

# Book Review 'Islamic Psychotherapy Method Based on the Concept of Maqamat Abu Talib Al-Makki' (Malay Version)

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## Introduction

Abu Talib al-Makki is one of the famous Islamic scholars in the field of Sufism. His name was attributed to al-Makki when his life began and the history of his systematic education took place in Makkah. He is also famous for his prominence in Sufism and his spiritual journey. He has a noble personality and is the author of the book *Qut al-Qulub* (Food of the Heart). In Makkah, he studied with many teachers who were skilled in various fields of knowledge, especially in Sufism. This book will discuss the biodata of Sheikh Abu Talib al-Makki with the aim of introducing him as a respected figure in Sufism throughout the ages and used as a reference until now. The discussion includes his biography, his educational background in the cities of Basrah and Baghdad. In addition, this book also explains al-Makki's prominence in various fields, especially Sufism, which among others highlights his works as well as confirmation from Islamic figures regarding his authority. This book introduces the work that is the main focus of this writing, namely the book *Qut al-Qulub*.

Psychotherapy is one of the branches of psychology, which tries to solve human problems or mental health problems such as mental tension, anxiety, mental disorders, stress, depression, phobias, neuroses, psychopathology, psychosis and others that are affected by various factors. In psychology, psychotherapy is a method or process of interaction with the client to reduce disturbing factors in order to obtain a calmer and peaceful life without using clinical drugs. Many people now experience instability from a spiritual, emotional and psychological point of view. This situation has caused an increase in the symptoms of mental illness such as suicidal symptoms, insanity and so on. This situation is one of the direct effects of the separation between people and religion popularized by Western society, the implications of the development of Western philosophy of science. Therefore, the symptoms of illness that involves psychology need to be treated and cured with spiritual treatment methods or more focused on feelings and unconsciousness that is through psychotherapy. This psychotherapy appears as a result of problematic human psychological phenomena and forms in order to restore psychological disorders that have an impact on human peace in general. It also aims to generate a new

awareness by using one's determination and intellect to generate a change in implementing appropriate alternative solutions.

Islamic psychotherapy means treating mental, spiritual, moral and physical illnesses based on the methods outlined by Islam which are obtained from the Qur'an, the Sunnah, the pious and Islamic knowledge. It is also a terminology that shows the practical aspect or application of Islamic spiritual psychology. The purpose of this Islamic psychotherapy is to produce a harmonious, healthy and balanced personality or personality that leads to the formation of an Islamic personality that focuses on the client's emotions and thoughts to gain the pleasure of Allah SWT based on Islamic Shari'a. Islam emphasizes the spiritual aspect of human health, especially to Muslims themselves, in order to create a society that has high value in generating universal human development. Good spiritual values will give birth and produce healthy Muslims from a physical and spiritual point of view. Psychotherapy applied by Islam has a spiritual value that covers various aspects of human life in the process of treatment or therapy for spiritual and physical diseases. Good spirituality can have an impact in generating quality human development in addition to being able to form superior human character and morals. The role of psychotherapy in the counseling process often attracts a lot of attention because of its nature that is seen as a field that helps, especially in dealing with various issues of human life, especially those related to psychological aspects. Until now, when talking about the theories, methods and practices of psychotherapy and counseling, then it cannot escape from talking about the theories, methods and practices that have been developed by Western psychologists such as Psychoanalysis, Humanistic, Behavioral Therapy, Gestalt Therapy and so on.

However since recently, when society especially Muslims is increasingly faced with emotional, psychological, cognitive instability and so on, leading to various problems related to mental disorders, then psychologists, especially Muslim psychologists, as well as scholars began to see that the concepts and theories that have been brought by these Western thinkers have their own weaknesses, especially when it is found that almost all Western theories that are scientific and objective have also ignored the mind and spirit entities that religion cares about. For example, the founder of psychoanalysis,

Sigmund Freud, who strongly adheres to the principle of not including religious elements in his psychotherapy theory, has considered that religion or spirituality as an illusion and can distort people's view of life. Therefore, it is felt that there is a need for the field of psychology, especially psychotherapy in involving elements of religion and spirituality. As a result, it can improve a healthy lifestyle, give a feeling of control by God, provide hope, give self-meaning and confidence to the individual. Most therapists see spiritual beliefs and behaviors as the most effective resources in promoting therapeutic change. Therefore, as Muslims, it is necessary to see this aspect

of psychology and psychotherapy through the eyes of the Islamic religion itself which is fulfilled by the Quran and Sunnah.

## Reference

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