

Religious Issue in Psychotherapy

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Abstract. Spirituality and religiosity are two different terms and different contexts. Religiosity is considered as a term to be used related to religion, while spirituality will not be perceived as related to any religion. Spirituality is a general term to refer to the attitude toward surrendering to the super power beyond individual's control. The tendency of psychotherapy to use religion in the process, I am afraid, will confuse the clients since they are asked to use their religion norms, yet their underlying problems are related to the norms. In the process of psychotherapy, therapist may offer different views of individuals' existence. The two terms, religiosity and spirituality: the pro and contra in the psychotherapeutic process are discussed.

Key words: psychotherapy, religion, religiosity, spirituality

Abstrak. Spiritualitas dan religiositas adalah dua istilah yang berbeda dan dipakai dalam konteks yang berbeda. Religiositas dipakai dalam kaitan dengan agama, sedangkan spiritualitas tidak dipersiapkan terkait dengan agama mana pun. Spiritualitas adalah istilah umum yang merujuk pada sikap penyerahan diri pada kekuatan adikodrati di luar kendali individu. Kecenderungan psikoterapi memakai agama dalam prosesnya, menurut penulis, akan membingungkan klien mengingat mereka diminta menggunakan norma agamanya, pada hal penyebab masalahnya terkait norma tersebut. Dalam proses psikoterapi, terapis dapat menawarkan pandangan yang berbeda mengenai eksistensi si individu. Didiskusikan kedua istilah, religiositas dan spiritualitas: yang pro maupun yang kontra dalam proses psikoterapi.

Kata kunci: psikoterapi, agama, religiositas, spiritualitas

Psychotherapy is a long learning process to find what is better than before for oneself. When someone, who is called a client, comes to, what we call, a therapist, then the learning process begins. The task of the therapist is facilitating the client to search within self to find the source of his/her sufferings. To do so, a therapist uses different techniques to facilitate the client to express what s/he thinks, feels, and acts during psychotherapy process. For the novices in psychotherapy, techniques become very important. Yet, for more experienced therapists, techniques become secondary in their practices (personal observation during Evolution of Psychotherapy Conference, December 2005 and my own experience as a psychotherapist since 1982; Yalom,

1997, 2000, 2005). The main concern the therapist in facilitating the client is how to build trust between him/herself and his/her client and therefore, the client will trust and have faith in him/herself to grow to a better condition than the previous one. Being with the client and available every time in need, the therapist is to be there. The more experienced a therapist the more s/he is willing to share and disclose of him/herself for the sake of the client. Although the misery because of any malfunction or dysfunction in a client's life is still there, the quality of life of the client is improved when the therapeutic process is a success.

From the description above, so what is the difference between a religious leader and a therapist? What is then the difference between religion and psychotherapy? A religious leader may act as a therapist for some people who have trust in him/her as well as the religion itself. A religious leader, however, has different education background than a therapist. Diverse range of education can be experienced by a religious leader dependent upon what

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