

# IBN QAYYIM AL-JAUZIYAH'S SUFISTIC PSYCHOTHERAPY FOR COPING WITH DEPRESSION

THESIS

Submitted to the Department of Aqidah and Islamic Philosophy  
for the Master's Degree



By:

Muhammad Iqbal Oki Akbar

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UNIVERSITAS DARUSSALAM GONTOR  
DEPARTMENT OF AQIDAH AND ISLAMIC PHILOSOPHY

POSTGRADUATE PROGRAM

UNIVERSITY OF DARUSSALAM GONTOR

PONOROGO-INDONESIA

1446 H/2025 M

# **IBN QAYYIM AL-JAUZIYAH'S SUFISTIC PSYCHOTHERAPY FOR COPING WITH DEPRESSION**

THESIS

Presented to the Postgraduate Program of the University of Darussalam  
Gontor in partial fulfilment of the requirements for completing a Master's  
Program in the Department of Aqidah and Islamic Philosophy

By:

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**UNIDA  
GONTOR**  
DEPARTMENT OF AQIDAH AND ISLAMIC PHILOSOPHY

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**DECISION OF TEAM**

The Committee of thesis examination impartial fulfilment of the requirement of the degree of Master in Aqidah and Islamic Philosophy, having held the thesis examination on:

Day and Date : Thursday, July 24 2025

Venue : Postgraduate building 103 on the central campus  
Siman - Ponorogo

State the student below:

Name : Muhammad Iqbal Oki Akbar

Reg. Number: 442023821028

Department : Master of Aqidah and Islamic Philosophy

The Title : Ibn Qayyim Al-Jauziyah's Sufistic Psychotherapy for Coping with Depression

Has been successfully defended in front of the Board of Examiners and accepted as part of the requirement for a degree of Master in Aqidah and Islamic Philosophy.

**Board of Examiners:**

1. Assoc. Prof. Dr. Nur Hadi Ihsan, MIRKH

(.....)

(Chairman)

2. Assoc. Prof. Dr. Jarman Arroisi, M.Ud

(.....)

(1<sup>st</sup> Examiner)

3. Dr. Asep Awaludin, M.Ag.

(.....)

(2<sup>nd</sup> Examiner)