

**SPIRITUAL HEALTH**

Conceptual, Philosophical  
and Practical Aspects of

*Īmān*

**RESTORATION  
THERAPY**

ABDUL LATIF ABDUL RAZAK



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# SPIRITUAL HEALTH

## Conceptual, Philosophical and Practical Aspects of

# Īmān

# RESTORATION THERAPY

*Spiritual Health: Conceptual, Philosophical and Practical Aspects of Īmān Restoration Therapy* illustrates in detail about Īmān Restoration Therapy (IRT), a new psychotherapeutic approach which is based on the study of the Qur'an, Sunnah and the works of early Muslim scholars. IRT has come to restore in man his true spiritual human nature and upholds the platform that human spirituality is a major factor in man's psychological and mental problems. Its main foundation is Īmān (faith) which is the first fundamental principle among the pillars of Islam and what makes a Muslim a true servant of Allah (SWT). The *raison d'être* of this book is to make the readers know the causes of their psycho-spiritual problems and be able to fix the problems themselves. The book is being presented in a simple way with simple language that makes it readable by readers from different backgrounds even to readers with no basic psychology, counseling and psychotherapy. For the experts and professionals in the field of counseling, psychotherapy and even motivations, this book provides very important inputs to ensure the sustainable positive improvements happen to the clients. It nurtures a deep, strong and healthy root that produces a tree with strong branches against all challenges of life.

**ABDUL LATIF ABDUL RAZAK** is an Assistant Professor at the International Islamic University Malaysia (IIUM). His Bachelor's degree is from IIUM, majoring in *Fiqh* and *Usul Fiqh* and minoring in Psychology. He then pursued his Master's degree and Ph.D. in Islamic Civilization specializing in Islamic psychology at the International Institute of Islamic Thought and Civilization (ISTAC) where he completed his Master's dissertation on Al-Hakīm al-Tirmidhī's conception of human psyche. His Ph.D.'s dissertation is on anxiety, causes and treatment in the works of selected early Muslim scholars. Both his Master and Ph.D. were supervised by Professor Malik Badri, a well-known Professor in the field of Islamic psychology, counseling, and psychotherapy. Abdul Latif has developed Īmān Restoration Therapy (IRT), a new comprehensive and integrated counseling and psychotherapeutic approach which is in line with the comprehensive nature of Islam. He has given many talks, motivations, and trainings in government and private organizations on IRT and mental health. He has been frequently invited by Radio and TV channels to their programs.

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