

# In Search of Religious/Spiritual Identity in Emerging Adulthood

A workshop on religious change, meaning-making and professional accompaniment in emerging adulthood.

**How do young people rethink belief, practice, affiliation and self-understanding while moving toward adult life?**

**1 Explore religious change**

A developmental look at shifts in religious/spiritual identity, including affiliation, belief, practice and self-understanding.

**2 Clarify measurement**

A focused discussion of conceptual and psychometric issues, including multidimensionality and changing institutional involvement.

**3 Support young adults**

Theory-informed strategies for counseling, education, mentoring and pastoral or spiritual accompaniment.

**For researchers and practitioners accompanying emerging adults**

Theory | Methods | Applied strategies | Reflective practice

# From theory to accompaniment

## Three workshop segments

### 1. Workshop overview

Religious/spiritual identity exploration in emerging adulthood, grounded in emerging adulthood theory and meaning-making. The segment examines changes in affiliation, belief, practice and self-understanding, supported by brief religious deidentification narratives.

### 2. Methodological segment

A discussion of key conceptual and psychometric issues, with attention to multidimensionality, changing institutional involvement and tools for assessing religiosity in emerging adult populations.

### 3. Applied segment

Theory-informed intervention propositions and supportive strategies transferable across helping contexts, including counseling, education or mentoring, and pastoral/spiritual accompaniment. Cognitive-behavioral principles illustrate work with meaning, hope, practice, community and moral commitments.

## Facilitators

### Adam Falewicz, PhD

Institute of Psychology, Faculty of Social Sciences, University of Szczecin, Poland

**Focus:** religious struggle, deconversion, doubt, meaning-making and existential development; certified cognitive-behavioral psychotherapist

### Radosław Rybarski, PhD

Institute of Psychology, Faculty of Social Sciences, The John Paul II Catholic University of Lublin, Poland

**Focus:** meaning-making, religious struggle, perceptions of suffering, spirituality as coping and quality of life; certified cognitive-behavioral psychotherapist