



2022

Volume: 7/Number: 2
eISSN: 2458-9675

SPIRITUAL PSYCHOLOGY AND COUNSELING

Volume: 7 ■ Number: 2 ■ 2022 June ■ eISSN: 2458-9675

Spiritual Psychology and Counseling is an open access, on-line journal that aims to publish complete and reliable information on the discoveries and current developments in the fields of spirituality and spirituality-related issues within the context of psychological processes.

Authors bear responsibility for the content of their published articles.

Owner

Halil Ekşi (Marmara University, Turkey)

Editor-In-Chief

Halil Ekşi (Marmara University; Turkey)

Editors

Çınar Kaya (Kütahya Dumlupınar University, Turkey)

Selami Kardaş (Muş Alparslan University; Turkey)

Osman Hatun (Sinop University; Turkey)

Book Review Editor

Muhammed Çiftçi (Marmara University, Turkey)

English Language Editors

ENAGO (www.enago.com.tr)

John Zacharias Crist

A. Kevin Collins

International Editorial Board

Osman Tolga Arıcağ (Hasan Kalyoncu University; Turkey)

Hasan Bacanlı (Fatih Sultan Mehmet University, Turkey)

Malik B. Badri, International Institute of Islamic Thought & Civilization; Malaysia)

Elias Capriles (Andes University; Venezuela)

Manijeh Daneshpour (St. Cloud State University; USA)

Sabnum Dharamsi (Private Practice; UK)

Bulent Dilmac (Necmettin Erbakan University; Turkey)

Atılğan Erözkan (Muğla Sıtkı Koçman University; Turkey)

Robert Frager (Sofia University; USA)

Agustin de la Herran Gascón (Autonomous University of Madrid; Spain)

Amber Haque (UAE University; UAE)

Elfie Hinterkopf (The Focusing Institute; USA)

David R. Hodge (Arizona State University; USA)

Ralph W. Hood (University of Tennessee at Chattanooga; USA)

Hayati Hökelekli (İstanbul Aydın University; Turkey)

İbrahim Işıtan (Karabük University; Turkey)

Mustafa Koç (Balıkesir University; Turkey)

Mustafa Merter (Private Practice; Turkey)

Judith Miller (Columbia University; USA)

Mustafa Otrar (Marmara University; Turkey)

Kenneth I. Pargament (Emeritus; Bowling Green State University; USA)

Sadeq Rahimi (University of Saskatchewan; Canada)

Samuel Bendeck Sotillos (Institute of Traditional Psychology; USA)

Len Sperry (Florida Atlantic University; USA)

Macid Yılmaz (Hitit University; Turkey)

Üzeyir Ok (İbn Haldun University; Turkey)

W. Paul Williamson (Henderson State University; USA)

Ömer Miraç Yaman (İstanbul University; Turkey)

Yusmini Binti Md. Yusoff (University of Malaya; Malaysia)

Board of Reviewing Editors

Mustapha Achoui (International Islamic University; Malaysia), Figen Akça (Uludağ University; Turkey), Osman Tolga Arıca (Hasan Kalyoncu University; Turkey), Mehmet Atalay (İstanbul University; Turkey), Hasan Bacanlı (Fatih Sultan Mehmet University; Turkey), Malik B. Badri (International Institute of Islamic Thought & Civilization; Malaysia), Azize Nilgün Canel (Marmara University; Turkey), Elias Capriles (Andes University; Venezuela), Sevim Cesur (İstanbul University; Turkey), Tuğba Seda Çolak (Düzce University; Turkey), Manijeh Daneshpour (St. Cloud State University; USA), Sabnum Dharamsi (Private Practice; UK), Bulent Dilmac (Necmettin Erbakan University; Turkey), Vincent Dummer (Appalachian Regional Hospital; USA), Halil Ekşi (Marmara University; Turkey), Atılgan Erözkan (Muğla University; Turkey), Robert Frager (Sofia University; USA), Harris L. Friedman (University of Florida; USA), Agustin de la Herran Gascón (Autonomous University of Madrid; Spain), Amber Haque (UAE University; UAE), Elfie Hinterkopf (The Focusing Institute; USA), David Hodge (Arizona State University; USA), Ralph W. Hood (University of Tennessee at Chattanooga; USA), Hayati Hökelekli (Uludağ University; Turkey), Majeda Humeidan (Zayed University; UAE), İbrahim İştan (Karabük University; Turkey), Faruk Kanger (Sabahattin Zaim University; Turkey), Ömer Karaman (Ordu University; Turkey), Nurten Kimter (Çanakkale Onsekiz Mart University; Turkey), Muhammed Kızılgeçit (Recep Tayyip Erdoğan University; Turkey), Mustafa Koç (Balıkesir University; Turkey), S. K. Kiran Kumar (University of Mysore; India), Sezay Küçük (Sakarya University; Turkey), Brian L Lancaster (Liverpool John Moores University; UK), Mustafa Merter (Private Practice; Turkey), Judith Miller (Columbia University; USA), Üzeyir Ok (İbn Haldun University; Turkey), Mustafa Otrar (Marmara University; Turkey), Emine Öztürk (Kafkas University; Turkey), Iker Puente (Autonomous University of Barcelona; Spain), Len Sperry (Florida Atlantic University; USA), Sadeq Rahimi (University of Saskatchewan; Canada), Vítor José F. Rodrigues (Clínica Serenun; Portugal), Samuel Bendeck Sotillos (Institute of Traditional Psychology; USA), Ömer Miraç Yaman (İstanbul University; Turkey), Mualla Yıldız (Ankara University; Turkey), Murat Yıldız (Cumhuriyet University; Turkey), Macid Yılmaz (Hitit University; Turkey), Yusmini Binti Md. Yusoff (University of Malaya; Malaysia)

Content Advisor

EDAM (Educational Consultancy & Research Center)

Phone: +90 (216) 481-3023 Web: www.edam.com.tr Email: editor@edam.com.tr

Graphic Design

Nevzat Onaran
Semih Edis

Prepress

EDAM (Educational Consultancy & Research Center)

Publishing Period

Triannual (February, June & October)

Online Publication

2022 June

Indexing and Abstracting

SPC is currently being indexed and/or abstracted in the following services:

CrossRef

Directory of Open Access Journals (DOAJ)

The European Reference Index for the Humanities and the Social Sciences (ERIH PLUS)

ULRICHSWEB Global Serials Directory

Index Islamicus

ULAKBİM TR Social and Humanities Database Journal List

Scientific Indexing Services (SIS) Database

Directory of Research Journals Indexing (DRJI)

Turkish Psychiatry Index

Turkish Education Index (TEİ)

ISAM Electronic Resources Database (Theology Articles Database)

Google Scholar

OCLC Worldcat

Scilit



Correspondence

Prof. Dr. Halil Ekşi

Marmara University, Atatürk Faculty of Education Goztepe Campus 34722 / Kadıköy - Istanbul Turkey

Phone: +90 (216) 777 2600 Web: http://spiritualpc.net/ Email: spiritualpcj@gmail.com

Table of Contents

Research Article

- The Efficacy of Health Realization/Innate Health Psycho-education For Individuals With Eating Disorders: Pilot Study 125
Dr. Francis Felix, Mary Franklin-Smith, Dr. William Rhys Jones, Thomas M. Kelley Ph.D,
Sarah Parker, Dr. Vishal Sharma Ph.D, Charlotte Skidmore

Research Article

- The Moderator Role of Spirituality on the Relationship between Fear of COVID-19 and Psychological Well-Being 143
Alzira G. Gireyhan

Original Article

- Spirituality as Part of the Whole: Gestalt Therapy's View of Spirituality/Bütünün Bir Parçası Olarak Maneviyat: Gestalt Terapinin Maneviyata Bakışı..... 157
Cem Boyalı

Original Article

- Building a Bridge Between Spirituality/Religion with Acceptance and Commitment Therapy/Kabul ve Kararlılık Terapisiyle Maneviyat/Din Arasında Köprü Kurmak 179
Oğuzhan Yavuz

Original Article

- Religion and Spirituality in Solution-Focused Brief Therapy/Çözüm Odaklı Kısa Süreli Terapide Din ve Maneviyat 201
Yakup Özkapı

Original Article

- A Review of the Relationship Between Individual Psychology and Spirituality/Bireysel Psikoloji'nin Maneviyatla İlişkisi Üzerine Bir Derleme Çalışması 221
Büşra Ünverdi

Original Article

- A Culturally Informed Trauma Therapy Approach for Muslim Refugee Families/Müslüman Mülteci Aileler için Kültürel Olarak Bilgilendirilmiş Bir Travma Terapi Yaklaşımı 245
Emel Genç

Book Review

- Towards a Christian Psychology or Cure of Souls 257
Samuel Bendeck Sotillos

