

Spiritual-Religion family therapy: short history, theoretical-experimental base and its techniques and principles.

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Abstract,

Today in the most families, religion and family life are deeply integrated. Researches relating to the family processes have been shown that spiritual and religious beliefs/behaviors have important roles to the family health performances. Nevertheless, mental health researches especially whom are interested in family psychology are seeking to understand and explain how religion and spirituality can affect on family performances. The aim of this study is to provide an approach regarding to spiritual-religious family therapy. Explaining how it can influence on family performances. It has been revealed on the bases of current concepts for role theory, social and support network, tension and stress and coping perspective. After explaining spirituality-religion and reviewing short history of spiritual-religion techniques to the family therapy area, we addressed a number of major principles of the approach and explained "Forgiveness" and "Positivism" therapy techniques briefly. They are two important techniques that are supported theoretically and experimentally. We also referred to the study limitations. Finally, further suggestions are provided for the future researches

Key Words: spirituality, religion, family therapy, principles, techniques and theories