

The Impact of Spirituality on Emotional Healing: A Qualitative Perspective

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ABSTRACT

Objective: This study aimed to explore the impact of spirituality on emotional healing, examining how spiritual practices, beliefs, and social contexts contribute to individuals' emotional recovery processes.

Methods and Materials: A qualitative research design was employed, utilizing semi-structured interviews with 33 participants from Canada. Participants were selected based on their self-identified spiritual practices and experiences of emotional healing. Data were analyzed using NVivo software, and theoretical saturation was achieved through in-depth exploration of participants' narratives. The study focused on identifying key themes related to the role of spirituality in emotional well-being.

Findings: The study revealed five main themes: 1) Spiritual practices as coping mechanisms, including prayer, meditation, and scripture reading; 2) Transformation through spiritual insight, such as increased self-awareness and forgiveness; 3) Emotional healing in social-spiritual contexts, involving community support and shared testimonies; 4) Spiritual identity and emotional resilience, highlighting the role of a stable spiritual self in navigating emotional challenges; and 5) Challenges in spiritual healing, including spiritual doubt and conflicts with secular norms. Participants consistently reported that spiritual practices facilitated emotional regulation, provided meaning, and contributed to post-traumatic growth, while some also expressed difficulties with negative religious experiences.

Conclusion: Spirituality plays a significant role in emotional healing, offering coping mechanisms, emotional resilience, and a transformative sense of purpose. However, its impact is complex, as negative spiritual experiences may also hinder emotional recovery. Practitioners should adopt a flexible, person-centered approach to integrating spirituality into emotional healing processes.

Keywords: Spirituality, emotional healing, coping mechanisms, spiritual practices, transformation, resilience, spiritual identity, community support, post-traumatic growth

1. Introduction

In the landscape of psychological recovery, the role of spirituality in facilitating emotional healing has garnered growing scholarly attention. Spirituality—distinct from religious dogma—refers to the internal experience of connection with a transcendent reality, higher power, or existential meaning that guides personal values and behaviors. Increasingly, researchers and clinicians recognize that emotional healing is not merely a psychological process but a multidimensional experience that includes spiritual and existential dimensions (Haryanto & Muslih, 2025). The emotional consequences of trauma, loss, chronic illness, and psychological distress often extend beyond cognitive patterns and behavioral symptoms, touching the deeper layers of meaning-making and spiritual identity (Carberry, 2025). Within this context, spirituality emerges as a potential mechanism through which individuals find strength, coherence, and transformation amid suffering.

The relationship between spirituality and emotional well-being is complex and shaped by cultural, contextual, and individual factors. Spirituality has been associated with a range of mental health benefits, including reduced anxiety, enhanced emotional regulation, and improved quality of life (Siswanto et al., 2024). Spiritual practices such as prayer, meditation, scriptural reflection, and ritual engagement serve as powerful coping mechanisms for many individuals dealing with psychological distress (Syifa & Nurjannah, 2024). For some, spirituality provides a framework to make sense of painful experiences, offering narratives of redemption, forgiveness, and resilience (Masykur & Ismatullah, 2024). Others describe the healing power of communal rituals and sacred symbols in restoring emotional balance and strengthening social connectedness (Scoles, 2024).

Various therapeutic approaches have integrated spiritual frameworks to promote emotional healing. For instance, the Spiritual Emotional Freedom Technique (SEFT), which combines tapping techniques with spiritual affirmations, has shown promise in reducing anxiety and stress (Wardiana & Agustina, 2022). This method is grounded in the belief that spiritual energy can be directed toward psychological recovery, especially in the face of trauma or chronic distress (Sucipto et al., 2023). SEFT has been applied in both clinical and community settings, particularly during the COVID-19 pandemic, to address the spiritual and emotional needs of individuals affected by uncertainty, isolation, and grief (Astuti & Ediyono, 2021). Such integrative techniques

highlight the value of spirituality not just as a belief system but as a functional tool in healing emotional wounds.

Empirical evidence further supports the link between spirituality and emotional regulation. Studies have demonstrated that engaging in spiritual practices can enhance emotional awareness, facilitate the release of negative emotions, and foster inner peace (Cappellen et al., 2022). Positive emotions associated with spiritual experiences—such as awe, gratitude, and compassion—may activate psychological processes that counteract the effects of emotional dysregulation and trauma (Walkikar, 2024). Additionally, spiritual involvement has been linked to increased resilience and psychological flexibility, especially in individuals facing chronic illnesses or life-altering stressors (Fernandez et al., 2024). In a recent study, patients with neurodegenerative disorders reported that their spiritual worldview offered a sense of stability and meaning that helped buffer the emotional toll of their diagnosis (Fernandez et al., 2024).

Spirituality also plays a significant role in shaping identity and fostering a sense of coherence in life. Through spiritual exploration, individuals often re-evaluate their values, relationships, and life purpose in response to suffering (Kalantari, 2023). In such cases, spirituality provides more than solace—it catalyzes transformation. The notion of post-traumatic growth, for example, is frequently tied to spiritual awakening and the realization of deeper existential truths (Mitchell et al., 2023). Moreover, in therapeutic settings, acknowledging the spiritual dimensions of patients' struggles has been found to enhance engagement, therapeutic alliance, and treatment outcomes (Hamid et al., 2023). When practitioners neglect the spiritual aspects of emotional pain, they risk overlooking critical avenues for healing and self-understanding.

The healing potential of spirituality is not confined to individual introspection but is often expressed through cultural and communal frameworks. For instance, in many traditions, the act of dhikr or spiritual remembrance fosters emotional calm and promotes neuropsychological equilibrium (Kadri, 2024). Similarly, indigenous and non-Western healing practices emphasize the interconnectedness of mind, body, spirit, and community in recovery processes (Midlage, 2024). Art-based therapies grounded in spiritual expression have been used to process grief, trauma, and emotional blockages in diverse populations (Khurana & Vidisha, 2023; Фарафонова, 2023). These culturally embedded spiritual approaches highlight the importance of

contextual sensitivity in understanding the pathways through which emotional healing unfolds.

At the same time, scholars have warned against overly romanticizing the role of spirituality. Not all spiritual experiences are healing; some may provoke existential anxiety, reinforce guilt, or lead to spiritual bypassing—the tendency to avoid emotional pain through spiritual rationalization (Girdhar & Bhatt, 2024). For individuals with histories of religious trauma or exclusion, spiritual frameworks may become sources of distress rather than comfort (Notarangelo, 2019). Therefore, it is crucial to examine not only the benefits of spirituality but also the challenges and ambivalences it may entail in the process of emotional recovery (Salleh et al., 2022). Recognizing the dual nature of spiritual engagement—as both a resource and a risk factor—offers a more balanced perspective on its impact.

Moreover, spirituality intersects with broader psychosocial determinants of health. Socioeconomic status, cultural background, and access to supportive communities influence how spirituality is integrated into emotional healing. For adolescents and marginalized populations, spiritual frameworks may offer refuge and resilience in the face of systemic adversity (Girdhar & Bhatt, 2024; Singh & Suvidha, 2019). Programs that combine spiritual and psychosocial interventions have shown efficacy in fostering emotional regulation and identity consolidation in vulnerable groups (S.K. & Nishane, 2024). This intersectional view underscores the need for holistic approaches that address both internal and external dimensions of emotional suffering.

The use of spiritual techniques for mental health recovery is also gaining recognition in institutional settings. Research on hospitalized patients undergoing radiation therapy has shown that spiritual coping strategies—such as prayer, spiritual music, or support from chaplains—can enhance emotional endurance and reduce anxiety (Mitchell et al., 2023). Similarly, in nursing and palliative care, spiritual interventions have been associated with increased patient satisfaction and reduced emotional distress (Ramadina et al., 2022). These findings advocate for the integration of spiritual assessment and intervention in mental health services, ensuring that patients' spiritual needs are acknowledged and supported as part of comprehensive care.

Despite these insights, there remains a paucity of qualitative research that centers the lived experiences of individuals who have undergone emotional healing through spirituality. While quantitative studies offer valuable

correlations, they often miss the nuanced narratives, metaphors, and subjective meanings that define spiritual recovery. To address this gap, the present study explores the impact of spirituality on emotional healing from a qualitative perspective.

2. Methods and Materials

2.1. Study Design and Participants

This qualitative study employed a descriptive-interpretive design to explore the influence of spirituality on emotional healing from the perspective of individuals who had personally experienced emotional distress and engaged in spiritual practices as part of their recovery process. Participants were purposefully selected to ensure a diverse range of spiritual beliefs, backgrounds, and emotional healing experiences. A total of 33 individuals residing in Canada participated in the study. Inclusion criteria included adults aged 18 and above who self-identified as having undergone a process of emotional healing in which spirituality played a significant role. The sampling process continued until theoretical saturation was achieved, at which point no new themes or insights were emerging from subsequent interviews.

2.2. Data Collection

Data were collected using semi-structured, in-depth interviews that encouraged participants to share their narratives in a flexible and open-ended manner. Each interview began with broad guiding questions, such as “Can you describe how spirituality has influenced your emotional healing journey?” and “What spiritual practices or beliefs have supported your emotional well-being?” Follow-up probes were used to clarify and deepen understanding. Interviews were conducted in person or via secure online platforms, depending on participant preference and accessibility. Each interview lasted between 45 to 75 minutes and was audio-recorded with participant consent. All interviews were transcribed verbatim for analysis.

2.3. Data Analysis

Data analysis followed a thematic content analysis approach. Transcribed interviews were imported into NVivo software (QSR International) to support systematic coding and theme development. An initial open coding phase was conducted to identify meaningful units within the data. Codes were then grouped into categories and higher-order

themes through iterative comparison and constant reflection. The research team engaged in ongoing discussions and reflexive journaling to enhance analytical rigor and credibility. Throughout the analysis, efforts were made to ensure that emerging themes accurately reflected participants' lived experiences and the nuanced ways in which spirituality contributed to their emotional healing.

3. Findings and Results

A total of 33 participants from Canada took part in this study, including 19 females (57.6%) and 14 males (42.4%), ranging in age from 24 to 66 years, with a mean age of 42.8 years. Participants represented diverse spiritual

backgrounds, including Christianity (n = 14), Islam (n = 6), Indigenous spiritual traditions (n = 4), Buddhism (n = 3), and non-affiliated spiritual beliefs (n = 6). In terms of educational attainment, 9 participants (27.3%) had completed high school, 13 (39.4%) held a bachelor's degree, and 11 (33.3%) had obtained graduate-level education. The majority were employed either full-time or part-time (n = 25, 75.8%), while the remaining participants were retired, unemployed, or engaged in caregiving roles (n = 8, 24.2%). Most individuals reported engaging in spiritual practices regularly (n = 29, 87.9%), and 21 participants (63.6%) had experienced emotional healing in the context of a significant life event such as grief, trauma, or chronic illness.

Table 1

The Results of Qualitative Coding

Category	Subcategory	Concepts (Open Codes)
Spiritual Practices as Coping Mechanisms	Prayer and Meditation	Daily rituals, inner peace, calming effect, clarity of mind, emotional regulation
	Scripture Reading and Reflection	Seeking guidance, moral support, personal meaning, hope restoration, interpretive lens
	Spiritual Music and Chanting	Emotional expression, soothing rhythm, transcendence, sacred connection
	Participation in Religious Community	Shared beliefs, emotional validation, group prayer, communal strength, sense of safety
	Nature-Based Spirituality	Connection with creation, grounding, solitude, spiritual renewal, presence in the moment
Transformation Through Spiritual Insight	Increased Self-Awareness	Reflective thinking, identity formation, acceptance of flaws, personal growth
	Forgiveness and Letting Go	Release of resentment, peace of mind, closure, self-forgiveness, emotional relief
	Sense of Purpose and Meaning	Life direction, existential clarity, value-based goals, emotional resilience
Emotional Healing in Social-Spiritual Contexts	Connection to a Higher Power	Divine support, feeling watched over, spiritual trust, sense of belonging
	Support from Spiritual Mentors	Guidance, empathy, modeling faith, active listening
	Testimonies and Shared Stories	Narrative healing, inspiration, learning from others, shared struggles
	Group Rituals and Ceremonies	Emotional release, symbolic transformation, sacred belonging, shared meaning
Spiritual Identity and Emotional Resilience	Acts of Service	Empathy building, distraction from pain, moral fulfillment, sense of impact
	Spiritual Self-Definition	Internalized beliefs, stable identity, personal theology, spiritual confidence
	Resilience Through Faith	Endurance, faith in adversity, patience, courage, spiritual strength
	Moral Compass in Difficult Times	Ethical decisions, inner guidance, moral clarity, integrity
Challenges in Spiritual Healing	Spiritual Doubts and Crises	Loss of faith, questioning beliefs, existential anxiety, spiritual confusion
	Negative Religious Experiences	Judgmental teachings, exclusion, fear-based messages, spiritual abuse
	Struggles with Guilt and Shame	Religious guilt, unworthiness, past sins, emotional burden
	Isolation in Belief	Social disconnect, misunderstood faith, spiritual loneliness
	Conflicts with Secular Norms	Value clashes, societal pressure, identity negotiation, marginalization

Spiritual Practices as Coping Mechanisms

Participants described *prayer and meditation* as foundational tools for coping with emotional pain, often highlighting the calming and centering effects of these practices. Many noted that regular prayer brought a sense of

inner peace and emotional regulation during crises. One participant stated, "When I pray, I feel like my heart rate slows down—like I'm being held." Another reflected, "Meditation helps me clear my mind from the chaos. It's where I find clarity."

Scripture reading and reflection emerged as another essential practice, providing both moral support and existential guidance. Participants found solace in reading sacred texts, interpreting them through personal experiences to restore hope and meaning. A respondent shared, “Every time I read certain verses, it feels like they were written just for what I’m going through.” Others used reflection to reframe suffering as purposeful, deepening their emotional resilience.

Spiritual music and chanting were described as emotionally expressive and soothing practices that facilitated transcendence. Participants emphasized the power of melody and repetition to release feelings and feel spiritually connected. As one participant put it, “When I chant, it’s like my emotions pour out and I’m not alone.” Another added, “There’s a healing in sacred songs that words can’t explain.”

Participation in religious community served as a protective and nurturing context for emotional healing. Shared beliefs and communal rituals offered validation and emotional safety. “Being in a room full of people who believe like I do—it’s like my burdens are lighter,” said one participant. Others emphasized how group prayers and rituals helped them feel less isolated in their pain.

Nature-based spirituality was a particularly significant theme for participants who engaged with the natural world as part of their healing process. They described experiences of grounding, solitude, and spiritual renewal in nature. One individual explained, “Walking in the forest, I feel God more clearly than anywhere else.” Others noted that being present in nature allowed for emotional decompression and connection to something larger.

Transformation Through Spiritual Insight

Increased self-awareness was frequently linked to spiritual practices that encouraged introspection and acceptance. Participants discussed how reflecting on their spiritual beliefs helped them understand their emotions and identity more deeply. One remarked, “Spirituality made me sit with my pain instead of running from it.” Another said, “I realized I had patterns of self-blame that I had to unlearn.”

The theme of *forgiveness and letting go* appeared across many narratives. Participants described spiritual teachings and rituals that helped them release resentment, find closure, and forgive both themselves and others. One participant shared, “I kept carrying guilt for years until I learned how to forgive myself through prayer.” Others emphasized that emotional relief followed spiritual surrender.

A strong *sense of purpose and meaning* emerged as a central aspect of participants’ emotional transformation. Spiritual beliefs gave them direction and helped them reframe emotional wounds as part of a larger life journey. “Losing my job broke me, but I now see it was preparing me for something else,” one participant explained. Another added, “I finally feel like my pain isn’t pointless—it shaped who I’ve become.”

Participants often described *connection to a higher power* as vital in fostering emotional resilience. Many used phrases such as “being watched over” or “not alone” to describe their relationship with the divine. One participant stated, “I talk to God every night, and that’s when I feel the most secure.” For others, this connection instilled a sense of spiritual trust and safety during emotional distress.

Emotional Healing in Social-Spiritual Contexts

Support from spiritual mentors played a critical role in the emotional recovery of several participants. They described mentors as sources of empathy, wisdom, and role models of faith. “She didn’t just listen—she understood spiritually what I was going through,” one participant said. Another noted, “He guided me without judging me. That saved me.”

Testimonies and shared stories in spiritual settings were described as deeply healing. Participants recounted feeling inspired and validated when hearing others narrate their emotional struggles and spiritual journeys. “Someone shared their battle with depression during a service, and I cried because it was like hearing my own story,” one participant recalled.

Group rituals and ceremonies were reported to facilitate emotional release and foster a sense of belonging. Participants described these moments as sacred and emotionally transformative. “I remember crying during a candle-lighting ceremony. It felt like my soul was being acknowledged,” one person shared. These rituals provided symbolic closure and collective meaning.

Some participants reported that engaging in *acts of service* within spiritual contexts enhanced their emotional healing. Helping others created a sense of purpose and connection. “When I volunteered at the shelter, it gave me a reason to get out of bed,” said one participant. Others described service as a form of moral fulfillment and distraction from their own pain.

Spiritual Identity and Emotional Resilience

Spiritual self-definition was a recurring element in participants’ narratives, providing a foundation for emotional stability. Participants spoke about developing a personalized

spiritual framework that anchored them. “I don’t follow a religion strictly, but my beliefs are mine—they ground me,” one participant explained. Many felt empowered by their spiritual confidence.

Resilience through faith was articulated as a capacity to endure hardship, often fueled by spiritual conviction. Faith in adversity, patience, and spiritual strength were cited as key traits. “I kept repeating to myself, ‘This too shall pass,’ and I believed it because of my faith,” said one individual. Others linked faith directly to emotional endurance.

A *moral compass in difficult times* emerged as another subtheme. Participants emphasized that their spiritual values helped guide decisions during emotional turmoil. “Even when I was angry and confused, I knew what was right because of what I believe,” said one participant. Others found that moral clarity helped them maintain integrity.

Challenges in Spiritual Healing

Despite the overall positive role of spirituality, participants also described challenges. *Spiritual doubts and crises* were common among those who faced prolonged suffering. Participants reported questioning their beliefs and feeling distant from spiritual sources. “I stopped praying for months. I felt like no one was listening,” shared one individual.

Negative religious experiences were also cited, including judgmental teachings and fear-based messaging that exacerbated emotional pain. “I was told my sadness was a punishment. That only made me feel worse,” said a participant. Others recounted experiences of spiritual abuse or exclusion from religious spaces.

Participants also spoke of *struggles with guilt and shame* that were magnified by certain religious interpretations. These emotions often became internalized and difficult to release. “I thought I was broken and deserved the pain because of my past,” said one individual. Spiritual guidance was sometimes insufficient or even harmful in these cases.

Isolation in belief was reported by participants whose spiritual paths diverged from family or social norms. They described being misunderstood or marginalized. “No one in my circle shares my beliefs, so I often feel like I’m alone on this journey,” said one respondent. This spiritual loneliness could intensify emotional distress.

Finally, *conflicts with secular norms* were discussed, especially in contexts where participants’ spiritual values clashed with societal expectations. These tensions often led to identity negotiation and feelings of marginalization. “People mock my beliefs at work. I have to hide that part of myself,” one participant revealed.

4. Discussion and Conclusion

The findings of this study shed light on the multifaceted ways spirituality influences emotional healing. Five overarching themes emerged from participants’ narratives: spiritual practices as coping mechanisms, transformation through spiritual insight, emotional healing in social-spiritual contexts, spiritual identity and emotional resilience, and challenges in spiritual healing. These themes demonstrate that spirituality is not only a supportive resource but also a deeply personal, social, and existential process that plays a critical role in navigating emotional distress.

Participants consistently described spiritual practices—such as prayer, meditation, scripture reading, music, and nature-based reflection—as essential tools for emotional regulation and psychological grounding. These practices helped individuals cultivate inner peace, manage anxiety, and regain clarity during emotionally turbulent times. This finding aligns with prior studies demonstrating that engaging in spiritual rituals fosters emotional calmness and strengthens affect regulation mechanisms (Cappellen et al., 2022). The calming effect of repetitive prayer and meditative states has been shown to modulate stress responses and promote psychological balance (Syifa & Nurjannah, 2024). Similarly, the emotional resonance of spiritual music, as emphasized by participants, supports previous evidence that music therapy with spiritual content can facilitate emotional release and spiritual connection, particularly in clinical settings such as hospitals and palliative care (Notarangelo, 2019).

The second major theme, transformation through spiritual insight, illustrates how spirituality enables individuals to reconstruct meaning, develop self-awareness, and arrive at emotional forgiveness. Participants emphasized that spirituality helped them reframe suffering as purposeful, leading to greater emotional clarity and life direction. These findings echo research on post-traumatic growth, which highlights that spiritual interpretation of adversity can foster psychological resilience and personal transformation (Mitchell et al., 2023). In this study, spiritual insight was frequently associated with forgiveness—of self and others—which participants described as pivotal for emotional release and closure. Prior work has shown that spiritual forgiveness practices are associated with lower emotional burden and improved well-being in individuals with unresolved trauma (Kalantari, 2023).

The theme of emotional healing in social-spiritual contexts highlights the interpersonal dimension of

spirituality. Support from spiritual mentors, participation in group rituals, and listening to shared testimonies contributed significantly to participants' sense of emotional belonging and validation. These findings reinforce the importance of spiritual community as a container for emotional experiences, providing social support that complements internal coping mechanisms. Fernandez et al. found that spiritual social networks positively affect emotional well-being in patients facing life-limiting illness, showing that spiritual community involvement mediates emotional resilience (Fernandez et al., 2024). Similarly, storytelling and testimonies within spiritual spaces have been linked to narrative healing and the strengthening of personal identity through shared meaning (Carberry, 2025).

Spiritual identity and emotional resilience emerged as another salient dimension in this study. Many participants defined their emotional strength in terms of a stable spiritual identity and personal moral compass. In times of emotional upheaval, their sense of spiritual self offered an internal anchor that buffered against despair and confusion. This theme supports literature on transpersonal psychology, which posits that spiritual identity provides coherence and continuity that helps individuals navigate psychological disruption (Haryanto & Muslih, 2025). Resilience through faith was particularly notable among participants who endured prolonged distress; they often attributed their capacity to endure and adapt to a deep sense of spiritual trust and conviction. The therapeutic value of anchoring emotional experience in spiritual frameworks is also observed in Sufism-based and Buddhist meditative traditions, which emphasize acceptance and spiritual surrender as paths to inner peace (Kadri, 2024; Masykur & Ismatullah, 2024).

Nonetheless, the challenges in spiritual healing reported by participants underscore that spirituality is not an unequivocally positive force. Some described spiritual crises marked by doubt, disconnection, or guilt, especially when their beliefs failed to alleviate suffering or conflicted with secular norms. These experiences reflect what Cappellen et al. term the “dark side” of spirituality, where beliefs may intensify distress if interpreted rigidly or experienced in isolation (Cappellen et al., 2022). Similarly, negative religious experiences such as judgmental teachings or exclusionary dogma were mentioned as emotionally harmful. Such findings are supported by studies on religious trauma, which note that spiritual disillusionment can deepen emotional wounds and complicate recovery (Salleh et al., 2022). Importantly, these narratives emphasize the need to

approach spiritual healing with sensitivity, recognizing that its efficacy is shaped by individual belief systems, past experiences, and community dynamics.

The present findings are further corroborated by existing research on spiritual interventions. Techniques such as the Spiritual Emotional Freedom Technique (SEFT) have been found effective in reducing symptoms of anxiety, emotional instability, and depression by integrating energy-based tapping with affirmations rooted in faith (Siswanto et al., 2024; Sucipto et al., 2023). Participants who reported using such practices experienced emotional stabilization and enhanced sleep quality, which aligns with findings from clinical reviews demonstrating SEFT's impact on physiological regulation and emotional processing (Ramadina et al., 2022). Other culturally grounded spiritual interventions—such as Uzlah and Jamai'e—have also shown effectiveness in promoting emotional calm and reorientation during periods of psychological stress (Hamid et al., 2023). These techniques provide further evidence that emotional healing is optimally achieved when psychological and spiritual domains are integrated in culturally appropriate ways.

Moreover, creative expressions of spirituality—such as spiritual art and nature immersion—were identified as emotionally healing by participants in this study. This echoes previous work that explores how art therapy enables emotional release and spiritual insight, particularly among trauma survivors (Khurana & Vidisha, 2023; Фарафонова, 2023). In culturally diverse societies, these forms of spiritual engagement may provide accessible and non-verbal pathways to emotional healing, especially for individuals who do not identify with formal religion. These findings suggest the importance of broadening the definition of spirituality to include embodied, symbolic, and sensory practices that resonate across belief systems.

While this study affirms the significant role spirituality can play in emotional healing, it also calls for critical reflection on its application. Practitioners and scholars should be cautious not to universalize spiritual approaches or assume their suitability for all individuals. As Singh and Suvidha note, effective interventions must consider individual belief structures, cultural values, and psychosocial contexts (Singh & Suvidha, 2019). This is particularly important for marginalized groups who may have experienced spiritual disenfranchisement or religious-based stigma. A nuanced, person-centered approach is thus necessary to ethically and effectively incorporate spirituality into emotional healing frameworks.

5. Limitations & Suggestions

Despite its contributions, this study has several limitations. First, the participant pool was limited to individuals residing in Canada, which may influence the generalizability of findings to other cultural or religious contexts. Although efforts were made to include participants with diverse spiritual backgrounds, certain perspectives—such as those from non-theistic or Indigenous frameworks—may be underrepresented. Second, data were collected through self-report interviews, which are subject to recall bias and social desirability effects. Participants may have emphasized spiritually positive experiences while minimizing internal conflicts. Lastly, while NVivo software was used to ensure systematic analysis, thematic interpretation remains inherently subjective and shaped by the research team's perspectives.

Future research should aim to explore the role of spirituality in emotional healing across different cultural and religious contexts, particularly in non-Western societies and among non-majority faith groups. Comparative studies between spiritual and secular coping strategies could provide further insight into their unique contributions and limitations. Additionally, longitudinal qualitative research would help examine how spiritual engagement evolves throughout the emotional healing process. Studies incorporating multidisciplinary approaches—combining neuroscience, anthropology, and theology—may also offer a deeper understanding of the mechanisms through which spirituality influences emotional regulation and recovery.

Practitioners working in mental health and counseling settings should be trained to assess and integrate clients' spiritual beliefs into therapeutic processes in respectful, inclusive, and flexible ways. Spirituality should not be imposed or assumed but should be treated as a potential resource if initiated by the client. Creating spaces for spiritual expression—whether through conversation, ritual, art, or silence—can enhance emotional healing. Clinicians should collaborate with spiritual mentors, faith-based organizations, or chaplains where appropriate to support clients with complex spiritual needs. Ultimately, adopting a holistic approach that includes spiritual dimensions acknowledges the full humanity of individuals seeking emotional restoration.

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Declaration of Interest

The authors of this article declared no conflict of interest.

Ethical Considerations

The study protocol adhered to the principles outlined in the Helsinki Declaration, which provides guidelines for ethical research involving human participants.

Transparency of Data

In accordance with the principles of transparency and open research, we declare that all data and materials used in this study are available upon request.

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Authors' Contributions

All authors equally contributed in this article.

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