

## QURANIC-BASED COUNSELING: PRACTICAL APPLICATIONS FOR VARIOUS TYPES OF CLIENTS

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**Abstract:**

*Quranic-based counseling is an integrative therapeutic approach that blends Islamic spiritual teachings with psychological support to address various mental, emotional, and behavioral issues. This study explores the conceptual framework, structure, and outcomes of the A–R Model Quranic Counseling, which is designed to assist clients dealing with trauma, illness, anxiety, deviant behavior, and spiritual emptiness. Using a psychoeducational and psychotherapeutic approach, the model operates in five structured phases: acceptance, initial contact, encounter, summary, and follow-up. The counselor functions not only as a spiritual guide but also as a support system for clients and their families, taking into account individual values, religious beliefs, and sociocultural backgrounds. Results from multiple case applications show significant positive changes in clients' behavior, emotional regulation, spiritual awareness, and decision-making. Clients reported feeling calmer, more focused in*

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*worship, more responsible in behavior, and more optimistic in facing life's challenges. These findings highlight the potential of Quranic counseling as a holistic and culturally relevant model for enhancing psychological and spiritual well-being, especially among Muslim communities.*

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## INTRODUCTION

In recent years, there has been an increasing recognition that individual psychological and emotional problems often require more than just self-help solutions. Many individuals struggle with issues that are deeply rooted in trauma, physical illness, or existential crises, which necessitate external support systems such as counseling or therapy (Corey, 2016). Various empirical studies have demonstrated that physical and psychological ailments can be holistically addressed through spiritually integrated approaches, including Quranic-based counseling. This model of counseling does not merely complement medical or psychological treatment; rather, it offers a distinct pathway to healing that blends spiritual wisdom, emotional resilience, and behavioral change (Alavi & Rahimi, 2022).

Quranic-based counseling, rooted in Islamic teachings, provides a therapeutic framework that emphasizes the spiritual dimension of human existence. It aligns with the biopsychosocial-spiritual model in health psychology, which acknowledges that healing is most effective when the spiritual aspects of the patient are also considered (Puchalski et al., 2009). For instance, Quranic verses used in therapy have been shown to reduce anxiety, enhance coping mechanisms, and foster inner peace among clients facing various life challenges (Mohd, et al., 2020).

Several studies from diverse healthcare contexts indicate the effectiveness of integrated counseling models. In Australia, spiritual counseling for cardiovascular patients has been linked to improved treatment adherence and emotional adjustment (Shannon et al., 2024). In Leiden, patients with vestibular schwannoma and diabetes mellitus reported enhanced psychological well-being when spiritual elements were included in their care (Marta et al., 2024; Martha et al., 2024). Likewise, therapeutic interventions that consider religious values in pediatric care, hemodialysis, surgery recovery, and cancer treatment have proven to be effective in reducing patients' psychological distress and enhancing quality of life (Kristen et al., 2024; Halise & Ayfer, 2024; Nielsen et al., 2018).

These findings show that counseling has evolved to embrace a broader range of client needs, including those related to chronic illness, trauma, genetic disorders, and lifestyle-related mental health issues. The challenge now is how to systematically incorporate Quranic values into professional counseling practices to address the diverse problems faced by the Muslim community today. This paper discusses the conceptual framework and practical application of Quranic-based counseling for various types of clients, illustrating its potential to bridge medical, psychological, and spiritual domains in contemporary therapeutic settings.

## METHODS

### Approach

Using psychotherapy to overcome client problems and in the practice of Model A–R Quranic counseling finding principles, goals, strategies and behaviors to overcome problems with psycho-

education or psycho-therapy. the therapist learns how the problem contributes to their health risks and then processes what it means and how it feels.

**Structure**

Quranic counseling is aimed at increasing understanding of the disease the client is suffering from, discussing disease management options, and explaining the risks and benefits of the disease suffered. Counseling sessions focus on providing important information, impartiality, and non-directive assistance in the patient's decision-making process. there are five phases: acceptance phase, initial contact phase, encounter phase, summary phase, and follow-up phase. The acceptance and follow-up phases occur outside of the actual counseling session. The initial contact phase is when the counselor and family meet and build a rapport. The meeting phase includes a dialogue between the counselor and client about the nature of screening and diagnostic tests. The summary phase provides all available options and decisions for the next step. If the patient wishes to continue testing, an appointment will be made to act as the person to communicate the results. Delivery of results can be done either in person or by telephone or on video (Hermens, 2024).

**Support**

Quranic counseling provides support to families, acts as a patient advocate, and refers individuals and families to community support services to find the Quran appropriate to the client's problems. Role as an educator and resource for other health professionals and the general public. Counselors help clients overcome and adapt to the emotional, psychological, medical, social (Busilacchi, et.al, 2024) and economic consequences of identifying problems or illnesses. Each individual considers family needs, social environment, cultural background, and religious beliefs when interpreting risks, encouraging clients to take time to think about their decisions. When a risk is discovered.

**Outcomes**

The most commonly measured Quranic counseling outcomes include knowledge, anxiety or distress, satisfaction, perceived risk, (intention or acceptability), health behavior, and decision-making conflict. The results show that Quranic counseling can increase knowledge, perception of personal control, positive health behavior (Stahl, et al 2024), and increase the accuracy of risk perception as well as reduce anxiety and decision-making conflicts.

**RESULTS**

Diseases have been successfully cured through quranic counseling were shown on Table 1.

Tabel 1. Counseling Qurani practice

Model	Therapist/ counselor	Behavior before counseling	Changes after counseling
A	Mohamad Rokhim Khakim, 2024	A 21 year old teenager and also my friend from Bendiljati Kulon named Ramadhan. he comes from a family that in my opinion is minimal in terms of religion. His family was too busy making money so his religious education was reduced. He has negative behavior such as often lying and also speaking things that are not in accordance with what is actually happening	The heart feels calmer when we speak honestly to someone The mind also becomes calmer because no one else is harmed by his words. Feel confident that everything we do is seen by Allah SWT and there is accountability for it at the end of the day

Model	Therapist/ counselor	Behavior before counseling	Changes after counseling
			
A	Audrey Priscilia syamsu, 2024	Gloomy 	cheerful again
B	Moch Irvan Rizky, 2024	problems with memory, he often forgets or is senile 	More calm soul Stay routine in praying the 5 daily prayers and sunnah prayers You don't become senile because after praying you have to read and memorize the Al-Qur'an. Reduced disease
C	Cahya Kurnia Elly, 2024	 often feel anxious or restless. At certain times he also experiences dizziness and tremors when he starts thinking about many things. He is also reluctant to interact with new people.	The body begins to feel light A's face started to look radiant The anxiety disorders that are usually experienced begin to decrease Feel calm
C	Debyta Ayu Marchelina, 2024	A 21 year old teenager who has kleptomania disorder which makes it difficult for sufferers to restrain themselves from the urge to steal. Kleptomania sufferers often steal in public places, but there are also those who shoplift from friends' houses. He often feels anxious when he is stealing 	A calmer soul. The desire to steal has decreased Not easily angry and more able to control emotions. Awareness and desire to change behavior arises. When praying, be more humble and after prayer, make it a habit to do dhikr. Diligently pray five times a day but pray at the end of the time.
D	Binta Zakiyatul Ula, 2024	17 years old, has problems regarding religious beliefs. Aldi is Muslim, but because he often reads words on social media, Aldi is still unsure about the religion he adheres to 	The person becomes calm and straight with the belief they believe in, even though it is not yet complete .
D	Ahsana Nadiya, 24	often commit immoral acts and often abandon their obligations, such as prayer, fasting, etc. Until one day he felt that his life was empty, lacking direction and purpose. Often he plays illegal things, such as going to clubs	Get used to not playing illegal things, such as getting drunk at clubs Don't run away from problems by looking for worldly pleasures

Model	Therapist/ counselor	Behavior before counseling	Changes after counseling
		<p>fill his life with fun things. However, every time he went home he felt empty and alone again.</p> 	<p>Always remember Allah that Allah is always with him                      Closer to Allah, Increase gratitude                      Increase the sense of istiqomah,                      Always be thankful, Be husnudzhan                      Feeling enough, Have direction                      Calmer and able to control yourself</p>
E	Alvi Syarifatul Wafa', 2024	<p>feeling of hopelessness. In the midst of busy college activities that made him stressed, there was a mother who always reminded him to stay focused on studying, but also often complained about economic problems with him. So he felt like he was a burden on his family and wanted to stop studying.</p> 	<p>Express previously suppressed emotions.                      Makes the chest relieved because it reduces the burden on the mind.                      Make the mind have a positive outlook.                      Individuals become aware of the potential they have in overcoming their problems.                      Become more optimistic.                      Become a person who learns to manage themselves.                      Create a new perspective.                      Can evaluate yourself to become a better person.</p>
F	Anisa'u Lailatul Badriyah, 2024	<p>19 year old who stole his friend's things.</p> 	<p>The client's heart and soul become calm                      Avoid committing sins                      Consistently change his behavior                      Become closer to God</p>
F	Devita Anindia Putri, 2024	<p>There is a 24 year old woman, K often behaves rudely to his parents. When he is advised, he always criticizes his parents' words, sometimes to the point of shouting at his parents. He realized that his behavior was wrong, therefore he wanted to change his behavior.</p> 	<p>Have the awareness to change their behavior                      Clients are more able to speak softly to their parents.                      The client will have a calmer soul.                      Clients have patience.                      Avoid sin.</p>
G	Indah Maydian Lestari, 2024	<p>There was a student whose character was very dishonorable, he loved to show off his wealth to his friends, with the wealth he already had from his parents he was not getting closer to God because he felt he had enough with the wealth he had, without any a little gratitude to God</p> 	<p>Ask Allah for forgiveness for the actions you have committed                      Get closer to Allah by praying                      Be grateful for what you have now                      Can admit his mistakes</p>

<b>Model</b>	<b>Therapist/ counselor</b>	<b>Behavior before counseling</b>	<b>Changes after counseling</b>
H	Yustika, 2024	A 45 year old mother experiences high levels of anxiety and if she is anxious it will have an effect on her body 	Anxiety begins to decrease and you get a positive effect from the results of praying regularly. The heart becomes calm because of being patient
I	Nur Farichatus Sa'adah, 2024	A teenager turning 21 years old has been working as a chicken trader. From the proceeds of his trade he cannot manage his money, which makes him live lavishly on the proceeds of his trade until the money he will deposit is not sufficient. 	Make your heart calm Be humble Little by little, always leave money for savings Reduce unnecessary things
J	Ellen Anesti, 2024	There was a 30 year old woman. He has an arrogant nature, likes to pretend to be rich and likes to show off the things he has, apart from that he also rarely helps his fellow family members or the local community, apart from that he also likes to look down on other people, and is often cynical. 	Have the awareness to change their behavior Clients have also changed their behavior from previously not wanting to help others, now they are aware that life requires helping each other. Clients are more able to speak softly to other people Clients are no longer like before who have more or less new items to show off. The client will have a calmer soul.
K	Aricka Bunga Meirinda, 2024	There was a student who carried out deviant behavior, namely bullying his classmates 	can admit mistakes apologize to the victim ask Allah for forgiveness pray at the beginning of the time (get closer to Allah) can be good friends with anyone, especially the victim
L	Ayunita Rafiisya Febrianti, 2024	65 years old suffers from senility and likes to get angry due to often forgetting/sensuousness and always taking it out on members of the house (his children and grandchildren) 	Her emotions began to subside Reduce harsh language Be more patient in facing trials His body is starting to get healthy Be more obedient to Allah SWT Never give up
L	Dewi Masitoh	There is a 24 year old teenager who often gets drunk and behaves in disgraceful ways. Often criticizes other people. When he is given advice he always criticizes other people's	Have the awareness to change their behavior Clients are more able to speak kind words to other people. The client will have a calmer soul. Clients have patience.

Model	Therapist/ counselor	Behavior before counseling	Changes after counseling
		<p>words, sometimes to the point of shouting at other people</p> 	<p>Avoid sin. His behavior is heading in a positive direction (adaptive) Be consistent in changing their behavior. Calmer soul. Keep trying Have patience. Always remember the greatness of Allah SWT. Be diligent in worship. Avoid sin</p>
M	Dian Nurrisma, 2024	<p>An 18 year old teenager who has just graduated from vocational school. Every day he keeps playing and can't manage the money he gives him from his mother.</p> 	<p>Makes the heart calmer Can regulate emotions so they don't overflow. Be humble Little by little he was able to save money and he realized that earning money was difficult, especially since he wasn't working yet</p>
N	Arizawati cahyani, 2024	<p>Too focused on the world, sometimes he doesn't pray and fast because sometimes he has faith, sometimes he doesn't. This client does not pray when it is prayer time. He also rarely prays or reads the Quran</p> 	<p>Calmer soul. An awareness and desire to have more faith emerges. Be diligent in worship. Be diligent in praying five times a day. Even though friends reminded me.</p>
O	Arum Siti Zulaikah	<p>23 years old experiencing high levels of stress, anxiety in his soul, feeling lost, feeling like his life is full of emptiness. He thought that there was no point in being created</p> 	<p>Sufferers feel at peace in all their affairs don't feel afraid, worried or anxious reality is restored and self-understanding is good</p>
	Clarista Diya Fadlilah, 2024	<p>63 years old experienced a problem, namely his behavior of chasing wealth so much that he rarely prayed. He often abandons prayer because he is more concerned with wealth, for him money is everything.</p> 	<p>Calmer soul Awareness and desire to change behavior arises Be diligent in praying five times a day but perform the prayer at the end of the time</p>
P	Nafika Rahma Ladiana, 2024	<p>child of a broken home and is a close friend of AM. Because MH often forbade and influenced AM not to pray and worship Allah, AM ended up staying away from MH</p>	<p>The client feels relieved after telling the story to the counselor Clients feel they have found new friends who can understand the problems they are facing</p>

Model	Therapist/ counselor	Behavior before counseling	Changes after counseling
		<p>In this session, the counselee stated that MH had apologized to AM, but AM had not been as close a friend as before. MH feels hopeless that his friendship with AM is not as close as before.</p> 	<p>The client has realized that what he did was wrong, namely influencing AM not to pray                      The client wants to apologize for his actions to AM                      The client promises to slowly support AM to do positive things                      The client agrees to the counselor's assignment to learn to pray 5 times a day                      The client has become friends with AM again                      Client begins to learn to pray 5 times a day assisted by AM                      The client agrees to the counselor's task of praying 5 times a week</p>
Q	Aprilia Devi Nur Habibah, 2024	<p>An 80 year old complains that he often doesn't focus when praying, because he still often thinks about his world.                      He is a person who is very steeped in traditional customs, he always takes part in activities in his environment</p> 	<ol style="list-style-type: none"> <li>1. Reduced Pain</li> <li>2. Calmer soul</li> <li>3. Focus more on carrying out the five daily prayers</li> </ol>
Q	Faizzatul Ummah	<p>This mother is experiencing baby blues.                      Normally, baby blues lasts 14 days, but this mother's baby blues have continued until now for 8 months.                      He feels unable to control his child when he is fussy, always gets angry when his child cries loudly, is reluctant to breastfeed and his emotions overflow.                      NY admitted that after postpartum she left the prayer on the grounds that her child could not be left behind until her husband, who was holding her, was always being shouted at by NY.</p> 	<p>Client (NY) Can control his emotions                      You are used to praying 5 times a day                      Feel more grateful than before                      The child's relationship with the client is warmer, NY does not get angry easily or get emotional                      Feel more able to care for children                      His heart is calm and no longer confused                      NY sleep patterns are more regular and comfortable</p>
R	Muhammad Rizqi Ghozali, 2024	<p>upset, he was prejudiced against his father</p> 	<p>Always think positively about what happens                      Don't be prejudiced about something                      Always be grateful for what you have received and what Allah SWT has given you.                      Stop assuming bad thoughts about what has happened                      Be patient when accepting something unpleasant</p>

Model	Therapist/ counselor	Behavior before counseling	Changes after counseling
			Have a good opinion of everything that is received and given by Allah SWT.

## DISCUSSIONS

Quran-based counseling is a medium for strengthening a Muslim's faith as well as increasing the competence of therapists or counselors to develop therapy models and accept various types of ages, occupations and genders of clients who need help. Continuous efforts to explore religious teachings are a force for developing counseling theory towards the principle of making all people happy and aligning people to appropriate behavior in everyday life.

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