



Applying Prochaska & Di Clemente Model in The Siraat Al-Islamic Psychotherapy Practice model

Prof. Dr. G. Hussein Rassool

The Siraat Al-Islamic Psychotherapy Practice model incorporates the concept of behavioural intention (*niyyah*) as a fundamental component. It works in close collaboration with *Qawmah*. The meaning of intention (*niyyah*) and its derivatives is found in the Qur'an. These words are volition (*al-iraada*), purpose (*al-qasd*) and determination (*al-azm*). These terms all suggest "they want to do or not to do something specific" and indicate both knowledge and action." (Zarabozo, 2008, p. 98). The initial step in any Islamic undertaking typically involves setting one's intention (*niyyah*)

Dealing with clients who lack readiness for change, especially when their participation is influenced by external pressures, requires therapists to employ an empathetic approach to foster engagement and motivation. In the context of the Siraat Al-Islamic Psychotherapy Practice Model, it becomes crucial for therapists to assess the client's readiness for change at the outset of therapy. One applicable framework for this assessment is the transtheoretical model (TTM), also known as the stages of change model (Prochaska et al., 1992, Prochaska & Velicer, 1997). The TTM identifies various stages that individuals may go through in the process of change, including precontemplation, contemplation, preparation, action, maintenance, and termination. Understanding the client's current stage helps therapists tailor their interventions to the client's specific needs and challenges. For clients in the pre-contemplation stage, who may lack awareness or readiness for change, therapists can focus on building rapport, increasing awareness of the need for change, and exploring the potential benefits of making positive changes in their lives. Empathy, active listening, and collaborative goal-setting become essential tools in guiding clients toward increased readiness for change.

In the precontemplation stage, clients may exhibit little awareness or intention to change their behaviour. They might lack insight into their problems and fail to recognise the need for change or the potential benefits it could bring. During the contemplation stage, individuals become aware of the need for change and actively consider taking action. However, they may also experience ambivalence as they weigh

the pros and cons of changing their behaviour. As clients move into the preparation stage, they are ready to take action and actively plan for...

Source: Rassool, G. Hussein, (2025). *Islamic Counselling & Psychotherapy*. 2nd Edition. Oxford: Routledge. Chapter 16 & 20

