

CareNet Residency in Psychotherapy and Spirituality
Core Values and Beliefs

People are bio-psycho-social-spiritual beings.

Providing care for others means engaging them in all these dimensions: biologically, psychologically, socially (their context, their relationships), and spiritually.

Spirituality and religion can be vital resources for our clients and for us.

All people relate to something that is sacred for them. We do not know them fully and cannot help them fully until we understand what is sacred to them.

None of us is God. We engage others and our work with humility.

We value diversity: in our selves, in our network, and in our clients.

We value “aliveness” and healing, not just alleviation of symptoms.

Healing happens in relationship.

The person of the therapist is our greatest therapeutic resource.

Awareness of our own struggles and brokenness helps us connect with others, understand them, and help them.

Awareness of our own history, culture, values, and beliefs helps us respect and stay in relationship with those who are different from us.

Self-care is important: the way we treat ourselves and the way we treat others are inseparable.

Making a living is important: it is important to know the business that supports your practice.

Good habits make good practice.

We value innovation and creativity.

We value transparency and communicating until we understand one another.

We want you to become the therapist you are, not the therapist we want you to be.

Love never ends. (*1 Corinthians 13: 8*)