

A New Evidence-Based Spirituality Integrated Transdiagnostic Framework for Mental Health for the 21st Century – An Applied Clinical Perspective

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Statement of the Problem: The world is experiencing a mental health (MH) crisis of unprecedented proportions, which poses new challenges for the general population and mental health professionals (MHPs). In the context of clinical practice, despite the research evidence available of the positive role in promoting MH and alleviating mental illness, spirituality is still viewed with prejudice and mistrust, and considered as a taboo topic of science. **Research Gap:** The responses to the current global MH crisis are both inadequate and insufficient. In the meantime, spirituality remains a neglected psychological construct, an underutilized resource in holistic MH care. **Significance of the Study:** This conceptual paper explores spirituality as a psychological construct, and addresses how people can use spiritual practices in their daily life to restore, improve, and sustain their MH and well-being. This form of self-help also has the potential to unburden MHPs from the pressures of excessive workload, poor work-life balance, and emotional exhaustion, which in turn put their clients' care at risk. **Aims of the Study:** To present an evidence-based spirituality integrated transdiagnostic framework for mental health in the 21st Century. **Methodology & Theoretical Orientation:** An integrative literature review (ILR) of the relevant empirical and theoretical literature was carried out, taking a scientist-practitioner stance. ILR is a distinctive form of research that uses existing literature to create new knowledge by reviewing, critiquing, and synthesizing representative literature on a topic in an integrated way, such that new frameworks and perspectives on the topic are generated. **Results:** A new evidence-based framework that elucidates the psychological linkages between theory and practice, and unpacks the attributes, antecedents, practices, therapeutic factors, mechanisms of change, and outcomes of spiritual practices. **Conclusion:** Spirituality is a transdiagnostic protective factor of mental illness, which has the potential to promote and restore individuals' MH. By default, spiritual practices can also benefit MHPs, who can promote spirituality as adjunct or integrated treatment to their clients. Thus, this reduces the current overwhelming demand for continuing MH care services and relieves MHPs from heavy workloads. The framework presented in this paper is in line with, and contributes to, the new 2030 Agenda of Global Mental Health.

Biography

Sebastian Salicru is an author, psychologist, psychotherapist, supervisor, and executive coach with over 30 years of experience in corporate and clinical settings. His research focuses on integrative psychotherapy, spirituality, executive coaching, and leadership development. He has published extensively in leading journals and authored three book chapters. In 2017, he published the book *Leadership Results: How to Create Adaptive Leaders and High-performing Organisations for an Uncertain World* with John Wiley & Sons.