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Oral Presentation

Activating Spiritual (Religiosity) Dimension and Control of Anxiety

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Abstract

Human was created from both the natural and spiritual dimensions and has multimodal functions (e.g., cognitive, behavioral, affective, sensation, interpersonal relationship, and etc.). Having One-dimensional impression in life would provide anxiety predisposition for man, but then having an integrated and monotheistic view would result in an assimilated psychological discipline for him/her. The objective of this article was to investigating how activating spiritual dimension by applying monotheism as the most important human healing mechanism could control anxiety. If anxiety is defined as "the apprehensive anticipation of future danger or misfortune accompanied by a feeling of worry, distress, and/or somatic symptoms of tension", which its core characteristics are feeling threatened, fearfulness, uncertainty, disturbance, distress, and worry. Each theoretical framework of psychotherapy would attempt to provide an evident response to alleviate this anxious heart. Though prominent success in psychotherapy, research findings report symptoms relapse. The spirituality modal as an original humanistic dimension due to eliciting special aspects in clients could alleviate anxiety symptoms. This dimension would, then, sustain the treatment goal by vigilante-man nature as a result of activating two mechanisms (i.e. integration and transcending). These contextual components based on religious texts analysis include sense of unity with God, confidence and relaxation with remembering God, modifying the image of God and reinforcement of God-concept, increasing consciousness to nurturing of God, and understanding of God as unique love object because of having full criteria for being as an entire and irreversible waning love object, having relationship to presence and the world due to regulating the interest, identity acquisition according to connecting between self- conscious, and God- conscious (that would result into being conscious about humanistic features such as kindness, generosity, and etc.), perceiving being- in-world as a transitional stage for encountering with love object and joining him in otherworld (So, How to being survival in hereafter would determine how and why we live here in this world). These concepts by applying spiritual techniques (e.g., worthiness, being goal and proposing oriented, and giving meaning) could improve ascendancy due to applying transcending mechanism (from materialism, egoism, and status), and could eliminate the insecurity, and anxiety, and then the alternative would be alacrity and joyfulness feelings and happiness. Moreover, clinical observations clarified that creating satisfaction in man would provide sincerity, monotheism and integration, and would fading the relapse predisposition. Experiencing integration and transcending is not fundamentally equivalent to equanimity which is critical component of equilibrium. But satisfaction could help to maintain treatment outcomes and could improve transcending from health into fully function person and to be commitment and acceptance. A variety of clinical experiences in the context of activating psycho-spiritual dimension revealed this practice could significantly reduce anxiety and worry.

Keywords: Spiritual Dimension, Control, Anxiety.

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