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## A Whole-Person Framework for Understanding and Assessing Mental Health Through Integration of Body, Soul, And Spirit

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### Abstract

Despite advances in evidence-based mental health care, persistent distress and incomplete recovery remain prevalent, particularly among individuals with complex or treatment-resistant conditions. Contemporary models often assess cognition, emotion, and behavior in isolation, lacking a unifying construct to account for the person's integrated inner life. The present paper proposes that the concept of the soul, historically central to psychology, philosophy, and theology, may be reframed as a clinically meaningful and operationalizable construct. Drawing upon classical philosophy (Aristotle, Plato), existential theory (Kierkegaard, Frankl), Christian theological anthropology (1 Thessalonians 5:23), and contemporary research in spirituality and character strengths, this paper introduces a Tripartite conceptual framework (body–soul–spirit). The soul is defined as the integrative center of cognition, emotion, volition, identity, relational capacity, and moral orientation. The framework proposes measurable indicators of soul health, grounded in virtue-oriented attributes aligned with established character and relational constructs. Implications for clinical practice and future empirical validation are discussed.

**Keywords:** Soul Assessment, Spirituality, Mental Health, Existential Psychology, Character Strengths, Integrative Care