

## *Psycho-Spiritual Approach to Stress, Anxiety and Depression Management*

*Naveed Ahmed Khan*

*Psychologist, International Motivational Speaker, Pakistan*

### *Abstract*

For most of the history of psychology and psychiatry, there has been a focus on the negative aspects of mental health, involving the diagnosing and treating of diseases and disorders. In recent years, there has been a move toward “Positive Psychology,” that (as the name implies) focuses on the positive aspects of mental health. Psychological changes and symptoms, throughout the life span are seen as having the potential for positive growth that can be incorporated into a treatment process rather than pathologic process, that needs to be eliminated or suppressed. Additionally, over the past few decades, practitioners has experienced people who may not have a clinical diagnosis yet they feel there is something which is “missing” in their lives.s

For too long, mind and body were considered separate entities, but great strides have been made in the past few decades to recognize the interconnections between mind and body in respect health and disease. However, many practitioners are still neglecting the third entity—the role of spirituality in health and healing. The recent research indicates that spirituality plays a significant role in health and longevity

Part 1 proceeds to describe the elements of such perspectives and their implications for diagnosis, clinical work, and research.

Part 2 takes the psychospiritual approach and applies it to Anxiety disorders. Although, much of the part focuses on generalized anxiety disorder, However, the approaches can be applied to other anxiety disorders.

Part 3 describes how to use a psychospiritual approach in people who have experienced trauma/PTSD.

It provides specific treatment approaches and case examples to clearly define the psychospiritual approach as it is related to trauma/PTSD.

Part 4 focuses on the Sufi technique for healing depression. Sufism is described as “an ancient wisdom tradition that has existed for over 1400 years. Sufism contributes a theoretical foundation from which we can understand the etiology, symptoms, and treatment of depression” .

The Sufism technique psychospiritual approach is one that requires additional training and experience, and this part provides primarily an overview for the theory and use of Sufism.

### *Biography:*

Dr Naveed Ahmed Khan is an Educationist, Psychologist, Attitudinal Trainer and much-sought-after Motivational Speaker to organizations, individuals and professional teams. He inspires and informs people, helping them to realize their true potential. He has taken his dynamic message all over the world. His common sense approach and deeply held beliefs have motivated countless individuals to re-evaluate their attitudes. His personal research, understanding and experience have helped people on the path of personal growth and fulfillment.

Expert in Clinical Psychology with twenty years of experience in the field, dedicated to serving patients in a meaningful way, listening to their concerns, and helping them to learn how to approach their mental, emotional, and behavioral problems. Excel at providing children and adolescents with individual psychotherapy to help them in facilitating their social, vocational, and personal adjustment to allow them to lead more meaningful and fulfilling lives.

[32nd International Conference on Mental and Behavioral Health, April 22-23, 2020](#)

### Abstract Citation:

Naveed Ahmed Khan, Psycho-Spiritual Approach to Stress, Anxiety and Depression Management, Mental Health Congress 2020, 32nd International Conference on Mental and Behavioral Health, April 22-23, 2020