



## **Post-modern Therapies: Congruence or Dissonance with Islāmic Spirituality**

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### **Abstract**

This chapter explores the intersection of post-modern therapies with Islāmic spirituality, examining congruences and dissonances to establish a framework for spiritually and culturally sensitive therapeutic approaches. The chapter begins with an introduction to post-modern therapies, setting the stage for an in-depth analysis of specific therapeutic models. Solution-Focused Brief Therapy (SFBT) is examined for its alignment and misalignment with Islāmic beliefs, leading to the proposal of an Islāmic-Solution-Focused Brief Therapy (I-SFBT) that harmonises SFBT principles with Islāmic spirituality. Narrative therapy is similarly analysed—with a focus on its congruence with Islāmic values and areas of conflict—culminating in the development of an Islāmic contemplative-based approach to narrative therapy. The chapter concludes with an overview of hope therapy, emphasising the integration of Islāmic principles to create Islāmic-based hope therapy. This therapy incorporates spirituality, emphasising faith in Allāh and community support, fostering resilience and optimism. By addressing both spiritual and psychological needs, these adapted therapies offer a comprehensive framework for Islāmic psychotherapists. The chapter demonstrates how post-modern therapeutic models can be adapted to respect and integrate Islāmic spirituality, thus providing effective and meaningful support for Muslim clients.

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