

عنوان مقاله:

(God- Oriented Spiritual Psychotherapy: A multidimensional approach (Protocol Validation

محل انتشار:

فصلنامه مطالعات روان شناسی بالینی، دوره 13، شماره 49 (سال: 1401)

تعداد صفحات اصل مقاله: 0

نویسنده:

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خلاصه مقاله:

Abstract Using religious/spirituality (R/S) in psychotherapy changes the way clients look at their problems. Activation of Spiritual Dimension (ASD) based on attention on the two ultimate domains of perception filed, including "origin" and "resurrection" (hereafter) of existence, along with perceived "self" and "objective world" dimensions, as well as spiritual self-regulation, is the core of God-Oriented Spiritual Psychotherapy (God-OSP). The purpose of this article is to introduce the God-OSP protocol, its theoretical principles, content validity, and its clinical effect on psychological problems, especially anxiety, and stress. Both qualitative methods (such as content analysis and clinical phenomenology) and quantitative methods such as content validity index calculation have been used to analyze the data. The validation of the protocol was conducted with the rating of 10 expert psychologists that were familiar with both psychotherapy and religion content and self-reported rating scales and with 35 clinical psychologists and consultants that interest in participating in God-OSP. Results indicate that God-OSP with 5 stages, shows validation in expert psychologist rating and is also valid and reliable in self-report participant clinical psychologists. Spiritual action management, activation of innate intellect and God-oriented Wisdom, awareness of spiritual Identity, and real conceptualization of the core concepts of perceptual domains, are very important components of the protocol to ASD. The findings also showed that it is possible to design and implement the principles, mechanisms, and techniques of therapy for ASD based on Islamic religious sources. Therefore, it is possible to design effective interventions for emotional problems based on religious sources.

کلمات کلیدی:

معنویت، رواندردمانی معنوی، درمان چند بعدی معنوی، درمان معنوی خداسو، روانشناسی اسلامی

لینک ثابت مقاله در پایگاه سیویلیکا:

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