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Burkhard Ciupka-Schön / Hartmut Becks

Heaven and Hell

Recognizing and Overcoming Religious Compulsions

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- First guidebook on this topic
- For affected persons, relatives, therapists and pastoral workers

Religious compulsions frequently occur, but are not that easy to recognize. At which point is a pro-nounced faith pathological and when do religious commandments and rituals become straitjackets? An extremely high-minded moral attitude and the fear of divine punishment should the person not meet these requirements are behind religious compulsion. From their respective perspectives, the psychotherapist Burkhard Ciupka-Schön and the pastor Hartmut Becks describe how religious compulsions arise, how they can be distinguished from a healthy faith and how affected individuals can overcome their compulsion. They also refer to historical examples such as Martin Luther, whose biography can be very helpful for those who are affected to-day.

About the authors

Burkhard Ciupka-Schön is certified psychologist and psychological psychotherapist in private practice in Krefeld. He is co-founder of the German Society for Obsessive-Compulsive Disorder and lecturer and supervisor at the Heinrich-Heine University in Düsseldorf. Obsessive-compulsive disorders are his special subject.

Following his studies of history and Protestant theology, as well as clinical pastoral care training, Hartmut Becks, PhD, has worked for the past 25 years as a pastor in Alpen am Niederrhein, Germany. For many years, he has accompanied a self-help group for those affected by religious compulsions. He is married and has three children.



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