

Designing the Acceptance and Commitment Therapy Model Based on Islam

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Abstract

Background and Objective: In relation to psychological treatment based on Acceptance and Commitment, several internal and external studies have been done and its effectiveness has been confirmed but today, with the clarification of the role of patients' religion in the treatment of their mental disorders, we are witnessing an increase in religious-psychological studies worldwide that examine the role of people's religion in their treatment; Therefore, the purpose of this study is to design a model based on Islamic concepts for use in treatment of Muslims based on religious beliefs.

Methods: In order to develop the theoretical model of Acceptance and Commitment based on Islamic concepts, the Grounded Theory (Textual) was used as a qualitative method to explore the theoretical foundations of the Acceptance and Commitment Therapy approach in the Quran, Tafsir al-Mizan and al-Kafi. By exchanging ideas with psychologists and Islamic scholars, the concepts found in Islamic texts that were semantically and conceptually related to the theoretical concepts of the Acceptance and Commitment Therapy approach, were selected and defined. Then, the concepts obtained were coded in two open coding and axial coding stages, and in the third step, by performing selective coding, the main categories were extracted and the relationship between them was specified. The authors reported no conflict of interests.

Results: In the present study, the theoretical model of Acceptance and Commitment was developed based on Islamic concepts; this model consists of two parts: mental health processes that represent a pure heart and mental disorder processes that represent a sick heart.

Conclusion: Using the Islamic model presented in this study, therapists can obtain more effective results in the treatment of mental disorders among Muslim patients in Islamic countries.



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Summary

Background and Objective

Man is a social being who communicates with his/her surroundings to meet his/her various needs. This relationship, which is the result of a

person's social adjustment and internal adjustment, is called psychological adjustment. Sometimes, there are obstacles and problems in a person's life that upset the adjustment and as a result, the person's mental balance is disturbed and the person suffers from stress and discomfort that may cause mental disorders; Therefore, the need

for effective and efficient psychotherapy is felt more than ever (1). One of the most important treatments for the third wave is acceptance and commitment therapy, referred to as 'ACT'; This approach has two hexagons and 14 key concepts, in the psychological hexagon that leads to psychological flexibility are acceptance, connection with the present, values, committed action, and self as a concept and in the pathological hexagon that leads to psychological inflexibility are experimental avoidance, overcoming the past, conceptualized future, the ambiguity of values and the relationship with them, inaction, attachment to self-conceptualized self and cognitive fusion (2). So far, several studies have shown the effectiveness of this treatment and its effect on the treatment of various mental disorders; But as the World Health Organization mentioned in its recent statement on effective psychotherapy, psychotherapy will be effective when it pays attention to the cultural factors in which one lives; But culture is also directly influenced by the religion of individuals (3).

Therefore, considering all these conditions in this study, the researcher developed a model based on acceptance and commitment as one of the newest and most effective theories of psychotherapy drawing on Islamic concepts, to increase the effectiveness of this treatment in Muslim clients thereby increasing mental health and improving the quality of life in these people.

Methods

Compliance with ethical guidelines: The main purpose of this study is to compare the theoretical concepts of the treatment approach based on acceptance and commitment with Islamic concepts (Holy Quran, Tafsir al-Mizan and Al-Kafi) and to present a theoretical model of acceptance and commitment based on Islamic concepts. The main question addressed in the present study was 'What is the theoretical model of acceptance and commitment based on Islamic concepts? To answer this question, the method of Grounded Theory (textual) was used.

Therefore, first, the concept of 'Nafs' was selected as the key concept. It was equivalent to the word PSYCH, and using the method of Grounded Theory, issues related to NAFS in the Holy Quran, Tafsir al-Mizan and AL-KAFI, were coded in 2000 codes, and then after analysis of the codes, 200 related words were extracted out of the 2000 codes; After obtaining the words, their semantic and conceptual similarity with the theoretical concepts of the ACT approach was

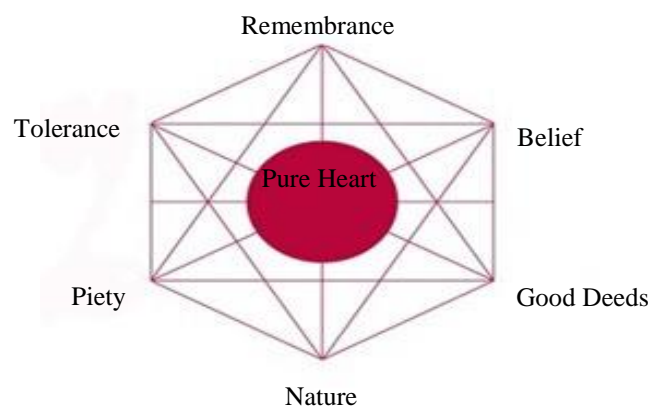
interviewed and consulted with experts in psychology and Islamic sciences, and then, after summarizing the opinions of experts, 14 words out of the first 200 words were extracted as the words that had the highest semantic and conceptual similarity with the theoretical words of the ACT approach. After that, the concepts obtained from Islamic texts were compared with the concepts of the ACT approach after a precise definition, and the similarities and differences between the Islamic concepts and the concepts of the ACT approach were identified. Then, in order to present a theoretical model of treatment based on acceptance and commitment drawing on Islamic concepts, using a grounded theory (textual), the researcher coded the Islamic concepts in three stages: open, central and selective.

Results

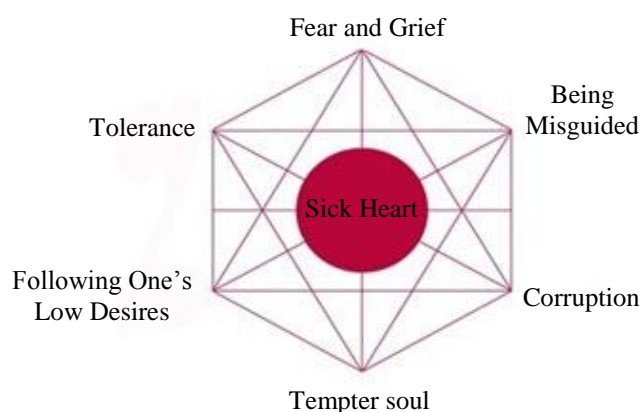
After implementing the research method, finally 14 Islamic concepts that were semantically and conceptually related to the theoretical concepts in the 'ACT approach' were identified from 200 words in the model of psychological health processes including remembrance, tolerance, piety, nature, belief, good deeds, pure heart and in the model of psychological damage processes fear and grief, chest straitened, following one's low desires, tempter soul, being misguided, corruption and sick heart. All the obtained concepts were compared with the concepts of ACT in terms of similarity and differences, and after open, central and selective coding and obtaining the relationship between the concepts, the model of ACT treatment based on Islamic concepts was presented.

Presenting the theoretical model of ACT based on Islamic concepts

Theoretical model of psychological health processes



Theoretical model of psychopathological processes



Conclusion

In this study, the theoretical model of psychological therapy based on acceptance and commitment drawing on Islamic concepts was presented in the form of two hexagons, with the hexagonal titles of psychological health processes and the hexagonal titles of psychopathology; In a way, remembrance, tolerance, piety, nature, belief, good deeds are the hexagonal concepts associated with psychological health processes that lead to pure heart at the center of this hexagon. Fear and grief, tolerance, following one's low desires, tempter soul, being misguided, and corruption are the hexagonal concepts related to psychological pathology that lead to sick heart. Using this model, therapists can achieve more positive treatment outcomes in the treatment of psychological disorders among Muslim patients in Islamic countries. As the results of other studies such as Campbell *et.al* (4), Wellkins (5), and Francis *et.al* (6) and the results of the study by Kajbaf *et al.* (7) showed, the higher level of general health has a positive and strong connection with religious attitude. Therefore, based on the results of the above-mentioned studies and numerous other studies done in this regard, we can understand the important role of religious beliefs in the treatment of psychological problems.

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concepts of acceptance and commitment therapy with Islamic concepts.

Ethical considerations

According to the authors of the article, this article was obtained from the MA thesis of the first author, which was defended on 18/02/2018.

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According to the authors, this study was not sponsored and was carried out at the personal expense of the authors.

Conflict of interest

The authors declared no conflict of interests.

Authors' contribution

Providing the original idea: corresponding author; Designing the study: first and second author; Implementation: second and third author; Data analysis and interpretation, first, second, third and fourth authors; Drafting the article: second author; Reviewing the content in terms of ideas presented and approving the final version for publication: first, second, third and fourth authors.

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تصميم نموذج علاج القبول والالتزام من منظور التعاليم الإسلامية

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العلاج القائم على القبول والالتزام

النموذج

نظرية دادة بنيا

خلفية البحث وأهدافه: أجريت الكثير من الأبحاث في داخل البلاد وخارجها حول العلاج النفسي القائم على القبول والالتزام وتأكّدت فاعلية هذا الأسلوب العلاجي. واليوم ومع ثبوت دور دين المرضى في علاج الإضطرابات النفسية، والدراسات الدينية/ النفسية التي أثبتت نجاعة دور دين الفرد في عملية العلاج، أصبح الاعتماد على هذا الأسلوب العلاجي يتزايد بشكل مطرد وتعتمده الكثير من مدارس علم النفس. وبناء على ما ورد، تسعى هذه الدراسة إلى تصميم نموذج علاجي قائم على القبول والالتزام والمفاهيم الإسلامية واستخدامه في عملية علاج المسلمين الملتزمين بالتعاليم الدينية.

منهجية البحث: ولكي ندرس فاعلية نموذج العلاج القائم على القبول والالتزام من منظور التعاليم الإسلامية، اعتمدنا الأسلوب النوعي القائم على المعطيات (النصية)، والمفاهيم النظرية القائمة على علاج القبول والالتزام في القرآن الكريم، وتفسير الميزان، وأصول الكافي وبجئنا المعطيات بدقة. وفي الخطوة التالية بادر القائمون على المقال باستشارة المتخصصين في العلوم النفسية والمتخصصين في العلوم الدينية، وتوصلوا إلى أن هذه المفاهيم الواردة في النصوص الإسلامية تتقارب من حيث المعنى مع المفاهيم النظرية لموضوع الدراسة. ثم قام كتاب المقالة باختيار وتعريف هذه المفاهيم وبترميزها في مرحلتين، مفتوحة ومحورية، وفي المرحلة الثالثة تم ترميز المفاهيم المنتخبة لإستخراج المقولات الأساسية ورصد العلاقة بينها. يذكر أن مؤلفي البحث لم يشيروا إلى أي تضاد في المصالح.

المعطيات: نماذج القبول والالتزام المختارة في هذه الدراسة، كانت قد اختيرت على أساس المفاهيم الإسلامية. وقد تشكل هذا النموذج من خلال عمليات رصد الصحة النفسية المتمثلة في القلب السليم، وعمليات رصد المشاكل النفسية المتمثلة في القلب المريض.

الاستنتاج: يستطيع المعالجون النفسيون من خلال إستخدام النماذج الإسلامية المنتقاة في هذه الدراسة، أن يتوصلوا إلى نتائج مُرضية وحلول ناجعة للمرضى النفسيين وعلاج المشاكل النفسية التي يعاني منها المسلم في الدول الإسلامية.

يتم استناد المقالة على الترتيب التالي:

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طراحی الگوی درمان مبتنی بر پذیرش و تعهد بر اساس اسلام

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چکیده

سابقه و هدف: پژوهش های داخلی و خارجی متعددی درباره درمان روان شناختی مبتنی بر پذیرش و تعهد انجام شده و اثربخشی آن را تأیید کرده است؛ اما امروزه با مشخص شدن نقش مذهب بیماران در درمان اختلالات روانی، مطالعات مذهبی-روان شناختی که به بررسی نقش مذهب افراد در درمان آنان می پردازد در سطح جهانی افزایش یافته است؛ بنابراین هدف پژوهش حاضر طراحی الگوی درمان مبتنی بر پذیرش و تعهد بر اساس مفاهیم اسلامی برای به کارگیری در فرایند درمان افراد مسلمان با باورهای مذهبی بود.

روش کار: به منظور بررسی چگونگی الگوی درمان مبتنی بر پذیرش و تعهد بر اساس مفاهیم اسلامی با بهره گیری از روش کیفی نظریه داده بنیاد (متنی)، مفاهیم نظری رویکرد درمان مبتنی بر پذیرش و تعهد در قرآن کریم، تفسیر المیزان و اصول کافی واکاوی شد و با تبادل نظر با متخصصان علوم روان شناسی و متخصصان علوم اسلامی، مفاهیم موجود در متون اسلامی که با مفاهیم نظری رویکرد یادشده قرابت معنایی و مفهومی داشت، انتخاب و تعریف شد و در ادامه مفاهیم به دست آمده در دو مرحله باز و محوری کدگذاری شد و در مرحله سوم با اجرای کدگذاری انتخابی، مقوله های اصلی استخراج و ارتباط بین آنها مشخص شد. مؤلفان مقاله تضاد منافی گزارش نکرده اند.

یافته ها: در این پژوهش الگوی پذیرش و تعهد بر اساس مفاهیم اسلامی طراحی و ارائه شد. این الگو از دو قسمت فرایندهای سلامت روانی که نشان دهنده قلب سلیم و فرایندهای آسیب روانی که نشان دهنده قلب مریض است تشکیل شده است.

نتیجه گیری: درمانگران با استفاده از الگوی اسلامی ارائه شده در این پژوهش می توانند نتایج اثربخش تری در درمان اختلالات روانی در بین بیماران مسلمان در کشورهای اسلامی به دست آورند.

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