



Therapist Self Assessment Questions

Purpose

This questionnaire is designed to help you reflect on how spirituality and religion are approached in your clinical work. It focuses on ethics, clarity, consent, boundaries, and client centered care.

This is a growth tool, not a performance measure.

Section 1. Awareness and Intentionality

- I am aware of my own spiritual and religious beliefs and how they may influence my clinical work.
- I regularly reflect on how my values show up in session.
- I can distinguish between personal belief and professional responsibility.
- I am intentional rather than reactive when spirituality arises in therapy.

Reflection question

Where do you feel most clear about your intentions? Where do you feel less certain?

Section 2. Informed Consent and Transparency

- I clearly explain my role when spirituality or religion becomes part of treatment.
- Clients understand that I approach spirituality from a clinical perspective, not a pastoral or directive role.
- I discuss spiritual integration in a way clients can freely accept or decline.
- I revisit consent if spiritual themes become more central over time.

Reflection question

How do you currently explain spiritual integration to clients in plain language?

Section 3. Client Centered Practice

- I invite clients to define the meaning of their own spiritual or religious beliefs.
- I avoid assuming shared beliefs, values, or practices.
- I explore how beliefs impact emotions, relationships, and coping rather than belief accuracy.
- I respect when clients do not want spirituality included in treatment.

Reflection question

Do your questions create space for the client's meaning or steer toward your own framework?

Section 4. Boundaries and Role Clarity

- I maintain clear boundaries when clients seek spiritual authority or guidance.
- I redirect theological or doctrinal questions back to the client's belief system when appropriate.
- I do not use spiritual language to bypass emotional processing.
- I feel confident setting limits without becoming distant or defensive.

Reflection question

Which boundary conversations feel hardest for you and why?

Section 5. Clinical Competence and Documentation

- I assess spiritual beliefs as potential protective or risk factors.
- I integrate spirituality into case conceptualization when clinically relevant.
- I document spiritual themes appropriately and ethically.
- I seek consultation or supervision when unsure about integration.

Reflection question

How often do you include spiritual factors in assessment and documentation?

Section 6. Cultural Humility and Ethics

- I recognize spirituality and religion as cultural variables.
- I stay informed about ethical guidelines related to spiritual integration.
- I monitor for spiritual harm, religious trauma, or shame based narratives.
- I prioritize client wellbeing over alignment or agreement.

Reflection question

How do you respond internally when a client's beliefs differ from your own?

Section 7. Therapist Self Care and Sustainability

- I tend to my own spiritual and emotional health outside the therapy room.
- I notice signs of spiritual fatigue or burnout in myself.
- I have practices that help me stay grounded and present with clients.
- I seek support rather than carrying this work alone.

Reflection question

What helps you stay spiritually and emotionally grounded in your work?

Final Reflection

This questionnaire is to help you notice patterns.

Consider:

- Areas of strength to build on
- Areas of uncertainty that may benefit from training or consultation
- Themes that repeatedly show up across sections

Final reflection

What is one area of ethical integration you want to strengthen in the next three months?