- *Values* are principles, standards, or qualities considered worthwhile by the clients who holds them.
- *Beliefs* are cognitive content held as true. (Moyers & Dale, 2007, p.28)
- *Spirituality* is "the personal quest for understanding answers to ultimate questions about life, about meaning and about relationship with the sacred or transcendent, which may (or may not) lead to or arise from the development of religious rituals and the formation of community" (Moreira-Almeida & Koenig, 2006, p.844)

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