This presentation considers the relationship between mental health and spirituality or religiousness. Several topics are covered, including: the association between spiritual experiences and mental health, between spiritual experiences and psychological disorders, the possible neurophysiological mechanisms associated with religious and spiritual phenomena, how spirituality can help improve quality of life, and how various spiritual interventions from prayer to meditation can be utilized in clinical practice. Other topics related to various philosophical and theological implications will be considered as well.

This presentation will be held on Monday, 29 April 2014, at 10:00.

Charm, PE430, Building Psychology-Economics.