor of medicine and nephrologist at King Abdulaziz University in Jeddah, Saudi Arabia. Both are clinicians who for decades have treated patients with a wide range of physical and emotional disorders using a faith-based approach. In this volume, which is well-documented and highly cited, they bring together over 50 years of research that has examined how religious faith impacts the mental health of Muslims, including original research on well-being and happiness in Muslims that has not been reported elsewhere. The authors explain what these findings mean for those who are seeking to provide hope, meaning, and healing to members of this faith tradition.

<https://www.amazon.com/dp/1544730330/> (\$7.50)

### **Hinduism and Mental Health: Beliefs, Research, and Applications**

This book is for mental health professionals, clergy, researchers, and laypersons interested in the relationship between religion, spirituality and mental health in Hindus. A description of Hindu scriptures, beliefs and practices is followed by a systematic review of research conducted in

Hindu populations, and then by recommendations for practice based on research, clinical experience, and common sense. The author is a physician researcher who has spent over 30 years investigating the relationship between religion and health, and directs Duke University's Center for Spirituality, Theology and Health. He is also a clinician who for decades has treated clients with a wide range of physical and emotional disorders using a faith-based approach. In this volume, which is well-documented and extensively cited, Dr. Koenig bring together over 50 years of research that has examined how religious faith impacts the mental health of Hindus, and includes original research on current religious practices in Hindus and their relationship with well-being that has not been reported elsewhere. He concludes by explaining what these findings mean for those who are seeking to provide hope, meaning, and healing to members of this faith tradition.

<https://www.amazon.com/dp/1544730330/> (\$7.50)

### **Buddhism and Mental Health: Beliefs, Research, and Applications**

This book is for mental health professionals, clergy, researchers, and laypersons interested in the relationship between religion, spirituality and mental health in Buddhists. A description of the life of the Buddha, original Buddhist scriptures, beliefs and practices is followed by a systematic review of research conducted in Buddhist populations, and then by recommendations for practice based on research, clinical experience, and common sense. The author is a physician researcher who has spent over 30 years investigating the relationship between religion and health, and directs Duke University's Center for Spirituality, Theology and Health. He is also a clinician who for decades has treated clients with a wide range of physical and emotional disorders using a faith-based approach. In this volume, which is well-documented and extensively cited, Dr. Koenig bring together over 50 years of research that has examined how religious faith impacts the mental health of Buddhists, including original research not reported elsewhere on current religious beliefs and practices of Buddhists and their relationship with well-being. He concludes by explaining what these findings mean for those who are seeking to provide hope, meaning, and healing to members of this faith tradition.

<https://www.amazon.com/dp/1545234728/> (\$7.50)

### **Optional Reading:**

*Spirituality in Patient Care, 3rd Edition.* Templeton Press (2013)

This landmark handbook for health professionals interested in identifying and addressing the spiritual needs of patients has been significantly revised and expanded. Over the past five years, since the first edition was written, there has been increased research on the relationships among religion, spirituality, and health, and further discussions on the application of these findings to clinical practice. Every section of the book has been re-written and updated with current research. "I think this version will be my most important contribution to the field of spirituality and health," says Dr. Koenig. "Every bit of what I know about the integration of spirituality into clinical practice, learned over twenty years, is contained in this book." Koenig addresses the whys, hows, whens, and whats of patient-centered integration of spirituality into patient care, including details on the health-related sacred traditions for each major religious group. He provides healthcare professionals with the training necessary to screen patients sensitively and competently for spiritual needs, begin to communicate with patients about these issues, and learn when to refer patients to trained spiritual-care professionals who can competently address spiritual needs. New sections specifically address mental-health professionals, nurses, chaplains

and pastoral counselors, social workers, and occupational and physical therapists. A ten-session model course curriculum on spirituality and healthcare for medical students and residents is provided, with suggestions on how to adapt it for the training of nurses, social workers, and rehabilitation specialists. To order, go to website:

<http://www.templetonpress.org/book/spirituality-patient-care>

Length: 344 pages

*Medicine, Religion and Health.* Templeton Press (2008)

Dr. Koenig discusses research on religion, spirituality and health (including both mental and physical health). To order, go to website:

[http://www.templetonpress.org/book.asp?book\\_id=124](http://www.templetonpress.org/book.asp?book_id=124)

Length: 240 pages

*Health and Well-being in Islamic Societies.* Springer (2014)

Muslim beliefs and practices based on the Qu'ran and Hadith are outlined in detail, as are health-related Islamic practices and moral standards. Christian beliefs and health-related practices are also summarized, and both differences and similarities to Muslim beliefs and practices are examined. After summarizing research on religiosity and health in Christians, the core of the book focuses on research on religiosity and health in Muslim populations and compares the health of Muslims with that of other religious groups. Topics covered include mental disorders (depression, suicide, anxiety, psychosis, alcohol and drug abuse/dependence), positive emotions (well-being, happiness, optimism, hope, sense of control), personality traits (extraversion, neuroticism, agreeableness, etc.), social factors (marital stability, social support, social capital), health behaviors (exercise, diet, weight, smoking), and physical health (heart disease, hypertension, stroke, dementia, immune function, endocrine function, diabetes, cancer, overall mortality, etc.). This is the first comprehensive review of research on religion and health in Muslim populations. The book concludes with applications for clinical practice and the need for cooperation between Muslims and Christians for the purposes of enhancing public health.

Available for \$63.99 at: <http://www.amazon.com/Health-Well-Being-Islamic-Societies-Applications/dp/331905872X>.

Length: 361 pages

**Christianity and Psychiatry** (Springer, 2021)

This book aims to help readers appreciate the many-faceted relationship between Christianity, one of the world's major faith traditions, and the practice of psychiatry. Chapter authors in this book first consider challenges posed by historical antagonisms, church-based mental health stigma, and controversy over phenomena such as hearing voices. Next, others explore both how Christians often experience conditions such as mood and psychotic disorders, disorders in children and adolescents, moral injury and PTSD, and ways that their faith can serve as a resource in their healing. Twelve Step spirituality, originally informed by Christianity, is the subject of a chapter, as are issues raised for Christians by disability, death and dying. A set of chapters then focuses on the state of integration of Christian beliefs and practices into psychotherapy, treatment delivery, educational programming, clergy/clinician collaboration, and treatment by a non-Christian psychiatrist. Finally, there are chapters by a mental health professional who has been a patient, a Jewish psychiatrist, a Muslim psychiatrist knowledgeable about Christianity and psychiatry in the Muslim majority world, and a Christian

psychiatrist. These chapters provide context, diversity and personal perspectives. Available in paperback for \$119.99 at <https://www.amazon.com/Christianity-and-Psychiatry/dp/303080853X>.

### **Other Interesting but Less Essential Books**

*You Are My Beloved. Really?* (Amazon: CreateSpace, 2016)

From the author: “The best of any book that I’ve ever written.” From the publisher: “How does God feel about us? Are we his beloved, as some claim? Or is this just fantasy and wishful thinking? The author, a psychiatrist and medical researcher, examines the evidence for God’s love from Christian, Jewish, Muslim, Buddhist and Hindu perspectives based largely on the sacred scriptures from these traditions. Not a theologian, the author draws from his 30 years in clinical practice, his research background, and his personal life in taking a practical approach to the subject. Those of any age with an open mind -- especially if going through hard times -- will find this book enlightening, inspiring, and possibly healing. Written for Christians, non-Christians, those who are religious, those who are spiritual, and those who are neither.” Dedicated to Veterans and active duty Service Members. Planning to use this version in a future clinical trial examining spirituality-oriented cognitive processing therapy for moral injury in PTSD; however, it is written for a much broader audience than those with PTSD. Compact paperback version (6 x 4 inches, with illustrations) available for \$8.78:

<https://www.amazon.com/You-are-My-Beloved-Really/dp/1530747902/>

*Hope & Healing for Those with PTSD* ((Amazon: CreateSpace, August 2018)

This little book is for those who have been dealing with a condition called posttraumatic stress disorder (PTSD) and for members of their family. As a psychiatrist and mental health research scientist for more than 30 years, I’ve been struck by how many of those with PTSD are not being treated adequately for this disorder (and why more than 50% of persons with disorder continue to suffer with it despite treatment). For that reason, I’ve written this book to help inform those with PTSD about the disorder and the best available treatments today. I describe here what PTSD is, the causes for it, and protective factors. I also examine its relationship to moral injury, a separate condition that often accompanies PTSD and interferes with recovery. I then focus on the best evidenced-based treatments for PTSD today -- psychological, medical/pharmacological, and especially, religious or spiritual. If you are someone with PTSD or a family member, you will know a lot more about this disabling disorder and how to deal with it after reading this book. Hope and healing are just around the corner. Available for \$5.38:

<https://www.amazon.com/Hope-Healing-Those-Harold-Koenig/dp/172445210X>

*Faith in the Future: Healthcare, Aging and the Role of Religion.* Templeton Press (2004)

This book presents a compelling look at one of the most serious issues in today’s society: healthcare in America. How will we provide quality healthcare to older adults who will need it during the next 30-50 years? Who will provide this care? How will it be funded? How can we establish systems of care now to be in place as demographic and health-related economic pressures mount? Alongside the sobering reality of the challenges our country faces, there are reasons for optimism. Innovative programs created and maintained by volunteers and religious congregations are emerging as pivotal factors in meeting healthcare needs. Summarizing decades of scientific research and providing numerous inspirational examples and role models, the

authors present practical steps that individuals and institutions may emulate for putting faith into action. Length: 200 pages

*The Link between Religion and Health: Psychoneuroimmunology and the Faith Factor.* Oxford University Press (2002)

Edited volume (15 chapters) examines the role of psychoneuroimmunology as an explanation for the link found between religion and physical health. Leaders in psychoneuroimmunology discuss their respective areas of research and how this research can help elucidate the relationship between religion and health. This volume reviews research on religious involvement, neuroendocrine and immune function, and explores further research needed to better understand these relationships. Length: 304 pages

*Freud vs. God: How Psychiatry Lost Its Soul and Christianity Lost Its Mind.* InterVarsity Press (1999)

Before Freud, Christian theologians and psychiatrists rarely talked with one another about emotional suffering. But Freud brought psychiatry out of the asylum into everyday life, and Christians could no longer ignore it. What ensued were decades of often hostile and rarely constructive debate between theologians and psychiatrists. Now, in large part, the debate is over. But, argues psychiatrist (and Christian) Dan Blazer, it ended too soon, and altogether unsatisfactorily. For their part, Christians have baptized and adopted some of the worst aspects of psychiatry. And psychiatrists have cut themselves off from the "soul" - deep issues of meaning and community that animate all genuinely human life. *Freud vs. God* aims to rekindle the debate, to shatter the "comfortable accommodation" between Christianity and psychiatry, and in so doing to restore the soul to psychiatry and the mind to Christianity. Length: 253 pages

*Religion and Spirituality in Psychiatry.* Cambridge University Press (2009)

This edited volume has 23 chapters that span many major topics in psychiatry as they relate to religion and spirituality, including personality disorders, schizophrenia, depression and bipolar disorder, anxiety disorder, theological perspectives on psychiatric disorders, neuropsychiatry, delusions and hallucinations, dissociative disorders, and many other topics. Authors come from countries around the world, so this is truly a volume of international scope. This is written primarily with the clinician in mind, although also summarizes much of the research as well. Length: 375 pages

*The Healing Connection* (Thomas Nelson 2001; Templeton Press 2004)

This is Dr. Koenig's autobiography. In part one, he describes his turbulent youth: growing up on a California vineyard, college days of experimentation during the 1970s, adventures as a student researcher in Africa with Jane Goodall, an emotional breakdown, expulsion from medical school for disruptive behavior, battling mental illness as a street person in San Francisco. He refers to his ongoing battle with a chronic and debilitating physical disease in terms of the insights it gives him for his work, and he recounts the striking realization of God's call, the people and events that helped him refine a vision into a mission, and the subsequent professional opposition that resided alongside his success. Part two draws on the real-life examples of former patients and summarizes Koenig's most important findings concerning the impact of Christian faith on mental and physical health. In part three he challenges individuals and the American church to consider

the implications of the research and to develop constructive ways of implementing the healing connection that can be found in faith.

Length: 204 pages