

## Editorial

Spiritual Psychology and Counseling (SPC) is an international peer-reviewed scientific journal for the publication of research and studies covering all aspects of spirituality and spirituality-related issues within the context of psychological processes. The scope of the journal encompasses a broad range of research topics that encompass spiritual constructs, spiritually-oriented psychotherapy and counseling interventions, and psychological inquiry into all spiritual traditions world-wide. We welcome all approaches to spirituality, regardless of whether defining spirituality as any kind of contact with transcendence; or in the form of organized religions, and other traditions.

SPC is intended to serve as an interdisciplinary forum for the exchange of recent empirical research and scholarly contributions which adhere to the international standards of scientific methodology and the scholarly presentation of scientific contributions. SPC publishes peer-reviewed research reports, theoretical papers, and book reviews on spiritual psychology and counseling, bringing together research conducted within a variety of different disciplines. We also value methodological and paradigmatic pluralism by embracing studies with qualitative, quantitative, and mixed methods, as well as different research paradigms.

We as the editorial board experience the exhilaration and honor of having the opportunity to publish the first issue of SPC. This issue has five articles, two of which are empirical studies while the other three are non-empirical original articles. A pair of articles shed light on two Sufis who lived in Anatolia within the same historical period: Rumi and Yunus Emre.

Kaya, with his article entitled “Rumi from the Viewpoint of Spiritual Psychology and Counseling” takes the lead in presenting a renowned Sufi to theoreticians and practitioners of psychology. Themes from his works such as asceticism, Love, “nothingness” within unity, and death are presented in a way tailored for the SPC readership. Kaya discusses the possibilities and challenges of benefitting from the works and teachings of Rumi for spiritually oriented counseling and psychotherapy in general.

Diñçer presents the legacy of another Sufi, Yunus Emre, in a more basic scientific approach. He seeks to “translate” some of Emre’s concepts regarding human nature and love from a psychological perspective, using predominantly “neo-analytical” terms, and to find parallelisms with concepts related to the terms of spiritual growth in Sufism and its psychological processes mainly from the viewpoint of object-relations theory. The two papers from Kaya and Diñçer may be considered as preliminary yet important examples to further endeavors that bring Sufi wisdom into the theory and practice of psychology and counseling.

Ağılkaya-Şahin attempts to neatly present the German tradition of pastoral care and counseling with its deeply-rooted history and professional practice. The paper offers a considerably comprehensive review in terms of definitions, characteristics, subjects, objects, aims, tasks, and theology. She claims to present a well-established resource for practitioners in countries such as Turkey where the potential exists to establish authentic models of professional spiritual counseling, tailored for predominantly Muslim populations. The article may also serve various contexts among other prevailing religions and spiritual traditions.

In this issue, there are two empirical research articles. The first paper, “Forgiveness, Religiousness, and Life Satisfaction: An Empirical Study on Turkish and Jordanian University Students” by Ayten and Ferhan, investigates the relationship of forgiveness, religiousness, and life satisfaction through a comparative sample consisting of Turkish and Jordanian university students. The relationships of the variables, as well as the gender and cultural interactions with these variables, are also reported in their paper.

Ekşi, Takmaz, and Kardaş present a qualitative phenomenological study on the opinions and experiences of Turkish healthcare professionals regarding the discussion of spirituality during the process of counseling. Opinions and evaluations regarding spirituality, experiences where spirituality has been encountered during counseling sessions, feelings and thoughts about when spirituality becomes involved in client-counseling, and spirituality and counseling training are presented and discussed within themes of potential relevance for scholars and practitioners.

We believe this first issue has the potential to stimulate interest and fruitful discussions on concepts within the realms of psychology and mental health, and invite researchers and practitioners all over the world to contribute to the scientific literature on spiritual psychology and counseling by submitting manuscripts to SPC.

**Sincerely,**

*Halil Ekşi, PhD.*