

The Ethics of Spiritually Integrated Psychotherapy

October 8, 2024 to October 8, 2026

Online Program

Program Overview

As mental health professionals, we have an ethical duty to treat our clients with dignity and to respect cultural differences, including those based on religion and spirituality. In this module we will explore how taking an integrative approach to mental health therapy can improve outcomes for our clients.



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Register online at northwestahec.org

Who Should Participate

This workshop will be beneficial to behavioral health and human service practitioners, including psychologists, social workers, counselors, marriage and family therapists, substance use and addictions professionals, clinicians and all others interested in this topic.

Objectives

Upon completion of this program, participants will be able to:

- Name at least three ethical considerations for engaging in integrative work.
- Identify at least five religious and/or spiritual competencies that undergird this integrative work.
- Articulate at least three benefits to addressing religious and/or spiritual issues in therapy.

As part of our commitment to diversity and inclusion, the Northwest AHEC provides compassionate education and respectful care for all, regardless of socioeconomic status, race, ethnicity, language, nationality, sex, gender identity, sexual orientation, religion, geography, disability and age.

Provided by: Northwest Area Health Education Center (AHEC), a program of Wake Forest University School of Medicine and part of the NC AHEC System in collaboration with Mountain AHEC, Piedmont AHEC and South Piedmont AHEC.



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Faculty

Tonya D. Armstrong, PhD, MTS, LP, HSP-P

A native of Durham, North Carolina, Tonya is an international speaker, licensed psychologist, minister, author/producer, wellness consultant, and the founder and CEO of The Armstrong Center for Hope (armstrongcfh.com). Operating since 2010, The ACFH is a private group practice of multi-disciplinary mental health professionals cultivating psychological and spiritual wellness for all ages at their Durham and Raleigh locations. For 21 years, Dr. Armstrong also served as the Minister of Congregational Care and Counseling at Union Baptist Church (www.myubc.org) in Durham.



Dr. Armstrong received her bachelor's degree in Psychology and Music at Yale University, her Master and Doctor of Philosophy degree in Clinical Psychology at the University of North Carolina at Chapel Hill, and a Master of Theological Studies degree from Duke University Divinity School (magna cum laude). During 2017-2020, Dr. Armstrong served as the President-Elect, President, and Immediate Past President of the North Carolina Psychological Association (NCPA), making her the first African American female to lead the organization. Additionally, in 2022, she was awarded the Mary G. Clarke Award, the highest honor bestowed by the NCPA for dedication, competence, high ethical standards, sensitivity, and advocacy for the field of psychology over a number of years.

Ever a lover of gospel music, "Dr. T" Tonya Armstrong released in 2009 her debut gospel album, Choose Hope, which is available on iTunes and Amazon. She is also the author and producer of the book/CD set, Blossoming Hope: The Black Christian Woman's Guide to Mental Health and Wellness and Blossoming Hope Companion: Soothing Songs and Spoken Word Recordings, available in print, e-book, and audiobook on Amazon, Kindle, Google Play, and Apple Music. Dr. Armstrong is a wife of 31 years and mother of a 20 year-old daughter and 16 year-old son. Her favorite forms of self-care include singing, reading, walking outdoors, and laughing out loud!

Cost and Registration

Register [online](#) at northwest AHEC

\$35—Registration fee includes instructional and administrative costs, certificate of completion, and program materials.

When planning for an educational activity, registration fees are not based on credit hours or agenda. Registration fees are based on expenses such as equipment, technology services, staff, etc., and are not adjusted by issues such as cancellation of speakers or other unforeseen circumstances. Every effort will be given to ensure the activity is a success.

Credit

1.5 Contact Hours from Northwest AHEC

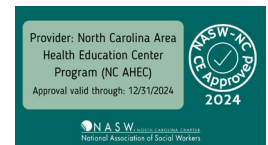
Licensed Clinical Social Workers may use contact hours from Northwest AHEC for license renewal.

1.5 Contact Hours (category A) CE for NC Psychologists

Northwest AHEC is recognized by the North Carolina Psychology Board as an approved provider of (Category A) Continuing Education for North Carolina Licensed Psychologists. This program will provide 1.5 contact hours of (Category A) continuing education for North Carolina psychologists. No partial credit will be given.

1.5 NASW-NC Contact Hours

NC AHEC is a 2024 NASW-NC approved provider of distance continuing education. This program has been approved for 1.5 contact hours.



1.5 NBCC Contact Hours

Northwest AHEC has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5465. Programs that do not qualify for NBCC credit are clearly identified. Northwest AHEC is solely responsible for all aspects of the program.



The North Carolina Addictions Specialist Professional Practice Board has approved this workshop for 1.5 General Skills Building hours, Approval #25-014-G GSB(ETHICS).

Credit will be awarded based on participant selection at time of registration. Before selecting credits, please review our general [Credit Glossary](#) but note not all programs offer all credits.

For More Information and Assistance

If you have any questions regarding registration, please contact Lisa Thomas by email, lisathom@wakehealth.edu, or by phone at 336-713-7729.