

Special Issue

Religion, Spirituality and Psychotherapy

Message from the Guest Editor

This Special Issue focuses on religion and spirituality in individual and group psychotherapy. It is clear enough that religion and spirituality can promote mental health, or aspects thereof, but can also be a source of struggle and confusion. Therefore, it is said that incorporating religion and spirituality into psychotherapy can be valuable and influence both the therapeutic process and the treatment outcome. Despite the research and evidence, there is still much ambiguity about this. The purpose of this Special Issue is to provide an interdisciplinary forum for theoretical and empirical examples of current research. We invite scholars from different psychotherapeutic orientations to submit high-quality papers that focus on the impact of religion and spirituality in psychotherapy. Our perspectives on religion and spirituality are as broad as possible, including being religious with no affiliation, humanistic spirituality, nature or cosmos spirituality and lived religion.

Papers should examine the potential impact and value of incorporating religion and spirituality into psychotherapy on the therapeutic process and outcome or develop new methodological approaches.

Guest Editor

Prof. Dr. Peter J. Verhagen

1. GGz Central Mental Health Institution, 3844 DD Amersfoort, The Netherlands
2. KU Leuven, Theology and Religious Studies, Leuven, Belgium

Deadline for manuscript submissions

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Religions
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
religions@mdpi.com

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About the Journal

Message from the Editorial Board

Fresh developments in the disciplines that consistently make significant contributions to our understanding of religious personality, authority, devotion, and community – disciplines ranging from psychology, sociology, and anthropology to history, art history, philosophy, literary criticism, and political science – fuel general, as well as scholarly, interest in the world's religions.

Religions is inviting innovative and comparative contributions. Please consider Religions as an exceptional, exciting enterprise ready to reward your trust, attention, and participation.

Editors-in-Chief

Prof. Dr. Arndt Büssing

Professorship Quality of Life, Spirituality and Coping, Faculty of Health,
Witten/Herdecke University, Gerhard-Kienle-Weg 4, 58313 Herdecke,
Germany

Prof. Dr. Klaus Baumann

Caritaswissenschaft und Christliche Sozialarbeit, Theologische
Fakultät, Albert-Ludwigs-Universität Freiburg, Platz der Universität 3, D-
79098 Freiburg, Germany

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CiteScore – Q1 (Religious Studies)

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manuscripts are peer-reviewed and a first decision is provided to authors approximately 25.4 days after submission; acceptance to publication is undertaken in 4.5 days (median values for papers published in this journal in the first half of 2025).