4MAT Review (Entwistle)

[Institutional Affiliation(s)]

Author Note

**4MAT Review (Entwistle)**

**Summary**

Entwistle (2010) investigates into the multidimensional provocative discussion that has kept the scientists and theologians, busy for eras. Oddly, this discussion associates with each other in that both have comparable searches for information and both pursue to get comparatively the same results. Spirituality is being considered as a noteworthy subject in the field of mental health counselling. It has been observed that the prayers and spirituality are linked with the patient's beliefs and faith. The population of the United States strongly believes in God and they have faith that the prayers can assist in fast recovery. The novel Christian therapists have introduced fresh biblical and transformational methods to treat the patients integrating with Christian counselling (Hawkins & Clinton, 2015). The settings are evolving, and mystical themes have now more importance in the research and the studies related to mental health counselling. According to Entwistle (2010), the concept of faith and mental health is directly related to the patient’s mental and psychological health. Entwistle (2010) has revealed an association between psychology and theology which states that faith and spirituality influence the patient's recovery and well-being.

Adapting spirituality and psychology is predominant among Christian psychoanalysts, between whom, the plea is usually the castoff spiritual intervention. Since mystical and spiritual morals can produce a major change in human life, mystical morals should be observed as a latent resource in treatment rather than as something to be overlooked. Entwistle (2010) used a various model of spirituality including Kelsey and Ward's model, movement model, and the most significant wounded healer model of Nouwen. The book warns the readers that no one has an inexpert viewpoint and it is because humans are unable to make decisions without error despite our struggles. The book describes models such as Enemies, Spies, Colonialist, Neutral parties and Allies (Entwistle, 2010). Each model has clearly defined the relationship of knowledge and clarification of reasoning procedures and explores the awareness of Christianity and psychology. The model of Colonialists sustenance fortifies the Christians faiths in the counselling. Similarly, Brewer's relational model supports spiritual counsellor and teachings. The Henri Nouwen model entails the solution of depression that needs counselling can be healed by prayers. Through the assessment procedure, it can be determined how definite beliefs and faiths of the customer can be a beneficial principal point for examination.

**Concrete Responses**

One of my neighbors with whom I have not much interaction before but I considered her my Christian friend. I shared my salvation knowledge with her. I noticed how he used to dress and walk around in the society. We did not have much interaction before but later one day he approached me and greeted me. He was leaving to drop his daughter to his school and he approached me to talk to me about the usual routine. He said that his daughter was thinking that I am a man as I had pants on. He said that I explained to my daughter that she is a new Christian and need to know about Christian dressings and other related information. She asked me a few questions regarding dressings of the Christians and I explained to her that as a Christian woman, we should represent our faith and religion in our representations such as physical appearance, eating and other related usual patterns. I initiated to inquire my thoughts and religion, whether I am a Christian or not? Whether I believe Christianity or not? The communication with my neighbor and the discussion we had in the morning made me realize that I should use to wear according to my Christianity to represent myself as a strong believer. From one of chapter in the Entwistle (2010) fork in the road, is philosophical of my neighbor’s opinion. His viewpoint was tainted his worldview of Christianity. The interaction with the neighbor and the discussion regarding Christianity was very useful in refreshing beliefs and faith. He was right about the representation of our faith in the outer world as a sign of Christianity.

**Content Reflection**

The book Entwistle (2010) was very thoughtful and reflective of believers in Christianity. It links the spirituality and prayers with the individual’s psychology. The methods, theories and ideas were integrated in a way that was helpful for the readers to understand the concepts. This study and information were new for me and it was appealing for me and I gained informative knowledge from the review. It describes the ideas of holiness established through the 19th and 20th period, collaborating Christian philosophies with Western mysterious civilizations and fundamentals of Asian, particularly Indian, faiths insightfully. It was entailed that the religiousness developed progressively in current years from customary religious administrations and organizations (Ufer et al., 2018).

It is occasionally related nowadays with metaphysical, communal, or dogmatic activities such as moderation, activist theology, and green politics. I have realized that spirituality has been expanding and developing in the recent eras among therapists and the communities. The role of spirituality and prayers have shown that there is a significant connection between the prayer and the patient's recovery. I came to know the meaning of spirituality which refers to the form and shape to regain the original state. This represents faith and hope among individuals that the prayer and spirituality can heal or have the strength to help in healing and it has been proved from these studies. The book review was perceptive and understanding. The approaches were relative to the ideas and concepts of Christianity. I would recommend the book to establish useful interaction with Christianity as I believe that without awareness, we cannot improve ourselves.

References

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