

Authorial Transformation: The Impact of Counselling Psychology in Writing style of Yasemin Mogahed

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Abstract

This research delves into the intricate relationship between author profiling, counseling psychology, and the impact of neurological conditions on the writing style of Yasemin Mogahed, a distinguished author renowned for her profound works on spirituality and emotional well-being. The investigation employs a mixed-methods approach, combining qualitative and quantitative analyses anchored in the Theory of Intertextuality. Focusing on Mogahed's notable works, "Reclaim Your Heart"(2012) and "Healing the Emptiness"(2022), the study explores the psychological nuances influencing her narrative style and sheds light on the evolving tapestry of her literary creations. The analysis reveals a dynamic interplay between reflective language, metaphorical continuity, scriptural references, and the evolution of ideas within Mogahed's writings. A detailed examination of shared themes, contemporary references, and self-referential elements provides insights into her intellectual and emotional growth over time. Drawing parallels with broader studies on author profiling, the research emphasises the unique thematic richness of Mogahed's work, positioning her as a compelling subject for exploration. Furthermore, the study integrates the intriguing case of Linda Walker, showcasing the broader intersection between cognitive factors, creative expression, and the necessity for understanding how authors navigate neurological conditions. The findings contribute to the discourse on authorial transformation, highlighting the multifaceted nature of an author's craft and paving the way for enhanced creative expression through the integration of counseling psychology. Overall, this research serves as a valuable contribution to literary analysis, enriching our understanding of the complex interrelationships between an author's psychological landscape and the nuanced fabric of their literary contributions.

Authorial Transformation: The Impact of Counselling Psychology in Writing style of Yasemin Mogahed

Author profiling, an emerging discipline within literary analysis, intricately dissects an author's distinct writing style, thematic preferences, and narrative decisions (Coulthard & Johnson, 2007, p. 147). This research embarks on an exploration of how counselling psychology, both as an academic field and practical application, significantly contributes to shaping the writing style of the esteemed author, Yasemin Mogahed. Recognising the critical interplay between an author's psychological well-being and their literary output is paramount for unravelling the depth and uniqueness of their work. This investigation is specifically centered on Yasemin Mogahed's case, with the aim of uncovering the psychological nuances that influence her narrative style and providing a broader understanding of the intricate relationship between an author's mental landscape and creative expression.

Yasemin Mogahed, renowned for her profound works on spirituality and emotional well-being, including "Reclaim Your Heart"(2012) and "Healing the Emptiness"(2022), serves as the focal point for an in-depth analysis. Her literature delves into themes such as fulfilment, pain, and connection with God, offering a rich foundation for examining how counselling psychology may impact her writing style. This exploration extends from broader studies on author profiling, as exemplified by research on Jane Austen (2005) and J.K. Rowling (2012), which spotlight the profound impact of an author's life experiences and psychological well-being on their literary output. The choice of Yasemin Mogahed as the subject for this investigation is motivated by the thematic richness of her work and the potential for uncovering unique insights into the intricate relationship between counselling psychology and writing style.

Additionally, the review explores the intriguing case of Linda Walker (Coulthard & Johnson, 2007, p. 144). While not directly linked to Mogahed's writing style, Walker's case serves as a compelling example of how neurological conditions can influence communication style and identity. This case underscores the broader intersection between cognitive factors, creative expression, and the necessity for further research to comprehend how authors, including Mogahed, navigate and adapt to such changes. In conclusion, this literature review sets the stage for an in-depth exploration of the dynamic interplay between author profiling, counselling psychology, and neurological conditions.

Through a focused analysis of Yasemin Mogahed's work, scholars and practitioners can gain valuable insights into the multifaceted nature of an author's craft and potential avenues for enhancing creative expression through the integration of counselling psychology. This introduction lays the foundation for a comprehensive investigation into the intricate relationship between an author's psychological landscape and the evolving tapestry of their literary creations.

Examining Yasemin Mogahed's evolution in writing style across her works, such as *Reclaim Your Heart* (2012) and *Healing the Emptiness* (2022), provides a fascinating lens through which to understand the significance of changes in an author's approach. Yasemin Mogahed, renowned for her insightful reflections on spirituality and emotional well-being, exemplifies several aspects of the importance of writing style change.

The shift from the intensely personal reflections in *Reclaim Your Heart* to the more philosophically grounded approach in *Healing the Emptiness* suggests Mogahed's intellectual and emotional growth. It showcases her evolving understanding of the intricate connections between spiritual concepts and emotional well-being.

The change in emphasis from the transient nature of attachments in *Reclaim Your Heart* to the exploration of the purpose of pain and the necessity of a connection with God in *Healing the Emptiness* indicates Mogahed's exploration of diverse thematic territories. This shift aligns with her commitment to addressing a broad spectrum of human experiences.

The deliberate use of philosophical and empowering language in *Healing the Emptiness* represents a form of artistic experimentation. Mogahed employs a more explicit philosophical tone, indicating her willingness to experiment with stylistic elements to convey her messages effectively.

As Mogahed incorporates contemporary references, such as addressing the impact of social media in *Healing the Emptiness*, she demonstrates an awareness of evolving societal dynamics. This stylistic adaptation helps her stay relevant and resonant with readers navigating the challenges of the modern world.

The inclusion of references to social media in *Healing the Emptiness* reflects Mogahed's responsiveness to societal changes. This adaptation aligns with the broader cultural shift towards increased reliance on digital platforms for communication and connection.

In the context of Yasemin Mogahed's writings, the significance of writing style change extends beyond artistic variation. It becomes a testament to her intellectual and emotional evolution, her commitment to exploring diverse themes, and her adeptness at stylistic experimentation to engage readers effectively. By adapting her writing style to reflect contemporary issues and philosophical insights, Mogahed not only maintains relevance but also contributes to the broader discourse on spirituality and emotional well-being in a dynamically changing world.

Keywords : Yasemin Mogahed, Writing Skills ,English Literature

Literature Review

Author profiling, an emerging field within literary analysis, intricately examines the unique writing style, thematic preferences, and narrative decisions of an author (Coulthard & Johnson, 2007, p. 13). In this review, we delve into how counseling psychology, both as a field of study and practice, significantly contributes to shaping the writing style of Yasemin Mogahed. Understanding the interplay between an author's psychological well-being and their literary output is paramount for appreciating the depth and uniqueness of their work. Focusing specifically on Yasemin Mogahed's case, we aim to unravel the psychological nuances influencing her narrative style, providing a broader understanding of the intricate relationship between an author's mental landscape and creative expression.

Yasemin Mogahed, renowned for her insightful works on spirituality and emotional well-being, including *"Reclaim Your Heart"* (2012) and *"Healing the Emptiness"* (2022), offers a rich foundation for an in-depth analysis. Her literature reflects a profound exploration

of themes such as fulfillment, pain, and connection with God. Mogahed's unique voice and thematic choices become integral in examining how counseling psychology may impact her writing style.

This exploration extends from the broader studies on author profiling, exemplified by research on Jane Austen (2005) and J.K. Rowling (2012), which reveal the profound impact of an author's life experiences and psychological well-being on their literary output. Yasemin Mogahed's work becomes a pertinent subject for this investigation due to its thematic richness and potential for uncovering unique insights into the intricate relationship between counseling psychology and writing style.

Furthermore, the intriguing case of Linda Walker (Coulthard & Johnson, 2007, p. 144), though not directly related to Mogahed's writing style, serves as a compelling example of how neurological conditions can influence communication style and identity. This case underscores the broader intersection between cognitive factors, creative expression, and the necessity for further research to comprehend how authors, including Mogahed, navigate and adapt to such changes.

In short, this literature review sets the stage for an in-depth exploration of the dynamic interplay between author profiling, counseling psychology, and neurological conditions. Through a focused analysis of Yasemin Mogahed's work, scholars and practitioners can gain valuable insights into the multifaceted nature of an author's craft and potential avenues for enhancing creative expression through the integration of counseling psychology.

Budziak, Hitt & Lempert (2019) conducted a comprehensive investigation into the correlates of writing style in US Circuit Courts of Appeals. Analysing a stratified random sample of 11,771 opinions, the study explored the nuanced factors influencing the writing style within the legal context.

Mubarok, Cahyono & Astuti (2019) aimed to understand the impact of the flipped classroom model on Indonesian EFL students' writing achievement. This study involved 58 university students, employing cognitive styles as a variable to measure the effectiveness of the teaching model across diverse learning approaches.

Salim & Preston (2019) delved into the effect of paternal and maternal parenting styles on Career Exploration Behavior (CEB) in adolescents, considering gender differences. The study, involving 427 boys and 397 girls from nine high schools, scrutinised how parenting styles influence career exploration during adolescence.

Sunardi (2020) explored the effect of leadership style and functional career on the performance of employees at BBTA3-BPPT. The study employed correlation coefficients to demonstrate the positive relationship between leadership style, functional career, and employee performance.

Prasetyo & Purba (2020) focused on the influence of leadership style, career development, and work environment on employee engagement at PT Indo Japan Steel Center. The results indicated that leadership style, in particular, had a positive and significant effect on employee engagement.

Rahadytya & Tridayanti (2020) aimed to determine and analyse the simultaneous and partial effects of leadership style, career development, and job satisfaction on employee performance. The study found that all three factors had a positive and significant impact on employee performance.

Mughal et al. (2021) investigated the impact of institutional grant awards on early career investigators. The study focused on the responses of applicants and peer reviewers, revealing insights into how institutional programs contribute to the career development of early career investigators.

In addition to the aforementioned studies, other influential works include the research by Basthomi (2019) and Kim & Oh (2021), which contribute to the broader understanding of various styles in different domains.

Nicholes and Reimer (2020) provide insights into the affordances of Basic Writing courses as stand-alone courses at a career-focused, four-year university. The research reveals that Basic Writing students who progress to Composition 1 and 2 are statistically more likely to graduate within 4-6 years. This study contributes to ongoing discussions about the student costs of non-credit developmental writing and emphasizes the positive impact of Basic Writing courses on long-term student success.

El-Baff, Wachsmuth, AlKhatib & Stein (2020) investigate the persuasive effect of style in news editorial argumentation. In contrast to previous studies, this research specifically explores the importance of style in achieving persuasion. The study finds that conservative readers are resistant to certain styles, while on liberals, style has a more significant impact than content. This work sheds light on the role of style in shaping persuasive communication in news editorials.

Franco et al. (2021) examine the language used by successful and unsuccessful grant applicants, finding a small difference in clout scores. The study suggests that gender bias in grant applications is a complex issue influenced by societal organization, impacting women's careers. This research contributes to the understanding of linguistic factors influencing grant application outcomes.

Hilte, Daelemans, & Vandekerckhove (2021) explore how teenagers adapt their language use to that of their conversation partners in intragenerational and intergenerational communication. The study reveals subtle differences in accommodation patterns based on teenagers' sociodemographic profiles and their interlocutors' age. This research enhances our understanding of linguistic accommodation in different communication contexts.

Cosentino et al. (2021) focus on the influence of leadership styles on the quality of professional life for ICU nurses. The cross-sectional study highlights the significance of compassion satisfaction in mitigating burnout risks among nurses working in intensive care and critical care settings. This research contributes to the broader discussion on the impact of leadership on the well-being of healthcare professionals.

Methodology

Research Design

This study utilises a qualitative research design to explore the impact of the Theory of Intertextuality on the first chapter of Yasemin Mogahed's book "Reclaim Your Heart" (2012) and her subsequent work "Healing the Emptiness" (2022). By employing a qualitative approach, the research aims to conduct a thorough examination of intertextual elements within the texts, focusing on the nuanced connections and references without incorporating statistical analysis or quantitative measurements.

Theoretical Framework

The theoretical framework for this research is rooted in the Theory of Intertextuality, which posits that the meaning and interpretation of a text are influenced by its relationship with other texts, contexts, and cultural references. In the context of Yasemin Mogahed's writings, the Theory of Intertextuality provides a lens through which to explore how her works are connected to external influences, literary references, and her own evolving narrative style.

Data Collection

The primary data for this research is drawn from the first chapter of Yasemin Mogahed's book "Reclaim Your Heart" (2012) and her subsequent work "Healing the Emptiness" (2022). These texts have been selected as they represent significant stages in the author's career, enabling an examination of potential changes in her writing style and intertextual references over time.

A qualitative analysis will be conducted to identify intertextual references, literary allusions, and stylistic elements within the texts. This will involve a close reading of the selected chapters to identify and categorise intertextual connections and thematic elements.

Research Question

1. How does the Theory of Intertextuality manifest in the first chapter of Yasemin Mogahed's "Reclaim Your Heart" (2012) and "Healing the Emptiness" (2022), and what insights can be gained about the evolution of her writing style?

Research Objectives

1. To identify and categorise intertextual references and elements within the first chapter of "Reclaim Your Heart" (2012) and "Healing the Emptiness" (2022).
2. To quantitatively assess the significance of intertextual elements and their potential impact on Yasemin Mogahed's evolving writing style in the selected chapters.

Analysis of Two Writings

“Reclaim Your Heart” (2012)

Reflective and Introspective Language

“And disappointment for me wasn’t an ordinary emotion. It was catastrophic.”

The use of words like “catastrophic” reflects the intense emotional impact that disappointment had on the author, conveying a deep and personal reflection on her experiences.

Metaphors and Imagery

“Like a glass vase that you place on the edge of a table, once broken, the pieces never quite fit again.”

The metaphor of the glass vase on the edge of a table vividly illustrates the fragility of attachments and the irreparable nature of certain losses, creating a powerful image for readers.

Scriptural References

“There is only one hand-hold that never breaks. There is only one place where we can lay our dependencies.”

By integrating Quranic verses, the author strengthens her arguments and provides a spiritual framework for understanding the transient nature of worldly attachments and the unwavering support found in a connection with God.

“Healing the Emptiness” (2022)

Philosophical and Spiritual Language

“Our soul was created by God, for God. We can never find true peace without knowing Him.”

The language is more explicitly philosophical, emphasising the purpose of the soul and the imperative connection with God for attaining true peace.

Empowering Language

“We would be designed with the divine capacity to cope. To survive. To even thrive through the storms.”

The use of words like “thrive” imparts a sense of empowerment, highlighting the human capacity not only to endure challenges but to flourish despite them.

Contemporary References

“We live in a world where the moment we feel pain, we find ourselves surrounded by countless sedatives, promising to take it away.”

This reference to modern sedatives speaks to contemporary challenges, acknowledging the impact of societal influences like social media and the pursuit of instant relief in the face of emotional pain.

Sedatives vs. Cure Theme

“Our attempts to hide from our pain through social media end up doing the opposite.”

The author directly addresses the consequences of seeking instant relief (sedatives) through social media, aligning with the theme of distinguishing between numbing the pain and addressing its root cause for true healing.

Intertextuality Analysis of Yasmin Mogahed’s Writings: A Detailed Examination

Shared Themes

Both texts consistently explore themes of seeking fulfillment, understanding pain, and finding solace in a connection with God. The recurrence of these themes throughout the two writings suggests not only a thematic consistency but also a profound commitment to these core ideas in the author’s spiritual and philosophical framework. It reveals a continuous thread of exploration in her body of work.

Scriptural References

Quranic verses are seamlessly integrated into both writings to emphasise spiritual concepts and provide a religious foundation. The deliberate use of scriptural references in both texts establishes a clear intertextual link, indicating that the author consistently draws upon religious teachings to convey her messages. This suggests a sustained reliance on foundational religious sources throughout her writing journey.

Evolution of Ideas

The 2012 text emphasises the transient nature of attachments, while the 2022 text delves into the purpose of pain and the necessity of a connection with God. The shift in focus between the two writings reflects an evolution in the author’s intellectual and spiritual journey. This evolution may be influenced by personal experiences, maturation, or a deepening understanding of emotional well-being, showcasing the dynamic nature of her thoughts.

Contemporary References

The 2022 text references social media, acknowledging the impact of modern societal dynamics on individual well-being. The inclusion of contemporary references demonstrates an awareness of the changing world and a willingness to integrate current issues into the author’s discussions. This indicates a responsiveness to the evolving contexts in which her readers navigate their lives.

Metaphorical Continuity

Both texts employ metaphors such as the glass vase metaphor in 2012 and the smoke alarm metaphor in 2022. The consistent use of metaphorical language creates a sense of continuity in the author’s stylistic choices. This intentional use of vivid imagery suggests a thoughtful approach to conveying complex ideas, maintaining a thematic and aesthetic thread that runs through her works.

Self-Referential Elements

Reflections on personal experiences and lessons learned are evident in both writings. The author’s inclusion of self-referential elements fosters a sense of coherence, allowing readers to trace the development of her thoughts. By integrating past lessons into present discussions, she establishes a deeper connection with her audience, inviting them into her intellectual and spiritual journey.

In short, the detailed intertextual analysis reveals not only the thematic and conceptual continuity in Yasmin Mogahed’s works but also provides insights into her evolving ideas, influences, and perspectives over time. The careful examination of shared themes, scriptural references, evolving ideas, contemporary references, metaphorical continuity, and self-

referential elements enhances our understanding of the interconnectedness and development of her writings.

Discussion on the Analysis

The analysis of Yasmin Mogahed's writings provides a rich exploration of her distinctive writing style, thematic preferences, and intertextual elements across two significant works, "Reclaim Your Heart" (2012) and "Healing the Emptiness" (2022). This detailed discussion aims to delve into the key findings and implications of the analysis.

Reflective and Introspective Language

In "Reclaim Your Heart" (2012), the use of words like "catastrophic" reveals the intense emotional impact of disappointment, showcasing deep personal reflection. "Healing the Emptiness" (2022) employs explicitly philosophical language, emphasising the purpose of the soul and the necessity of a connection with God for true peace.

The shift in language suggests an evolution in Mogahed's approach, transitioning from intensely personal reflections to a more philosophically grounded exploration of spiritual concepts. This evolution may signify a deepening of her insights and a broader engagement with existential themes.

Metaphors and Imagery

Both texts employ metaphors such as the glass vase and the smoke alarm, creating vivid imagery to convey complex ideas. The consistent use of metaphorical language establishes a thematic and aesthetic continuity in Mogahed's works. Metaphors serve as powerful tools for conveying abstract concepts, allowing readers to engage more deeply with the author's messages.

Scriptural References

Quranic verses are seamlessly integrated into both writings, providing a religious foundation for spiritual concepts. The deliberate inclusion of scriptural references demonstrates a sustained reliance on religious teachings throughout Mogahed's writing journey. It not only strengthens her arguments but also establishes a clear intertextual link, connecting her works to foundational religious sources.

Evolution of Ideas

The 2012 text focuses on the transient nature of attachments, while the 2022 text delves into the purpose of pain and the necessity of a connection with God. The shift in thematic emphasis reflects an evolution in Mogahed's intellectual and spiritual journey. This evolution may be influenced by personal experiences, maturation, or a deepening understanding of emotional well-being, showcasing the dynamic nature of her thoughts over time.

Contemporary References

"Healing the Emptiness" (2022) references social media, acknowledging the impact of modern societal dynamics on individual well-being. The inclusion of contemporary references demonstrates Mogahed's awareness of the changing world and her willingness to integrate current issues into her discussions. This indicates a responsiveness to the evolving contexts in which her readers navigate their lives.

Metaphorical Continuity

Both texts consistently employ metaphorical language, creating a sense of continuity in the author's stylistic choices. The intentional use of metaphorical continuity suggests a thoughtful approach to conveying complex ideas, maintaining a thematic and aesthetic thread that runs through her works. This consistency enhances the coherence of her body of work.

Self-Referential Elements

Reflections on personal experiences and lessons learned are evident in both writings. The inclusion of self-referential elements fosters a sense of coherence, allowing readers to trace the development of Mogahed's thoughts. By integrating past lessons into present

discussions, she establishes a deeper connection with her audience, inviting them into her intellectual and spiritual journey.

Comparison with Other Research

Mogahed's writing stands out in its focus on spirituality, emotional well-being, and individual growth, distinguishing itself from other studies that explore themes such as legal writing style, educational models, parenting styles, and organisational dynamics.

Smith (2005) also found impact of Jane Austen's personal life on her writing style. This research adds a unique perspective to the broader landscape of literary analysis and author profiling, emphasising the importance of exploring the psychological and spiritual dimensions that shape an author's distinctive style.

The analysis of Yasmin Mogahed's writings provides valuable insights into the dynamic interplay between reflective language, metaphorical continuity, scriptural references, and the evolution of ideas. The comparison with other research studies highlights the distinctiveness of Mogahed's focus on spirituality and emotional well-being. This detailed examination enhances our understanding of the interconnectedness and development of her writings, contributing to the broader discourse on author profiling and literary analysis. Overall, Yasmin Mogahed's work stands as a testament to the intricate relationship between an author's inner world and the tapestry of their literary creations.

Conclusion

The exploration of Yasemin Mogahed's literary works through the lens of author profiling and counseling psychology unveils a profound understanding of the intricate relationship between an author's psychological landscape and their evolving writing style. The detailed examination of Mogahed's insightful contributions to spirituality and emotional well-being, as evidenced in "Reclaim Your Heart" (2012) and "Healing the Emptiness" (2022), serves as a rich foundation for this research.

The interplay between counseling psychology and Mogahed's writing style is evident in the nuanced language, thematic choices, and narrative decisions found within her works. Through a focused analysis, we have identified how her literature reflects a deep exploration of themes such as fulfillment, pain, and connection with God, with counseling psychology potentially influencing the nuanced expression of these themes.

The broader context of author profiling, as exemplified by research on authors like Jane Austen (2005) and J.K. Rowling (2012), emphasises the impact of life experiences and psychological well-being on literary output. Mogahed's case stands out due to the thematic richness of her work, offering unique insights into the intersection of counseling psychology and writing style.

Additionally, the examination of Linda Walker's case (Coulthard & Johnson, 2007, p. 144), though distinct from Mogahed's writing style, highlights the broader intersection between cognitive factors, creative expression, and the need for further research to understand how authors navigate and adapt to neurological conditions.

The methodology employed in this research, utilising a mixed approach with qualitative and quantitative methods and anchored in the Theory of Intertextuality, provides a comprehensive understanding of the intertextual elements within Mogahed's texts. The analysis sheds light on the evolution of her writing style, offering insights into the shared themes, scriptural references, evolving ideas, contemporary references, metaphorical continuity, and self-referential elements that characterise her body of work.

In essence, this literature review sets the stage for a deeper exploration of the dynamic interplay between author profiling, counseling psychology, and the impact of neurological conditions on creative expression. By delving into Yasemin Mogahed's work, scholars and practitioners can glean valuable insights into the multifaceted nature of an author's craft.

Furthermore, it opens avenues for enhancing creative expression through the integration of counseling psychology, ultimately contributing to the ongoing dialogue surrounding authorial transformation and the complex interrelationships between psychology and literature.

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