

List of Content

Abstrak.....	iv
Abstract	v
OFFICIAL NOTE	vi
DECLARATION	ix
Mottoes.....	x
DEDICATION	xi
ACKNOWLEDGMENT	xii
A. Background.....	3
B. Literatur Riview.....	12
C. Theoretical Framework	22
D. Research Methodology.....	32
1. Type of Research.....	32
2. Data Collection Techniques.....	32
E. System of Study.....	37
CHAPTER II.....	39
A. Biography and Intellectual Journey of Ibn Qayyim Al-Jauziyyah	39
b. Works Ibn Qayyim Al-Jawziya's.....	50
C. Sufistic Psychotherapy According to Sufi Thought	54
CHAPTER III	60
A. Sufistic Psychotherapy According to Ibn Qayyim Al-Jauziyyah ..	60
a) Sufistic Definition of Psychotherapy.....	60
b) Ways to Do Sufistic Psychotherapy.....	63
c) Sufistic Benefits of Psychotherapy	68
d) Obstacles in Sufistic Psychotherapy.....	71
B. Depressive Disorder.....	75
a) Definition of Depressive Disorder.....	75
b) Factors Causing Depressive Disorder.....	79
c) Types of Depressive Disorders and Their Symptoms	83

d) Depressive Disorder Healing Therapy Model.....	88
CHAPTER IV	92
A. Analysis of the Sufistic Concept of Psychotherapy According to Ibn Qayyim Al Jawziyyah.....	92
B. Sufistic Correlation of Psychotherapy with Depressive Disorders	96
C. Correlation of Sufistic Psychotherapy with CBT as an approach to Treat Depressive Disorders	103
a) Disadvantages of CBT as a Cure for Depressive Disorders.....	112
b) Advantages of Sufistic Therapy Psychotherapy as an Effort to Cure Depressive Disorders.....	118
D. The Relevance of Ibn Qayyim Al-Jauziyyah's Sufistic Concept of Psychotherapy as a Therapy for Depressive Disorders	124
a) Sufistic Psychotherapy with Tazkiyatun Nafs as Therapy for Depressive Disorders	135
b) Sufistic Psychotherapy with Dzikir as Therapy for Depressive Disorders	145
CHAPTER V.....	149
CLOSING	149
Bibliography.....	154

