

Soulful Balance: Unleashing the Potential of Dhikr in Nurturing Counselor Wellness and Effectiveness

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Abstract

In this article, we delve into the myriad potentials Dhikr, a religious tradition rooted in the Islamic soul, holds for counselors - those unsung champions of holistic wellness. Counselor as individuals utilizes their very essence to provide solace to others, often bearing witness to stories of profound pain and resilience. However, this noble calling can also cast a shadow, potentially leading to the weight of secondary traumatic stress and the profound exhaustion known as compassion fatigue. Additionally, Dhikr offers a shimmering ray of hope. It extends to counselors not merely a path towards holistic wellness but a profound transformation into paragons of effective counseling. The seamless fusion of Dhikr's principles with the traits of a skilled counselor creates an exquisite synergy akin to a finely composed symphony. However, there is an even more profound layer to this journey. Beyond its physicality, Dhikr unfolds as a spiritual tapestry, interweaving the threads of counselors' unique experiences. It ignites an inner ember, compelling them to embark on a pilgrimage, not solely as healers of others but as seekers of their spiritual enlightenment. Thus, the practice of Dhikr, when approached as a spiritual endeavor, has the potential to strengthen counselors as they engage in a personal exploration of spirituality based on their individual experiences.

Keyword: Souldul Balance, Dhikr in Nurturing Counselor Wellness, Counselor Effectiveness

Introduction

The counselor's Wellness and interpersonal dynamics are crucial to the effectiveness and longevity of their profession. Despite their best efforts, counselors cannot separate themselves from their work as guides. During their career, counselors may hear harrowing stories that test their emotional fortitude, and are expected to respond with deep compassion for their clients (Arnout, and Almoied, 2021). Most mental health professionals will experience burnout at some point, with estimates ranging from 21% to 67%. This data highlights the significance of wellness as a pivotal factor in developing into a competent counselor and avoiding burnout (Sofology et al.2019). This article discusses how counselors can use Dhikr, a meditative-based Islamic practice, to achieve holistic wellness.

Holistic wellness describes an all-inclusive and comprehensive approach to wellness. This article uses Hettler's (1980) wellness model as a standard for an all-encompassing and thorough strategy toward mental health. This model considers the interconnectedness of one's spiritual, social, emotional, intellectual, and occupational dimensions. Dhikr encompasses various topics, not just praising Allah's infinite unity or paying tribute to the Prophet's unparalleled stature. This activity includes praying in a way that is consistent with Quranic and Hadithic teachings. Dhikr is a practice associated with the early Muslims, who were either Sufis or were later classified as Sufis. Dhikr began as a simple practice where the practitioner focused entirely on holy names or ritualistic phrases to develop a deep connection with God.

Additionally, Dhikr has a special meaning among the mystical traditions of Islam, such as Sufism. The Arabic word "tasawwuf," closely associated with this custom, alludes to wrapping oneself or anything pure in wool to represent a heightened spirituality (Frank, 1984). Dhikr is the method by which a Sufi attains insight and the resulting calmness of mind (sakinah) through his or her spiritual practice.

Counseling and Spirituality

Although there is no consensus regarding spirituality, it can be summed up in two essential components. These are an inherent sense of connection to something greater and a sincere search for meaning and purpose in life's journey. Religion and spirituality are often thought of as inextricably linked. However, spirituality can function as an inward pursuit focused on exploring purpose and serenity. By adopting a comprehensive viewpoint, spirituality enables individuals to cultivate their distinct understanding of beliefs, ethics, values, and the surrounding environment. A person's spirituality can work as a protective factor, aiding in preventing and recovering psychological health problems. The integration of spirituality and religion has been a longstanding principle in counseling, dating back to the formation of the Catholic Guidance Council in New York in 1951. This council was created to offer counseling and guidance services within educational institutions. Afterward, in 1993, the American Counseling Association (formerly known as the American Personnel and Guidance Association) absorbed the Catholic Guidance Council, which then changed its name to the Association for Spiritual, Ethical, and Religious Values in Counseling (ASERVIC) (Cashwell and Watts, 2010). The primary objective of ASERVIC is to promote the scholarly investigation of spiritual, ethical, and religious ideas to help the holistic progress of individuals seeking assistance. This dedication entails the seamless integration of these ideals into the counseling process.

The Interplay of Counselor Wellness and Spirituality

The concept of Wellness plays a significant part in counseling, functioning as a fundamental feature that applies to clients and counselors. Counselors' spirituality is vital to their wellness and critical to professional effectiveness. To measure and conceptualize Wellness as a cohesive entity covering the worlds of mind, body, and spirit, Hettler's (1980) presented the indivisible self-framework. This theoretical structure provides a holistic viewpoint on wellness by bringing together the many parts of an individual, such as their body, mind, spirit, and relationships with others. The indivisible self-theory recognizes spirituality as an intrinsic part of one's basic self and essential to achieving holistic wellness.

Additionally, Hettler's (1980) made an effort to highlight the significance of spirituality concerning existential meaning. While there has been progress in advocating for spirituality as a means of coping and nurturing Wellness in counseling, spirituality is frequently only touched briefly or inconsistently in counselor education programs. By expanding the comprehension of spirituality as a means to achieve personal Wellness in individuals seeking counseling services, the incorporation of Dhikr as a spiritual endeavor also presents counselors with an opportunity to fulfill their spiritual aspirations. Dhikr will serve as a self-care method, enabling them to maintain their Wellness and resilience while assisting clients throughout their professional journeys.

Dhikr's Role in Spiritual Enhancement

In the domain of oral and written Islamic teachings, some practices highlight the spiritual aspects of the Islamic faith. One such practice is Dhikr, which involves the act of memory or invocation in the Arabic language and is executed with artistic embellishment. Dhikr functions as a means through which Islamic devotion is expressed and as a state of profound engagement with spiritual self-awareness (Carter, 2018). Dhikr serves as a manifestation of internal perceptions in an outward form. This kind integrates introspective spiritual participation with emotional and affective engagement. Dhikr operates as a bridge between the spiritual and material dimensions of existence. Dhikr is a purposeful practice of recalling and acknowledging the divine presence, directing persons' awareness towards the spiritual realm. Individuals can enter a heightened consciousness by repetitively reciting religious expressions, passages, and names of Allah, thereby redirecting their attention toward the greater meaning and purpose of existence (Akova, 2022).

Additionally, it can be argued that Dhikr serves as a mechanism for individuals to engage in self-purification. Consistent participation in this act of recall facilitates the purification of individuals' hearts and minds from negative influences, fostering the development of spiritual virtues such as compassion, humility, and gratitude. The practice of Dhikr promotes self-awareness and accountability, providing a more profound understanding of one's flaws and opportunities for personal growth. Moreover, Dhikr's practice emphasizes relinquishing control and yielding to a higher power. Through the recognition of the grandeur and oneness of Allah, individuals come to acknowledge their dependence on the divine realm, surpassing self-centered desires and cultivating a deep feeling of humility (Al-Daghistani, 2022). The cultivation of inner serenity is

a significant result of engaging in Dhikr. In an era characterized by upheaval and numerous distractions, the contemplative practice of dhikr functions as a sanctuary of serenity. The regular practice of Dhikr allows individuals to disengage from the demands of everyday life and find comfort in spiritual reflection.

The practice of Dhikr offers a profound pathway toward holistic wellness by intertwining the realms of mind, body, and spirit. Dhikr engages the mind in a purposeful and focused manner. As individuals remember Allah's attributes and teachings, their cognitive processes are directed toward divine contemplation. This mental engagement enhances mindfulness and cultivates a heightened awareness of the present moment, promoting mental clarity and reducing stress. Further, while Dhikr primarily involves the heart and mind, its physical manifestations contribute to bodily Wellness. Standing, bowing, and prostrating during prayers, combined with the rhythmic recitation of sacred phrases, enhances circulation, flexibility, and overall physical vitality. This synchronization of movement and recitation fosters a sense of bodily unity. Dhikr is also quintessentially a spiritual practice, aiming to establish a profound connection with the divine. Engaging in remembrance invokes a sense of spiritual elevation, cultivating humility, gratitude, and a deep sense of purpose. The nourishment of the spirit through Dhikr contributes to emotional resilience and inner peace, fostering a robust foundation for holistic Wellness.

In conclusion, Dhikr is identified as a fundamental aspect of spiritual enrichment within the framework of the Islamic faith. The diverse responsibilities of mindfulness cultivation, purification, resignation, and inner tranquility are crucial in guiding persons toward an elevated state of spirituality on a transforming journey (Idrees et al. 2023)

The Practice of Dhikr

The practice of Dhikr, which involves evoking the recollection of Allah, is observed in various manifestations within the context of Islamic spirituality. This article explores the several varieties of Dhikr, each distinguished by distinct methodology and purposes, shedding light on their importance and benefits to spiritual enhancement. To begin, *Asma'*, a Dhikr component, deeply contemplates Allah's names and attributes (Ni'matuzzakiah, 2018). This spiritual discipline encourages individuals to actively interact with the transcendent nature, cultivating a deep and meaningful relationship with the Supreme Being. By exploring the connotations associated with these designations, individuals get a deeper understanding of the attributes of Allah, thereby acknowledging His omnipresence in their lives. *Asma'* serves as a medium via which individuals internalize these traits, directing their behavior and cognition toward attaining divine virtues. Through engaging in this practice, individuals strive to develop an elevated level of spiritual awareness, fostering a deep connection with Allah. This connection is nurtured as practitioners strive to embody the traits and attributes of Allah in their everyday endeavors. Second, *Salawat*, an integral aspect of Islamic spirituality, entails requesting blessings and peace upon the esteemed figure of the Prophet Muhammad (Reza et al. 2021). The practice of Dhikr discussed here is significant, as it enhances affection, admiration, and affiliation with the outstanding messenger of Allah. *Salawat* serves as a means for believers to express their appreciation for the Prophet's significant contribution to disseminating divine teachings and exemplifying virtuous qualities. This kind of Dhikr goes beyond the simple repetition of blessings; it is a form of devotion that connects individuals with the virtuous qualities of the Prophet, promoting solidarity with his teachings. The expression of *Salawat* encompasses a wide range of manifestations, including individual supplications and communal meetings where blessings are recited collectively. This ritual fosters a higher spiritual awareness and a deeper bond with the Prophet. The artifact serves as a poignant symbol of the altruism, empathy, and modesty embodied by the Prophet, motivating adherents to incorporate these virtues into their conduct. Hence, *Salawat* represents a potent manifestation of Dhikr that surpasses ordinary verbal expressions. The statement above serves as a sincere supplication that establishes a connection between individuals who hold religious beliefs and the revered Prophet, strengthening their bond with his esteemed heritage. As individuals partake in this particular practice, they strive to preserve the teachings of the Prophet, embody his values, and establish a deeper connection with the divine essence that he ceaselessly transmitted (Reza et al. 2021)

Third, the practice of *Wird* holds great importance in Islamic spirituality, as it involves the repetition of specific verses or sections of the Quran in the form of a litany. Those who engage in this technique have an effective instrument for personalizing the sacred scripture and making its teachings relevant to their specific life situations. The organization *Wird* encourages individuals to actively and profoundly connect with the wisdom found within the Quran, deriving valuable insights that align with their personal experiences. By

reciting specific passages as a litany, Wird facilitates the establishment of a deep and meaningful bond between adherents and the Quran. By incorporating scriptural advice into their daily devotional practices, individuals develop an enhanced understanding and recognition of the Quran's enduring significance as a profound repository of wisdom, capable of providing solutions to the complexities and dilemmas of the modern era. This practice promotes introspection, cultivating a deep comprehension of the Quran's significance and practicality. The relevance of Wird is rooted in its capacity to establish a connection between the timeless truths of the Quran and the transient dimensions of human existence. Believers read passages from the Quran that are relevant to their circumstances, therefore internalizing its teachings and embarking on a transformative journey of self-discovery and spiritual development. In essence, the practice of Wird serves as a means for believers to integrate the teachings of the Quran into the very essence of their existence. Adherents enhance their spiritual connection with the divine by utilizing this individualized interaction with sacred texts and discovering pragmatic insights to manage contemporary life's intricacies effectively. As individuals recite Quranic verses throughout their spiritual practices, they begin a profound process of personal transformation to harmonize their behaviors and choices with the timeless wisdom encapsulated within the Quran. Fourth, Muraqaba includes meditation to bring one's thoughts into Allah's presence. This discipline focuses on strengthening one's bond with Allah via prayerful contemplation. Those who engage in Muraqaba embark on a journey of introspection and spiritual connection. Practitioners of this form of Dhikr are urged to use introspection to grow closer to God. Keeping one's mind on Allah helps cultivate mindfulness that continues to benefit one even after the practice is finished (Abdurahman, 2018). Muraqaba is designed to help people train their minds to ignore distractions and focus entirely on their spiritual pursuits (Isgandarova, 2019). A doorway to profound spiritual realizations opens as one's thoughts explore further into Muraqaba. This method may help one become more in tune with Allah's wisdom, provide light on one's development path, and reveal previously unknown facts. The devotee's spiritual faculties are nourished, and a profound insight into one's inner self concerning the divine presence is cultivated through this contemplative journey. Muraqaba is a transforming practice that connects the material and spiritual worlds. By training one's mind to focus on Allah, one can grow closer to Allah, develop a keener sense of self, and have access to profound spiritual truths. This style of Dhikr is a potent resource for strengthening believers' bonds to God and themselves via introspection and reflection (Rasool & Nasir, 2012)..

Dhikr and Counselor Wellness

The tremendous effects of Dhikr, or remembering Allah through invocation, go well beyond the purely religious sphere. Dhikr is a powerful instrument promoting counselor health and efficacy in counseling. Burnout and compassion fatigue are real risks for counselors because of the high-stress levels inherent in the field. Practitioners of counseling can discover peace and renewed energy through Dhikr. Dhikr's meditative qualities help counselors disconnect from the stresses of their jobs, providing an oasis of calm amidst the mayhem of their days. This spiritual practice fosters self-awareness and introspection, enabling counselors to address their emotional needs and find a balance amidst their dedication to supporting others. Counselors can take a more holistic approach to self-care beyond standard measures by cultivating their spiritual connection through Dhikr (Safira & Aulyah, 2018)

The concept of counselor Wellness is multifaceted, spanning various dimensions such as physical, emotional, and spiritual aspects. In the present setting, the incorporation of Dhikr into counselors' self-care routines can be achieved harmoniously. The deliberate practice of remembering provides counselors with moments of serenity and a direct avenue for accessing their spiritual reservoir. By engaging in the practice of Dhikr, counselors have the potential to augment their emotional resilience and cultivate a robust internal framework that bolsters their counseling pursuits. Engaging in Dhikr provides counselors with spiritual nutrition, allowing them to approach their professional duties with a heightened feeling of purpose and connection. Consequently, this enhanced state of being positively influences their interactions with clients. As counselors encounter the intricacies of their work, integrating Dhikr into their daily regimen is a revolutionary avenue for maintaining their Wellness. Counselors enhance their capacity to effectively support needy individuals by integrating their spiritual practices with traditional self-care procedures, fostering a harmonious integration of holistic wellness.

Mind and Body Connection

The act of Dhikr, which is an essential component of Islamic spirituality, offers a distinctive perspective for comprehending the delicate relationship between the mind and body. The essence of Dhikr resides in invoking Allah's recollection, cultivating a profound spiritual bond. When individuals partake in the dhikr activity, they initiate a process that not only provides sustenance for the soul but also possesses the capacity to establish a state of equilibrium between the mind and body. Dhikr also entails the deliberate and concentrated focus on the repetition of sacred phrases, serving as a means of engaging in meditative contemplation. Engaging in mindfulness elicits physiological reactions inside the human body, including decelerated respiration, less cardiac activity, and decreased stress-related chemicals (Bakar et al. 2020). Concurrently, Dhikr elicits a tranquil cognitive state, wherein external disturbances diminish, allowing for a prevailing sensation of tranquility. The juxtaposition of physiological and mental changes underscores the complex interaction between the mind and body. The meditative aspect of Dhikr serves as a means to access the mind-body connection, facilitating the intersection between the spiritual and physical realms. As individuals actively participate in the Dhikr, they embark on a journey that enhances their spiritual bond and fosters a comprehensive equilibrium between their cognitive and physical faculties.

In addition to the apparent benefits of Dhikr, such as enhancing muscular strength and physical flexibility to protect against ailments such as arthritis, osteoporosis, and back pain, substantial evidence supports its notable effectiveness in improving respiratory and cardiovascular functioning. Moreover, it has been seen to play a role in facilitating the management and recovery process of those struggling with addiction. Moreover, Dhikr's beneficial effects encompass reducing stress, anxiety, sadness, and chronic pain while improving sleep quality and overall health (Purwanto et al. 2023). As a comprehensive practice, Dhikr enhances the body's immune system, increasing its ability to withstand and combat various illnesses. A further crucial element of Dhikr is in its ability to facilitate holistic physical relaxation through the harmonization of the balance between the sympathetic nervous system (which is connected to the fight-or-flight response) and the parasympathetic nervous system (which is associated with tranquility and rejuvenation).

Dhikr has been shown to protect against the age-related decrease of grey matter (Villemure et al., 2015), adding to the benefits to the body. According to neuroscientific research, grey matter volume decreases from adolescence through age (Villemure et al., 2015). The results of a large study conducted to investigate the neuroprotective properties of Dhikr using 14 experienced Dhikr practitioners (Villemure et al., 2015) indicate that Dhikr may protect the brain from age-related grey matter degeneration. Findings suggested that regular weekly Dhikr practice was associated with increased brain volume in regions involved in bodily representation, attention, self-relevant cognitive processing, visualization, and stress control. Together, these results suggest a neurological basis for the beneficial effects of Dhikr.

A Deeper Connection with Oneself and Others

The diverse range of Dhikr, including Asma, Salawat, Wird, and Muraqaba, collectively play a significant role in the profound process of fostering enhanced relationships with oneself and others. Every individual provides distinct perspectives and advantages that amplify personal development and social connections. Asma is a spiritual practice in which followers of Islam reflect on Allah's attributes and names to develop a closer relationship with those facets of the divine that speak most directly to their souls. Based on deep introspection, this method helps people fully embrace these qualities and show them off in their interactions with others (Baig, 2022). Individuals develop a solid basis for genuine connections grounded in shared values through cultivating virtues such as patience, compassion, and gratitude. Invoking blessings onto the Prophet Muhammad through the recitation of Salawat causes a profound sense of selflessness and devotion. This approach fosters a sense of community among its followers by emphasizing the value of everyone's Well-being. Individuals exhibit their acknowledgement of shared ideas and aspirations through the act of collectively bestowing blessings upon the Prophet, establishing a sense of togetherness and strengthening interpersonal bonds. Wird, which comprises the recitation of verses from the Quran, is meant to encourage people to read and reflect on the holy text for themselves. This technique helps people better understand the teachings of the Quran and how they might be applied to their own lives. As people absorb the lessons of the Quran, they become better equipped to foster genuine relationships with others by offering counsel and assistance based on unshakeable spiritual truths. Muraqaba encourages introspective self-examination and the realization of Allah's presence inside through its foundation in contemplation and mental concentration. This method helps people become more self-aware and introspective, improving their ability to identify and

overcome internal roadblocks. When people take the time to learn about themselves, they can better understand the struggles of those around them and respond to them with empathy and compassion. Fundamentally, the amalgamation of various Dhikr results in the interweaving of self-exploration, humility, wisdom, and introspection, ultimately leading to enhanced connections with oneself and others. As individuals partake in these activities, they enhance their personal experiences and generate a ripple effect of empathy, cohesion, and comprehension that resonates through their engagements and connections.

Compassion to Support Clinical Work

The objective of the wellness movement within the counseling profession is to mitigate the occurrence of burnout, a phenomenon that can have a substantially detrimental effect on the efficacy of counselors (Savicki & Cooley, 1982). The practice of Dhikr encompasses fundamental dimensions of Wellness that contribute to fostering compassion among counselors. Compassion can be roughly conceptualized as possessing a profound cognizance of the distress and affliction experienced by others, accompanied by a fervent inclination to mitigate such suffering (Goetz et al., 2010). Engaging in the Dhikr activity, with the explicit intention of cultivating self-reflection and nurturing personal growth concerning spiritual Wellness, offers a pathway to explore various dimensions of one's being. Recognizing that these activities should not be substituted for regular physical activity is crucial. According to Jakubiak & Feeney (2019) a more profound comprehension of oneself positively impacts self-esteem, facilitating positive interpersonal connections. Counselors often face the difficulty of compassion fatigue, which refers to weariness arising from prolonged exposure to secondary trauma (Udipi et al. 2008). Given the nature of their profession, counselors frequently encounter traumatic narratives, which renders them vulnerable to experiencing compassion fatigue. According to Komariah et al., (2023) implementing Dhikr as a spiritual practice has been found to mitigate compassion fatigue among caring professionals. Dhikr can be conceptualized as a technique that cultivates awareness and manifests dedication to the supreme being. Individuals can establish a conducive environment for profound introspection and inner serenity by engaging in the rhythmic recitation of divine words. The activity mentioned above is significant within various spiritual traditions, including Sufism. In Sufism, repetitively saying sacred names is believed to purify the heart and increase an individual's spiritual nature. Engaging in Dhikr entails deliberately disengaging from worldly distractions, allowing individuals to enter a profound spiritual communion.

In contrast, compassion can be defined as the cognitive and affective capacity to comprehend and share in the distress experienced by others, coupled with the inclination to alleviate their suffering. Although Dhikr and the subject being discussed may appear separate, they are intricately interconnected in significant manners. Meditation in the form of Dhikr, or "remembrance," regularly raises our awareness of the divine presence that penetrates our lives on all levels.

Consequently, this heightened awareness contributes to increased empathy and compassion. As individuals contemplate the Divine, they concurrently develop an awareness of the interdependence among all sentient beings. Dhikr has the potential to induce a softening effect on the heart, thereby increasing its receptivity to the challenges and suffering encountered by individuals. Recognizing the inherent divine essence within oneself facilitates the perception of a similar divine essence in others. This realization inherently manifests itself in actions of benevolence and empathy. Dhikr, thus, serves as a mechanism to foster altruism and kindness in one's engagements with the external environment (Mustafa, 2023).

Furthermore, Dhikr promotes the transcendence of ego-centric inclinations in people, cultivating humility and developing a collective sense of unity. As the individual engages in a more profound level of practice, the demarcations between the concept of "self" and that of "other" gradually become less distinct, resulting in the emergence of compassion as an inherent and instinctive reaction. When compassion is strengthened through the practice of Dhikr, it manifests as a potent propelling force that inspires people to effect positive changes in the lives of those they encounter (Tursunovna & Munisxon, 2021). In contemporary society, which is frequently characterized by a sense of urgency and a focus on individual needs, the act of Dhikr and its consequent cultivation of compassion serve as a means of restoring equilibrium. As the process of recalling past experiences unfolds, the human heart expands, establishing a conducive environment for developing and proliferating compassion. Combining these two elements constitutes a profound and influential experience that fosters spiritual growth and offers compassion and assistance to a global community facing challenges.

In summary, Dhikr and compassion are inherently interconnected regarding spiritual development. Dhikr functions to attain inner tranquility and establish a link with the Divine, while compassion expands this connection outside, promoting empathy and benevolence toward fellow beings. Through this dynamic interaction, individuals can uncover a more profound purpose in their spiritual quest, enhancing their spiritual essence and disseminating illumination and affection to every corner of the globe.

Facilitation of Spiritual Growth

Myers (1992) and Myers et al. (2000) agree that spirituality is important to Wellness. However, counselors can better assist their clients in discovering their spirituality if they engage in similar exploration. Dhikr is a path that can be taken to cultivate completeness, preserve consciousness of it, and see its pervasiveness (Heck, 2006). Practitioners of Dhikr (Asma, Salawat, Wird, and Muraqaba) report experiencing a rapid and profound reduction in mental and emotional stress. This peace of mind can be the springboard into the more profound levels of Dhikr, which are essential to any spiritual search (Al-Daghistani, 2022). Dhikr is an experiential discipline that inspires counselors to go on their spiritual journey by providing them with tools like inward concentration, mindfulness, and self-awareness (Isgandarova, 2019). The act of Dhikr, which involves the recitation of divine names (Asma), praise upon the Prophet (Salawat), continuous recitation (Wird), and meditation (Muraqaba), can significantly enhance the spiritual development of counselors.

Furthermore, it follows the 14 competencies established by the Association for Spiritual, Ethical, and Religious Values in Counseling (ASERVIC). The first and second proficiencies require a qualified counselor to understand spirituality and religion's similarities and differences. It also involves acknowledging that clients' spiritual and religious beliefs are founded in their distinct worldviews, which might affect their psychological and social functioning. The Dhikr spiritual path promotes an openness to subjective experiences (Sheldrake, 2012). Therefore, counselors who respect their inner experiences will also respect and value their clients' experiences, beliefs, and worldviews. The third, fourth, and fifth competencies (ASERVIC, 2010) require counselors to reflect on and evaluate their spiritual and religious beliefs and practices. Counselors must also be aware of how their perspectives and values affect their work with clients and the outcomes of their sessions. The spiritual practice of Dhikr promotes mindfulness, innate concentration, and self-awareness, equipping counselors with the means to investigate, evaluate, and carefully consider how their own beliefs and values may impact their work with clients.

The counselor can choose from various Dhikr texts that reflect the client's mental, emotional, physical, and spiritual state as they face difficulties from uncertainty, unpredictability, and exposure. This treatment supports the idea that believers' spiritual pursuits give them meaning, community, and purpose in life. When implemented accurately within this framework, it can elicit psychological equilibrium, facilitate a state of serenity and altered states of consciousness, and augment the sense of connection with the divine being. In competencies 10–14, counselors are tasked with understanding and incorporating clients' spiritual and religious beliefs to understand their lived experiences better and improve their Wellness. Like the phenomenological viewpoint, Dhikr centers on an individual's unique experience of reality (Leahey, 2001). Dhikr encourages its followers to use its complete framework to reflect on their personal experiences and draw meaning from them when searching for the meaning of their lives. In addition to enhancing counselors' self-awareness concerning their Wellness, Dhikr can help them develop the abilities necessary to manage spiritual and religious matters within counseling. Counselors must take into account each client's unique situation and needs. Due to the nature of their job, counselors often fail to recognize their own potential need for support. Counselors may endanger their clients' safety if they fail to recognize their need for support in navigating difficult life circumstances.

We suggest adopting the Muraqaba (Mindfulness) framework for counselors embarking on their journey of spiritual practice through Dhikr. In this practice, supplication or remembering is a stabilizing element, functioning as an "anchor" for the muraqabah journey. The anchor is an internal chaunt to redirect wandering thoughts and refocus attention towards the core of consciousness. The purpose of this technique is not to need excessive focus through continuous repetition. Instead, it adopts the structure of a comforting phrase that gradually connects the individual mind with the concept of muraqabah, both during and outside of the practice. Selecting a supplication among the several legitimate supplications in the Sunnah is advisable. According to the given statement, two specific phrases hold significant value in the eyes of the Most Merciful. These phrases, while being concise and easily spoken, possess great importance when

evaluated in terms of their impact: "Glory and praise to Allah (Subhan Allahi wa bi hamdih)" and "Glory to Allah Almighty (Subhan Allahi al-'Athim)."

Moreover, it is worth noting that the most significant form of remembering is the affirmation that there exists no deity besides Allah (La ilhaha illa Allah), and the utmost form of supplication is to acknowledge that all praise is rightfully attributed to Allah (Alhamdulillah). The act of seeking forgiveness from Allah (Al-istighfar) held significant importance for the Prophet Muhammad, making it a commendable and exemplary practice. The anchor may also incorporate one of Allah's sublime names, invoking remembrance and mindfulness within one's heart or combining the possibilities above.

Counselor Effectiveness

Integrating Dhikr as a wellness strategy allows counselors to cultivate a state of being that aligns with the augmentation of their effectiveness and skill set. Through Dhikr, which entails the regulation and tranquility of cognitive fluctuations, counselors have the potential to enhance their therapeutic presence, therefore facilitating the development of a robust therapeutic relationship with their clients. Additionally, integrating Dhikr as a mindfulness practice plays a crucial role in cultivating self-compassion, improving skills in emotional regulation, bolstering resilience in managing stress, and supporting the facilitation of clients' emotional processes. The integration of Dhikr, aimed explicitly at augmenting spiritual Wellness, contributes to the development and efficacy of counselors.

The concept of congruence plays a crucial part in the effectiveness of counselors, yet it might present occasional obstacles. According to Rogers (1995), congruence facilitates therapeutic transformation. The concept involves establishing a genuine connection to one's experiences, internally and through client engagements. However, counselors cannot demonstrate congruence unless they possess a strong foundation in self-awareness to cultivate this attribute.

In Islamic terminology, the concept of congruence in counseling aligns with the "Ta'amul" principle. Ta'amul encompasses the idea of genuine and sincere interaction, reflecting consistency between one's inner intentions and outward behavior. This principle highlights the importance of authenticity in counseling relationships, akin to the concept of congruence. Just as congruence requires counselors to uphold authenticity in their interactions, "Ta'amul" emphasizes the significance of sincere engagement and integrity in one's dealings, which is essential in Islamic teachings and effective counseling practice. The Islamic notion of "Ta'amul" directly relates to a counselor's ability to address client concerns honestly and compassionately. Genuine participation and honesty in communication are emphasized in the "Ta'amul" principle, and counselors who live according to this principle provide a safe space where clients can feel heard and understood. Consider a client who is upset because they are not making any headway in overcoming their anxiety.

The Islamic notion of "Ta'amul" directly relates to a counselor's ability to address client concerns honestly and compassionately. Genuine participation and honesty in communication are emphasized in the "Ta'amul" principle, and counselors who live according to this principle provide a safe space where clients can feel heard and understood. A "Ta'amul" therapist would respond with empathy and compassion, taking the client's feelings and worries seriously. They would hear the customer carefully, not pass judgment, and show compassion for their plight. The counselor's genuine interest in the client and their struggles would create a trusting environment.

Furthermore, the counselor would back up their statements with consistent behavior. They would prove their dedication to the client's Wellness by adapting interventions to meet the individual's specific requirements. Sincerity and empathy on the part of the counselor would give the client confidence that they are being heard. The therapist's use of "Ta'amul" in response to the client's complaint fosters trust and understanding in the counseling relationship. The counselor's genuine interest in understanding and aiding the client helps with the present issue and aids in the client's therapeutic development and general Wellness.

A persistent challenge within counseling revolves around ethical conduct, particularly in navigating dilemmas that arise during practice. According to the principles of Dhikr Philosophy, inherent within each individual lies an ethical consciousness. In contrast to Western philosophy's approach that hinges on rationale and intellect to comprehend ethics via theories and codes of conduct, muhasaba underscores the comprehension of ethics through active engagement. For instance, mere acceptance of self-reflection (muhasaba) is insufficient; one must practice it to internalize its essence truly. The initial stages of this practice, self-examination (muhasaba), and self-discipline (mujaahada) form the bedrock of ethical

guidelines for the practitioner. These guidelines are the journey's cornerstone. According to the tenets of muhasaba, an individual's ethical consciousness blossoms when they realize their interconnectedness with others, not solely as a matter of belief but through a profoundly compelling personal experience of this interconnectedness. Ethical consciousness develops due to introspection (muhasaba) and self-discipline (mujahada), giving rise to compassion and genuine care for others. People are more likely to treat others with genuine kindness once they understand how closely they are all related, even if just on a small scale. Practicing "reflecting (tafakkur), remembering (tadhakkur), examining (nathr), meditating (ta'amul), contemplating (i'tibar), Deliberating (tadabbur) and pondering (istibsar) might help the counselor develop compassion by allowing them to see the interconnectedness between the inner self and Allah. Based on their underlying concept, these activities encourage active participation rather than a passive understanding of good and wrong to achieve a more developed sense of ethics. Within the spiritual framework of Dhikr Muraqaba, ethical issues for counselors may stem from counselors' own unresolved personal issues hindering the development of their ethical self. Dhikr Muraqaba helps counselors connect with the inner core themselves, starting from batin (inner), zahir (outward), and ghayb (hidden), propelling a dhakir (a person who recites the Dhikr) on an inner journey to the universal consciousness (enlightenment), as a final stage of Dhikr (Isgandarova, 2019). Therefore, Dhikr, as a wellness strategy for counselors, can effectively help counselors navigate ethical practices while maintaining wellness.

Implications for Counselors

In order to nurture spirituality and enhance Wellness among counselors-in-training, the implementation of Dhikr training programs can prove to be vital. These programs can effectively aid counselors in becoming proficient and impactful practitioners. Moreover, it is worth noting that counselors who engage in the practice of Dhikr can enhance their religious and spiritual competence, hence increasing their efficiency in their professional roles. Counselors should integrate Dhikr into their sessions, focusing on recitation and reflection as a starting point and guiding individuals toward more profound meditative encounters. The present proposal is based on recent empirical research indicating that the practice of recitation and thoughtful reflection can substantially influence an individual's mental Wellness. This effect is achieved by deliberately repeating and contemplating religious phrases, as demonstrated by Uyun et al.(2019).

Counselors may have previously held the perception that Dhikr is only a religious practice without fully acknowledging its broader spiritual components that have the potential to enhance counselor Wellness. In addition to its religious connotations, the practice of Dhikr holds a profound relevance as it provides individuals with a sacred opportunity to connect cognitively with their emotions and navigate the complexities of life. The regular engagement in Dhikr cultivates mindfulness and self-awareness, facilitating a profound spiritual connection and a sense of inner tranquility. Hence, counselors engaging in Dhikr to promote wellness ought to adopt a patient attitude, let go of preconceived notions, and wholeheartedly embrace the process. Future studies should prioritize investigating the Dhikr practice's impact on counselors' spiritual competence, employing experimental and correlational research approaches. In addition, it is crucial to conduct experimental studies investigating the Dhikr practice's effects on therapeutic presence, spiritual competence, counselor effectiveness, and counselor Wellness. These studies are essential for advancing evidence-based practices within the counseling discipline.

Conclusion

Counselors necessitate a comprehensive and efficient strategy for personal Wellness, given the challenging demands inherent in their work. As a spiritual practice, Dhikr can be crucial in promoting health among counselors. The practice of Dhikr serves as a spiritual tool that not only supports counselors in developing an effective wellness strategy to treat compassion fatigue and burnout but also facilitates the establishment of an ethical, spiritually linked, congruent, and present-focused approach to living. By adopting Dhikr, counselors can cultivate a lifestyle that holds promise for augmenting their efficacy and fostering longevity in their professional trajectories. Moreover, integrating Dhikr into counsellors' daily schedules can facilitate the cultivation of an internal equilibrium and fortitude, both of which are essential qualities when confronted with the emotional difficulties inherent in assisting others. The practice of Dhikr can function as a means of finding comfort, stability, and spiritual sustenance, thereby assisting counselors in effectively managing the intricacies of their occupation with enhanced proficiency and elegance. Dhikr is a comprehensive approach

that attends to the pragmatic dimensions of counselor Wellness and provides a deep-rooted spiritual framework for their individual and vocational development.

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