

This conference presentation offers mental health counselors a comprehensive paradigm for supporting non-psychotic clients who have experienced paranormal phenomena. As research shows that a significant portion of the population reports having paranormal encounters, it is essential for counselors to adopt a framework that acknowledges these experiences as real and meaningful, rather than dismissing them as pathological or delusional. This session will provide practical tools and strategies for counselors to create a safe and non-judgmental environment for clients to share their experiences without fear of ridicule or invalidation. The presentation will highlight key differences between paranormal experiences and psychotic disorders, emphasizing the importance of distinguishing between the two. Counselors will learn how to assess the impact of paranormal encounters on clients' mental health, emotional well-being, and relationships, while also exploring how these experiences may align with clients' spiritual or cultural beliefs. Additionally, the session will offer guidance on how to incorporate discussions of paranormal experiences into therapy, including ways to validate the client's reality without reinforcing unhelpful beliefs. Finally, counselors will be introduced to relevant resources and approaches for supporting clients in integrating their paranormal experiences into their broader sense of self, healing, and personal growth. The learning goals are designed to equip mental health professionals with the knowledge and skills to help their clients navigate their paranormal experiences with understanding and compassion.