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**Combination of Spirituality and Cognitive-Behavioral
Family Therapy on Treatment of Generalized Anxiety
Disorders**

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Abstract

By virtue of some of the latest research, religion and spirituality based therapeutic interventions have proven to be effective in dealing with psychological disorders especially general anxiety disorders among the youths. Notwithstanding the signs of effectiveness within the integral approaches that consist of religious, spiritual and family therapy's interventions, there are few studies that can represent the exploration of the integrative implications of the aforementioned interventions.

Objective: The present research was to examine the effectiveness of integrative therapeutic interventions consisting of spirituality and Cognitive Behavioral Family Therapy on treatment of general anxiety disorders.

Method: Case study.

Participants: (two people aged 30 and 32).

Procedure: Data was obtained based on the clinical interview (DSM-IV-TR criteria, psychological tests and psychiatrist's diagnosis).

In the course of 46 weekly therapeutic sessions, a series of techniques with a focus on cognitive reconstruction and cognitive construction were applied. The participants were also given coaching skills, relaxation skills, problem solving techniques, relationship management skills, and positive psychology techniques. The techniques were all inspired by a focus on the integrative implications of spiritual therapy with an emphasis on shared love for all human beings, love for others regardless of their ethnicity, belief in monotheism and belief in the Day of Judgment and hereafter.

Findings: The results of pre-tests and post-tests aligned with a one year follow-up indicated the efficiency of the treatment while highlighting the vital role of integrative interventions based on spirituality and family cognitive therapy along with the role of families in contributing to the treatment of the anxiety disorder.

Discussion for further research: An increase of social competencies of family members by virtue of a rigorous focus on spirituality and cognitive techniques may facilitate the process of modification of thinking patterns of clients.

Key word: Spirituality, Anxiety disorders, family Therapy, Cognitive-Behavioral approach.