

Special Issue

The Influence of Religion and Spirituality in Psychotherapy: Research and Applications

Message from the Guest Editors

Spirituality and religion have emerged from a contentious history in psychotherapy to become driving forces for health and wellbeing in modern psychological care. Due to an expansive literature attesting the capacity of spirituality and religion to influence mental health as well as create crisis and tension, psychotherapists cannot afford to be illiterate to the contours of their clients' spiritual and religious lives. Scholars have made significant strides toward psychotherapies that are accommodative to clients' spiritual strivings and grounded in the principles of evidence-based practice. At the same time, there are important questions that need attention from basic and applied research. Additionally, direction from wise guides is still needed to navigate a host of practical challenges to effectively intervene when a client's spirituality or religion becomes a focus of psychotherapy. Papers included in this Special Issue will make a lasting contribution to the field by navigating the existing horizons and discovering new paths to understanding and incorporating spirituality and religion as integral components of the psychotherapy process.

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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.

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CiteScore – Q1 (Religious Studies)

Rapid Publication:

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).