

The Dilemma Of Muslim Psychologists

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Foundations of Islāmic
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Psychology of Islam and Muslims
From Muslim to Islamic
An Introduction to
Islamic Psychology
Islamic Counselling
Educational Psychology
Principles of
Islamic Psychology
Evil Eye, Jinn Possession, and Mental Health
Issues
Contemplation Mālik Badrī G. Hussein Rassool
Malik Badri Abdallah Rothman
Ali Ayten Olga Pavlova G. Hussein Rassool
Abdallah Rothman G. Hussein Rassool
Amber Haque G. Hussein Rassool G. Hussein Rassool
Nausheen Pasha-Zaidi
Association of Muslim Social Scientists. Convention
Mohammad Khodayarifard G. Hussein Rassool
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islamic psychology or ilm an nafs science of the soul is an important introductory textbook drawing on the latest evidence in the sub disciplines of

psychology to provide a balanced and comprehensive view of human nature behaviour and experience its foundation to develop theories about human nature is based upon the writings of the qur an sunna muslim scholars and contemporary research findings synthesising contemporary empirical psychology and islamic psychology this book is holistic in both nature and process and includes the physical psychological social and spiritual dimensions of human behaviour and experience through a broad and comprehensive scope the book addresses three main areas context perspectives and the clinical applications of applied psychology from an islamic approach this book is a core text on islamic psychology for undergraduate and postgraduate students and those undertaking continuing professional development in islamic psychology psychotherapy and counselling beyond this it is also a good supporting resource for teachers and lecturers in this field

the indiscriminate exportation of western psychology to muslim and third world countries can pose serious cultural and ideological dilemmas when the exported commodity from north to south is physical in nature the harm done can easily be identified for example the quick detection of the life threatening birth defects caused by the drug thalidomide when taken during pregnancy or the flaws in the braking system of a japanese car however when the exported product is ideas and beliefs and ways of life the indirect and sneaky damage is often much more malevolent and long lasting because it attacks the worldview of the recipients and it shakes their cherished beliefs because of its technological supremacy islamic and developing countries got used to wholeheartedly accepting any information coming from the west if it is under the tag of science by presenting itself under this prestigious mantra of science students in muslim countries swallow the kernel of psychology with its nutshell the baby with its filthy water the danger of this approach is greatly augmented by the shortcomings of our educational systems that discourages critical thinking and encourages the submissive acceptance of the words of the teacher and that of printed material

at a time when there is increasing need to offer psychotherapeutic approaches that accommodate clients religious and spiritual beliefs and acknowledge the potential for healing and growth offered by religious frameworks this book explores psychology from an islamic paradigm and demonstrates how islamic understandings of human nature the self and the soul can inform an islamic psychotherapy drawing on a qualitative grounded theory analysis of interviews with islamic scholars and clinicians this unique volume distils complex religious concepts to reconcile islamic theology with contemporary notions of psychology chapters offer nuanced explanations of relevant islamic tradition

and theological sources consider how this relates to western notions of psychotherapy and common misconceptions and draw uniquely on first hand data to develop a new theory of islamic psychology this in turn informs an innovative and empirically driven model of practice that translates islamic understandings of human psychology into a clinical framework for islamic psychotherapy an outstanding scholarly contribution to the modern and emerging discipline of islamic psychology this book makes a pioneering contribution to the integration of the islamic sciences and clinical mental health practice it will be a key resource for scholars researchers and practicing clinicians with an interest in islamic psychology and muslim mental health as well as religion spirituality and psychology more broadly

this book provides a concise coverage of the unique relationship between the religion of islam and psychology it explains how psychology as a new discipline emerging from the west during the early twentieth century gained much recognition in the muslim world both in their academia and scientific society but not among the wider muslim population the claim was that for the wider muslim population to accept this discipline it needed to have roots in the indigenous muslim cultures it is for this reason that many muslim academics began to argue that there was a need to rediscover the muslim science called ilm al nafs in relation to modern psychology this book attempt to provide an explanation and description of the drive in the contemporary muslim world to rediscover the muslim science called ilm al nafs in relation to modern psychology this quest began by mid twentieth century after many of the newly muslim nation states had emerged later the notions of islamic psychology and indigenous psychology were introduced and began to be discussed in earnest this book presents a survey of the discussions that have taken place about islam and psychology and the various viewpoints that have evolved from such deliberations moreover the book presents a general history of psychology and the contribution of muslim thinkers to it the authors also wrestle with the contemporary state of affairs in the muslim world vis à vis psychology and religion by engaging with the socio psychological perspectives of muslim religiosity the book also looks critically at the negative and positive effect of religiosity on mental health according to contemporary data collected from different muslim countries and from muslim minorities in the west and deliberates on some of these contemporary mental health issues this book is ideal for students seeking to understand the relationship between the faith of islam and the contemporary subject of psychology of religion

psychology of islam and muslims russian discourseolga s pavlovaph d in pedagogy chairman of the association of psychological assistance to muslims

associate professor at the department of cross cultural psychology and psychological problems of multicultural education moscow state university of psychology and education member of the international association of islamic psychology member of the international association for the psychology of religion iapr member of the international association of islamic psychology deputy editor in chief of the journal *Islamic Studies* Dr. O. Pavlova mail: ruscientific@yandex.ru understanding of topics related to the psychology of russian muslims requires interdisciplinary research of all social cultural medical theological historical and psychological factors that affect it the context of realization of religion in a person or piety embodiment or manifestation of ideal religion in each real person is very important for psychologists in russia targeted research and practical psychological activities in the muslim community are carried out by the specialists of the association of psychological assistance to muslims created in 2017 an annual scientific practical conference *Islamic Psychological Stability* as the basis of personal and social well being held in moscow round tables on the most critical issues refresher courses and seminars webinars and online discussions are held as part of association activities it is important to carefully select research tools and carefully interpret results of an empirical research since the vast majority of modern psychological methods which are aimed at studying religion religious identity and religious fundamentalism are created for a christian research sample or consider religion from a secular point of view in this regard the methods must be adapted for the muslim research sample and when interpreting the results the islamic view of a muslim person should be taken into account the association of psychological assistance to muslims in russia is aimed at solving the problem of applying scientific approaches to the psychological counseling of muslims for a deep understanding of the psychology of a muslim and accordingly the implementation of psychological counseling in the islamic paradigm it is necessary to rely on the ideas of the personality development that have been formed in islam the specifics of islamic psychological counseling should be given sustained attention what amount of islamic knowledge should a professional psychological counselor have in order to provide psychological support to a muslim can an islamic psychologist be a non practicing muslim or practice other religion or can he be an atheist who takes into account the religious identity of his client currently these questions are debatable in its work the newly established russian association relies on the experience of foreign colleagues first of all international association of islamic psychology and international association of muslim psychologist

islamic psychology the basics is a jargon free and accessible introduction that explores psychology from an islāmic perspective and provides a foundation level overview of the fundamental principles and practices of islāmic psychology the book introduces concepts models approaches themes and theories you need to know to study the mind soul and behaviour based on islāmic scripture offering an overview of islāmic psychology and what islāmic psychologists do chapters address key topics including the history of the evolution of the science of the soul and the psychology of human behaviour and experiences rassool examines the concepts of the fitrah the nafs self the aql intellect the rūḥ soul the qalb heart and the concept of islāmic healing and spiritual interventions other themes include the qur an and psychology models and approaches in islāmic psychology interpreting islāmic psychology for modern times and the contemporary scope of the practice of islāmic psychology outlining the challenges and solutions of the development of islāmic psychology and potential future trends and including features to aid learning this is the ideal introductory book for students in psychology islāmic psychology and islāmic studies as well as professionals including counsellors and therapists and anyone interested in psychology from an islāmic perspective

at a time when there is increasing need to offer psychotherapeutic approaches that accommodate clients religious and spiritual beliefs and acknowledge the potential for healing and growth offered by religious frameworks this book explores psychology from an islamic paradigm and demonstrates how islamic understandings of human nature the self and the soul can inform an islamic psychotherapy drawing on a qualitative grounded theory analysis of interviews with islamic scholars and clinicians this unique volume distils complex religious concepts to reconcile islamic theology with contemporary notions of psychology chapters offer nuanced explanations of relevant islamic tradition and theological sources consider how this relates to western notions of psychotherapy and common misconceptions and draw uniquely on first hand data to develop a new theory of islamic psychology this in turn informs an innovative and empirically driven model of practice that translates islamic understandings of human psychology into a clinical framework for islamic psychotherapy an outstanding scholarly contribution to the modern and emerging discipline of islamic psychology this book makes a pioneering contribution to the integration of the islamic sciences and clinical mental health practice it will be a key resource for scholars researchers and practicing clinicians with an interest in islamic psychology and muslim mental health as well as religion spirituality and psychology more broadly

this book provides an understanding of behavioural and substance disorders

from an islāmic psychology perspective despite the religious prohibitions against the use of most substances addiction is a significant psychosocial and spiritual problem both in muslim majority countries and among muslim minorities however many muslim with substance use disorder have been left to suffer in silence because addictive behaviours are considered taboo not only do feelings of guilt shame and a fear of being stigmatised and excluded from community prevent many from seeking therapeutic and spiritual interventions there are also limited culturally sensitive service provisions offering help for muslims with addictive behaviours this book will synthesise the body of knowledge of the psychology of addiction from an islāmic perspectives to foster awareness and understanding of addictive behaviours to break that stigma it will also provide knowledge required to respond effectively to muslim clients that psychotherapists and counsellors might encounter in their clinical practice presenting a step by step application of rassool s islāmic psychotherapy practice model in working with clients with addictive behaviours this book will be a valuable read for islāmic psychologists psychotherapists and counsellors addiction researchers and specialists and students in these fields

this book examines the development of islamic psychology in 17 countries from indonesia to the united states the book broadens the reach of modern psychology by exploring spirituality and religion in the muslim world

foundations of islāmic psychology from classical scholars to contemporary thinkers examines the history of islāmic psychology from the islāmic golden age through the early 21st century giving a thorough look into islāmic psychology s origins islāmic philosophy and theology and key developments in islāmic psychology in tracing psychology from its origins in early civilisations ancient philosophy and religions to the modern discipline of psychology this book integrates overarching psychological principles and ideas that have shaped the global history of islāmic psychology it examines the legacy of psychology from an islāmic perspective looking at the contributions of early islāmic classical scholars and contemporary psychologists and to introduce how the history of islāmic philosophy and sciences has contributed to the development of classical and modern islāmic psychology from its founding to the present with each chapter covering a key thinker or moment and also covering the globalisation of psychology the islāmisation of knowledge and the decolonisation of psychology the work critically evaluates the effects of the globalisation of psychology and its lasting impact on indigenous culture this book aims to engage and inspire students taking undergraduate and graduate courses on islāmic psychology to recognise the power of history in the academic studies of islāmic psychology to connect history to the present and

the future and to think critically it is also ideal reading for researchers and those undertaking continuing professional development in islāmic psychology psychotherapy and counselling

this book provides academic and clinical institutions for developing their educational programmes in psychology psychotherapy and counselling from an islāmic paradigm examining the educational approach in the decolonisation of psychology curricula the book proposes a vertically and horizontally integrated embedded curriculum model this model meets the changing needs of practitioners incorporating indigenous cultural aspects and emerging technologies to reflect new and creative ways of thinking about delivering education in the post covid 19 era the chapters also demonstrate how curriculum development based on the principles of islamic education helps institutions to establish purpose define activities and guide decision making in educational development a series of steps for implementing this need driven educational programme has been suggested this practical concise and evidenced based text will be a key resource for educators and trainers it will help them understand how to re design or suggest changes to curriculum structure shape and content in islāmic psychology psychotherapy and counselling for undergraduate postgraduate and continuing professional development levels of education

this book integrates research in positive psychology islamic psychology and muslim wellbeing in one volume providing a view into the international experiential and spiritual lives of a religious group that represents over 24 of the world s population it incorporates western psychological paradigms such as the theories of jung freud maslow and seligman with islamic ways of knowing while highlighting the struggles and successes of minoritized muslim groups including the lgbtq community muslims with autism afghan shiite refugees and the uyghur community in china it fills a unique position at the crossroad of multiple social science disciplines including the psychology of religion cultural psychology and positive psychology by focusing on the ways in which spirituality struggle and social justice can lead to purpose hope and a meaningful life the book contributes to scholarship within the second wave of positive psychology pp 2 0 that aims to illustrate a balance between positive and negative aspects of human experience while geared towards students researchers and academic scholars of psychology culture and religious studies particularly muslim studies this book is also useful for general audiences who are interested in learning about the diversity of islam and muslims through a research based social science approach

contemporary psychology is highly influenced by positivism and scientific naturalism psychological studies make efforts to control the variables and provide operational definitions of subjective constructs in order to reach the most concrete conclusions such efforts are admirable in natural sciences since they have led to a better life but this worldview has deprived contemporary psychology of more qualitative sources of knowledge like wahy revelation the present book introduces islamic psychology as a paradigm which can apply wahy knowledge and consider religious spiritual dimensions of humans in scientific exploration the first part discusses the possibility foundations and characteristics of islamic psychology the second part introduces research methodology in islamic psychology the third part reviews the quranic theory of personality and highlights the concept of shakeleh finally the fourth part presents the theories and methods of religious psychotherapy in the islamic tradition each part provides introductory content for readers interested in islamic psychology

islamic counselling is a form of counselling which incorporates spirituality into the therapeutic process until now there has been little material available on the subject with no one agreed definition of islamic counselling and what it involves there has also been a rapidly growing population of muslims in western societies with a corresponding rise in need of psychological and counselling services islamic counselling an introduction to theory and practice presents a basic understanding of islamic counselling for counsellors and islamic counsellors and provides an understanding of counselling approaches congruent with islamic beliefs and practices from a faith based perspective the book is designed as an introduction for counsellors its goal is to inform the reader about how the diverse roles of the islamic counsellor fit together in a comprehensive way and to provide the guidelines that can be potentially integrated into a theoretical framework for use the book is divided into two parts section one context and background and section two assessment models and intervention strategies islamic counselling encompasses both current theory research and an awareness of the practice implications in delivering appropriate and effective counselling interventions with muslim clients it will be essential reading for both professionals and students alike

psychology is the study of mind and this is exactly why the quran put a great emphasis between the relationship of man and his creator and the role faith plays intellectually and spiritually in our lives the quran is a book of wisdom and it includes all aspects of human life religion as a matter of fact is an intellectual property that cannot be seen so the mind cannot be seen human beings are curious creatures this curiosity elaborated in the story of abraham

when he wanted to find the truth for himself finding the truth is a principle of science and research islamic psychology is based on three principles namely theo ethics socio ethics and psyco ethics which discusses human relations from a psychological point of view it is the mind that relates to all aspects of life therefore islamic psychology deals with all spheres that originate from god alone for that ego or self plays a major role and makes mankind responsible for all his actions since islam is a religion of unity then all processes of mind interrelate to not only self but also to god and society therefore like any other field of knowledge it is hard to separate psychology or the study of mind from other life principles as a matter of fact it is the mind that regulates other affairs being good or bad islamic psychology emphasizes on making humans responsible for their inner soul activities which lead either to felicity or destruction since religion is an intellectual property then the study of mind is also a spiritual and intellectually property

evil eye jinn possession and mental health issues raises awareness of the cultural considerations religion and spirituality involved in the assessment of muslim patients with mental health problems the belief that jinn spirits can cause mental illness in humans through affliction or possession is widely accepted among muslims meaning this belief is a crucial but frequently overlooked aspect of mental health problems with muslim patients in psychiatric care this book explores the nature of such beliefs their relationship to mental health and the reasons for their importance in clinical practice the book argues that it is vital to consider mental disorders as a multifactorial affair in which spiritual social psychological and physical factors may all play a role it suggests differential diagnostic skills may have an important part to play in offering help to those who believe their problems are caused by possession and provides accessible literature on clinical issues and practice interventions management and evidence based practice to help health workers achieve a better understanding of muslim beliefs about possession and how to work with patients that hold such beliefs evil eye jinn possession and mental health issues is an essential manual for mental health professionals social workers and psychologists it should also be of interest to academics and students in the healthcare sciences

the human race is in crisis and very few of us if any are able to understand what is wrong with our lives and the world at large how did this happen and how did humans become so disconnected with humanity why are psychological disorders such as depression anxiety fear and suicide on the increase and why are conventional western therapies unable to stem the tide to approach this we must first look inside ourselves to explore our own purpose in life and extend

that principle to the rest of humanity despite the advances of modern western psychology and the development of therapies that do help many one area that is largely unexplored is that of the human spirit and spirituality since it is more convenient to consider the human mind as machine that responds to external stimuli in this powerful exploration into the human mind and its relationship with the human spirit malik badri invites the reader to open the door to self discovery purpose and spirituality through the practice of contemplation reflection and meditation understanding the true meaning and experience of spirituality as well as one s own place in creation whilst central to worship in islam this will also be of great interest to and help any reader wishing to explore the notion of spirituality whether as part of worship or simply as part of self development and inner healing

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