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## **Islamic Psychotherapy: Insights from Diverse Psychological Perspectives**

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### **Abstract**

Islamic psychotherapy is presented as a holistic approach that integrates spiritual values in clinical practice to overcome psychological problems. The aim of this study is to review the concept and application of Islamic psychotherapy in various psychological perspectives. By using the literature review method, this study tries to explain the relationship between Islamic psychotherapy and various psychological perspectives in overcoming psychological problems. Islamic psychotherapy which has a strong foundation based on the Qur'an and Sunnah has relevance to various psychological perspectives, such as clinical, educational, social, industrial, organizational, and developmental psychology. Islamic psychotherapy does not only focus on healing symptoms, but also on strengthening spirituality and developing individual potential. This study provides insight for mental health professionals, academics, and the general public about the potential of Islamic psychotherapy in improving psychological well-being.

**Keywords:** branch of psychology, Islamic psychotherapy, psychological problems

### **INTRODUCTION**

Humans as a complex creatures not only have physical needs, but also psychological needs that are essential for their well-being (Kalsum, 2024). Fulfillment of psychological needs, such as love, affection, acceptance, appreciation, self-actualization, and security, is the foundation for an individual's mental health and life balance (Carducci, 2020). However, reality shows that many individuals have difficulty in fulfilling these psychological needs (Aryani et al., 2023).

Modern lifestyles that tend to be materialistic and individualistic, social pressures, and various life problems can trigger imbalances within individuals, which in turn manifest in various psychological problems.

(Fitriyana et al., 2023). Starting from mental disorders such as depression, anxiety, and post-traumatic stress disorder (PTSD), to difficulties in learning, working, and socializing (Fitriyana et al., 2023). This condition is exacerbated by the negative stigma attached to people with mental disorders, so that many individuals are reluctant to seek professional help (Kusumawati et al., 2025).

The complexity of these psychological problems encourages the need for a holistic and integrative approach in the healing and self-development process (Kalsum, 2024). Islamic psychotherapy is present as a relevant solution by integrating spiritual values into clinical practice. This approach is based on the belief that humans are God's creatures who have a sacred nature and the potential to achieve well-being in this world and the hereafter (Rothman & Coyle, 2018).

Psychological problems in an Islamic perspective are seen as a result of an imbalance within the individual, both in relation to God (Habluminallah), oneself and the environment (Hablumminannas) (Fitriyana et al., 2023; Mubasyaroh, 2017). Islamic psychotherapy aims to help individuals rediscover this balance through strengthening spirituality, implementing Islamic values, and developing self-potential (Kalsum, 2024; Trimulyaningsih, 2017). Based on the description above, the purpose of this study is to review in depth the concept and application of Islamic psychotherapy in various psychological perspectives.

## **RESEARCH METHODS**

This study uses a literature study method by collecting data from various sources relevant to the topic of Islamic psychotherapy. Literature searches were conducted through online databases such as Google Scholar which produced 19 literatures; JSTOR produced 1 literature; ProQuest produced 3 literatures; Pubmed produced 1 literature; Taylor & Francis produced 1 literature; SINTA produced 2 literatures, and

Islamic college repositories produced 11 literatures. The keywords used in the search include "*psikoterapi Islam*", "*psikologi Islam*", "*terapi Islam*", "*kesehatan mental Islam*", and "*konseling Islami*".

The inclusion criteria in selecting literature sources are as follows:

1) Relevance, literature sources must discuss the topic of Islamic psychotherapy and its application in overcoming psychological problems; 2) Credibility, literature sources must come from trusted sources, such as accredited scientific journals, textbooks, and scientific works from experts in the field of Islamic psychology; 3) Novelty, literature sources used are prioritized to be published in the last 10 years to ensure the information presented is up-to-date.

The data collected from various literature sources were then analyzed qualitatively by identifying main themes, grouping information based on psychological perspectives, and interpreting findings relevant to the research objectives. The data analysis process was carried out systematically and comprehensively to obtain a holistic picture of the use of Islamic psychotherapy in overcoming psychological problems.

## **RESULTS AND DISCUSSION**

### **Definition of Islamic Psychotherapy**

There are various definitions of Islamic psychotherapy developed by experts. According to Trimulyaningsih (2017), Islamic psychotherapy is a technique for overcoming problems and disorders (mental, spiritual, moral, physical) by increasing awareness of Allah SWT and returning to the path determined by Him (the Qur'an and hadith). Rothman and Coyle (2018) define Islamic psychotherapy as a therapeutic approach based on the model of the soul in Islam, with a focus on purifying the soul (*tazkiyat an-nafs*) through the struggle against lust (*jihad an-nafs*), improving morals (*tahdhib al-akhlaq*), and increasing awareness of God to achieve

psychological and spiritual well-being. Meanwhile, according to Rajab et al., (2016) Islamic psychotherapy is a psychotherapy that integrates Islamic principles in the process of healing mental problems, including the use of the Qur'an, hadith, and other Islamic teachings as sources of therapeutic intervention.

Therefore Islamic psychotherapy can be defined as the application of special techniques in healing mental illness or adjustment difficulties by integrating the principles and values of Islamic teachings. Islamic psychotherapy does not only focus on healing symptoms, but also on strengthening spirituality and developing individual potential in order to achieve true well-being. Islamic and modern psychotherapy are two parallel and interrelated approaches in understanding human psychology (Yulianto & Zain, 2018). Both seek to help individuals overcome psychological problems, but Islamic psychotherapy has its own uniqueness by integrating the values of spirituality and Islamic teachings in the healing process.

### **The Concept of *Tawadu'* in Islamic Psychotherapy**

*Tawadu'* or humility is one of the important concepts in Islamic psychotherapy. *Tawadu'* guides individuals to realize their position as God's creatures, acknowledge their limitations, and always surrender to Him (Afandi & Pranajaya, 2023). Several forms of *tawadu'* in Islamic psychotherapy include: 1) Realizing the existence of Allah SWT; individuals are invited to always remember Allah SWT in every aspect of their lives; 2) Accepting qada and qadar, individuals are guided to accept all the provisions of Allah SWT with sincerity and patience; 3) Being grateful, individuals are taught to always be grateful for all the blessings that Allah SWT has given (Pujiastuti, 2021). The concept of *tawadu'* in Islamic psychotherapy plays an important role in fostering peace of mind, reducing anxiety, and increasing individuals' ability to deal with psychological problems.

### **Islamic Values in Psychotherapy**

Islamic psychotherapy emphasizes the importance of applying Islamic values in the healing and self-development process (Pujiastuti, 2021). Some Islamic values that are relevant to psychotherapy include: 1) Faith, faith in Allah SWT is the main foundation in Islamic psychotherapy. Belief in the existence of God, His power, and His mercy can provide strength and hope for individuals in facing problems; 2) *Tawakal*, *tawakal* means surrendering to Allah SWT after trying your best. The attitude of *tawakal* can reduce anxiety and foster peace of mind; 3) Patience, patience is the key to facing life's trials. Islamic psychotherapy teaches individuals to be patient in facing problems and to believe that every difficulty has a way out; 4) Sincerity, sincerity means doing everything solely because of Allah SWT. A sincere attitude can free individuals from selfishness and egoism, making it easier to achieve inner peace; 5) Gratitude, Gratitude is an attitude of appreciating and being grateful for all the blessings that Allah SWT has given. An attitude of gratitude can foster a sense of optimism and happiness in life. These Islamic values are integrated into various Islamic psychotherapy techniques, such as dhikr therapy, Al-Qur'an reading therapy, and Islamic counseling (Trimulyaningsih, 2017).

### **Islamic Psychotherapy in Clinical Psychology**

Islamic psychotherapy offers a unique holistic approach to treating mental disorders (Kalsum, 2024; Mubasyaroh, 2017). Unlike conventional approaches that generally focus on psychological aspects, Islamic psychotherapy integrates the spiritual dimension as an integral part of the healing process (Rothman & Coyle, 2023). This approach is in line with the Islamic view that views humans as whole beings, consisting of body and soul, so that both need to be considered in the healing process (Pujiastuti, 2021).

There are several techniques commonly used in Islamic psychotherapy: *the first*, *Dhikr* and prayer therapy, through *dhikr*, individuals are invited to remember Allah repeatedly, which can calm the soul, reduce anxiety, and increase hope. Prayer, on the other hand, is a form of direct communication with God, which can provide a sense of calm and confidence in His help. Empirical studies have shown the effectiveness of *dhikr* and prayer in overcoming mental disorders. For example, research by Sulistyawati et al., (2019) found that *dhikr* therapy was effective in reducing symptoms of depression and anxiety in cancer patients. Rachmawardanya et al., (2024) also reported that prayer-based interventions with Spiritual Emotional Freedom Technique (SEFT) techniques can improve quality of life and psychological well-being such as increasing optimism and increasing spiritual experiences in individuals with depression and anxiety disorders.

*The second*, therapy of reading and listening to the *Qur'an*, the *Qur'an* as the word of Allah SWT contains many verses that provide inner peace, enlightenment, and strengthening of faith. Reading the *Qur'an* with full understanding and appreciation can have a positive impact on mental health. Scientific research has confirmed the benefits of reading the *Qur'an* for mental health. Moulaei et al., (2023) found that reading and listening to the *Qur'an* is beneficial for reducing anxiety, stress, and depression. Research by Nurlela et al., (2024) also shows that *Qur'an* Surah Ar-Rahman therapy is effective in improving sleep quality in individuals with mental disorders such as depression and anxiety.

*The third*, Islamic counseling, Islamic counseling is a form of counseling that integrates Islamic values and principles in its process. In Islamic counseling, therapists will help individuals understand their problems from an Islamic perspective and find solutions that are in accordance with religious teachings. Islamic principles such as tawakal, sabar, ikhlas, terimakasih, and ridha are used as a basis for helping

clients face problems and achieve psychological well-being. Rosyada et al., (2022) explain that Islamic counseling can help individuals develop healthy coping mechanisms and build a positive mindset in facing life's challenges.

### **Islamic Psychotherapy in Educational Psychology**

Islamic psychotherapy has great potential to be integrated into the educational process. Its holistic approach that takes into account spiritual aspects can help students achieve optimal development, both academically, socially, and emotionally (Sujadi et al., 2020). Here are some examples of the application of Islamic psychotherapy in education: *the first*, Islamic education and character development, Character is an important aspect in shaping students' personalities. Islamic psychotherapy can play a role in instilling noble Islamic values, such as honesty, discipline, responsibility, tolerance, compassion, and humility. Purwanti and Haerudin (2020) explain that instilling character values must be carried out comprehensively through various methods, such as learning activities, habits, and role models. Abdurrahman (Ramdani et al., 2023) adding that the integration of Islamic values in character education can form a generation that has noble morals and is useful for society.

*The second*, strengthening learning motivation, motivation is a crucial factor in learning success. Islamic psychotherapy can help increase student motivation by linking knowledge with Islamic values. Al-Ghazali emphasized that seeking knowledge is a religious command and has the value of worship (Nurliana & Ulya, 2021). Wantini (2023) added that by instilling the understanding that learning is a form of devotion to Allah SWT, students will be more motivated to seek knowledge seriously.

*The third*, Islamic counseling guidance, students often face various problems, both learning problems and personal problems. Islamic counseling guidance can provide support and assistance to students

using an Islamic approach. Abdurrahman (2019) explains that Islamic counseling guidance uses the Qur'an and hadith as sources of reference in providing solutions and guidance to students. Fahyuni (2018) added that Islamic counselors act as facilitators who help students find solutions to their problems based on Islamic values.

### **Islamic Psychotherapy in Social Psychology**

Islamic psychotherapy not only focuses on individuals, but also has broad applications in social psychology. The principles and techniques in Islamic psychotherapy can help individuals build harmonious social relationships, overcome social problems, and create a better society. Here are some examples of its application: *the first*, conflict mediation, conflict is an inseparable part of social interaction. Islamic psychotherapy can play a role in conflict mediation, be it family conflict, divorce, disputes between individuals, or conflicts between groups. Islam teaches the principles of constructive conflict resolution, such as deliberation, justice, and forgiveness. Conflict mediation based on Islamic values can help conflicting people reach a solution that is fair and satisfactory to all (Anwar, 2022).

*The second*, developing an attitude of tolerance, in a multicultural society, tolerance is a very important value. Islamic psychotherapy can help foster an attitude of mutual respect, appreciation of differences, and tolerance between religious communities. Hafidzi (2019) explains that Islam teaches the principle of *tasamuh* (tolerance) in interacting with other religious communities. Interfaith dialogue and social activities can be an effective means of increasing understanding and tolerance between religious communities (Malau, 2023).

The third, community empowerment, Islamic psychotherapy can also be applied in community empowerment programs. Social programs based on Islamic values, such as *zakat*, *infaq*, *shadaqah* and *waqf*, can be utilized to help people in need and improve social welfare. Allamah et



al., (2021) explained that *zakat, infaq, shadaqah and waqf* (ZISWAF) are important instruments in Islam to achieve social justice and reduce economic disparities. In addition, community empowerment programs based on ZISWAF can contribute to improving education, health, and the community's economy (Allamah et al., 2021).

### **Islamic Psychotherapy in Industrial Organizational Psychology**

Islamic psychotherapy can also be applied in the workplace because it is effective in reducing work stress and burnout in employees so that employee performance improves (Haq, 2024; Sriyanti & Muthohar, 2018). Here are some examples of its application: *Firstly*, the development of an Islamic work ethic, Islamic psychotherapy can be integrated into employee development programs to instill Islamic work ethic values, such as hard work, honesty, trustworthiness, professionalism, discipline, and responsibility. These values can be instilled through training, workshops, seminars, and mental spiritual development programs based on Islamic teachings. Halizah et al., (2023) explain that the Islamic work ethic is rooted in the concept of '*amal shaleh*', where every job is intended as worship to Allah SWT. Thus, employees are motivated to carry out their duties seriously and with full dedication. Implementation of Islamic work ethic in organizations can increase productivity, reduce turnover, and create a positive work culture (Rokhman, 2022; Zulfazli et al., 2022).

*Secondly*, Islamic-based stress management, work pressure is an unavoidable factor in the professional world. Islamic psychotherapy offers a holistic approach to stress management by utilizing relaxation techniques and coping mechanisms derived from Islamic teachings. Utami and Usiono (2020) found that *tahajjud* prayer can calm the mind, reduce anxiety, and increase focus, making it effective in overcoming work stress. Urbaningkrum et al., (2024) added that dhikr, prayer, and

reading the *Qur'an* are also effective stress management techniques in Islam.

*Thirdly*, the formation of a solid work team, Islamic psychotherapy can help build solid teamwork by instilling the values of *ukhuwah Islamiyah* (brotherhood in Islam), such as mutual respect, mutual assistance, and prioritizing common interests. The values of *ukhuwah Islamiyah* can be applied in the context of a work team through outbound activities and team building training that integrate Islamic values, such as hajj simulations, Islamic educational games, and group discussions on the concept of cooperation in Islam.

### **Islamic Psychotherapy in Developmental Psychology**

Islamic psychotherapy can be integrated into developmental psychology to help individuals go through each stage of development well, from childhood to old age (Hashim, 2024). Here are some examples of its application: *the first*, adolescent guidance, adolescence is a challenging transition period, where individuals experience significant physical, emotional, and social changes. Islamic psychotherapy can play a role in helping adolescents face puberty, find their identity, and overcome identity crises. Kalida (2022) explains that Islamic-based adolescent guidance should include comprehensive religious education, instilling moral values, and Islamic counseling that is relevant to adolescent problems. In addition, parental and teacher guidance based on Islamic values is very important in helping adolescents go through the transition period well (Kalida, 2022).

*The second*, premarital education, marriage is one of the important stages of development in human life. Islamic psychotherapy can play a role in preparing prospective brides and grooms to build a *sakinah, mawaddah, warahmah family*. Cahaya et al., (2023) explained that Islamic premarital education should include material about marriage in Islam, the rights and obligations of husband and wife, and effective

communication techniques. Ubaedillah (2021) added that premarital education also needs to discuss the psychological aspects of marriage, such as conflict management, emotional management, and developing intimacy.

*The third*, family counseling, the family is the smallest unit in society that has an important role in individual development. Islamic psychotherapy can help families who experience problems in childcare or husband and wife relationships. Noviyanti (2020) explains that Islamic family counseling uses an approach that emphasizes the importance of harmony, communication, and Islamic values in the family. Islamic family counselors act as facilitators who help families identify problems, find solutions, and improve the quality of relationships between family members (Noviyanti, 2020).

## **CONCLUSION**

Islamic psychotherapy, as an approach that combines psychological principles with Islamic values rooted in the *Qur'an* and *Sunnah*, offers a comprehensive alternative in addressing modern psychological problems. Unlike conventional approaches that often only focus on treating symptoms, Islamic psychotherapy emphasizes the importance of harmony between mental, physical, and spiritual health. Through techniques such as *dhikr*, prayer, and reading the *Qur'an*, individuals are guided to find inner peace and strengthen their relationship with God, so that they are able to face life's challenges better.

The application of Islamic psychotherapy covers various fields of psychological science, ranging from clinical psychology; educational psychology; social psychology; industrial and organizational psychology; and developmental psychology, demonstrating its relevance and flexibility in responding to the diverse needs of individuals and society. By continuing to develop scientific studies and improving the quality of

practitioners, Islamic psychotherapy has the potential to become a holistic solution to mental health problems in this modern era. For further research, it is recommended to conduct empirical studies to test the effectiveness of Islamic psychotherapy in addressing psychological problems that can be viewed from various perspectives of conventional psychological theory.

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