
Mohammad Khodayarifard, Ph.D.  Professor  
Post Doctorate of Psychotherapy & Child Clinical Psychologist  
Faculty of Psychology and Education University of Tehran,  
Jalale Ale Ahmad Ave. Chamran High Way, 14454, Tehran, Iran  
E-mail: khodayar@ut.ac.ir

Distinguished Professor G. Ali Afroz, Ph.D.  
Dean, Faculty of Psychology and Education  
University of Tehran  
(President, Psychology and Counseling Organization of I.R. Iran)  
E-mail: afroz@ut.ac.ir

Sayyed Mohsen Fatemi, Ph.D.  
Post doctoral and Teaching Fellow Harvard University  
Department of Psychology  
Lecturer in Education, Psychology and Communication  
Department of Educational Studies  
The University of British Columbia,  
Email: smfatemi@hotmail.com

Yasamin Abedini Ph. D.  
Assistant Professor, university of Isfahan  
Email: abedini@yahoo.com

Abstract,  
Today in the most families, religion and family life are deeply integrated. Researches relating to the family processes have been shown that spiritual and religious beliefs/behaviors have important roles to the family health performances. Nevertheless, mental health researches especially whom are interested in family psychology are seeking to understand and explain how religion and spirituality can affect on family performances. The aim of this study is to provide an approach regarding to spiritual-religious family therapy. Explaining how it can influence on family performances. It has been revealed on the bases of current concepts for role theory, social and support network, tension and stress and coping perspective. After explaining spirituality-religion and reviewing short history of spiritual-religion techniques to the family therapy area, we addressed a number of major principles of the approach and explained "Forgiveness" and "Positivism" therapy techniques briefly. They are two important techniques that are supported theoretically and experimentally. We also referred to the study limitations. Finally, further suggestions are provided for the future researches

Key Words: spirituality, religion, family therapy, principles, techniques and theories