



ISLAMIC PSYCHOLOGY CONFERENCE

27TH JULY 2011
London Conference

28TH JULY 2011
Manchester Conference



Ethnic Health Initiative
bmehealth.org

ETHNIC HEALTH INITIATIVE

Promoting a better understanding of BME
psychological health and well-being





CONFERENCE

From the publication of Professor Malik Badri's, *The Dilemma of Muslim Psychologists*, in the 1970s, there has been an increasing awareness in the Muslim world of the culturally relative and sometimes critical elements in the Psychology that has developed in 'the West'. From this awareness has developed work on Islamic perspectives on Clinical Psychology and therapy.

This conference aims to explore and debate the critical perspectives, themes and concepts that underpin 'Muslim Psychology' in theory and therapeutic practice; and how these might relate to 'mainstream' psychological and mental health services in the UK.

Who Should Attend?

This conference will be relevant to anyone interested in the field of Islamic Psychology as well as all professionals, including those from Local Authorities and NHS trusts across the UK, Psychiatrists, Psychologists, Psychotherapists, Counsellors, Early Intervention Teams, CPN's, OT's, Social Workers, Chaplains, Community Faith Leaders & Healers, Equality Leads, Community Development Workers, Service User Representatives, Charities, Third Sector, Educational Establishments, Academics and Policy makers.



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SPEAKERS

What's Wrong with Mainstream 'Western' Psychological Therapies?

RASJID SKINNER

(Chair & Introduction)

Professor Rasjid Skinner, Consultant Clinical Psychologist, Bradford District Care Trust & Visiting Professor of Clinical Psychology, Univ. of Karachi.

Cultural Adaptation of Psychotherapy:
A New Applied Comprehensive Approach to
Islamic Systematic Desensitisation Therapy

MALIK BADRI

Professor of Clinical Psychology in the Department of Psychology of the International Islamic University, Malaysia.

Muslim Views on Mental Health and Psychology

STEPHEN WEATHERHEAD

Chartered Clinical Psychologist & Clinical Tutor and Lecturer in Research Methods, Division of Health Research, Lancaster University.

CBT & Islam

RUKHSANA ARSHAD

Clinical Psychologist, Bradford District NHS Care Trust.

Muslim Mental Health Context:
Problems, Strategies and Solutions

STEPHEN MAYNARD

Chair of the Lateef Project and a partner in Stephen Maynard & Associate.

Delivering Islamic Counselling:
Case studies from Sakoon Muslim
Counselling Service

AYESHA ASLAM

Integrative Psychotherapist, Psychologist and Islamic Counsellor.

Strategies for Developing
Religio-Cultural Sensitive
Addiction Treatment for Muslims

LYNNE ALI-NORTHCOTT

Addiction Counsellor at Nafas, a culturally sensitive drug project in East London, working mainly with Bangladeshi Muslims.



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Speaker Profile

Professor Malik Badri is a Professor of Clinical Psychology in International Islamic University of Malaysia. He is a Fellow and a C. Psychol. of the British Psychological Society. His clinical and psychotherapeutic experience has now exceeded 50 years. He practiced in several hospitals and university clinics in various parts of the world including England, Morocco, Ethiopia, Saudi Arabia, Malaysia and his home country, Sudan. He is Honorary and Founding President of the Sudanese Psychological Society. Internationally, he is Honorary President of the International Association of Muslim Psychologists, has been a UNESCO Expert of psychology in Ethiopia, a WHO panel member in the Committee on Traditional Medical Practices and a Clinical Fellow of the Behavior Therapy and Research Society founded by J. Wolpe. Professor Badri is often referred to as the pioneer of the Islamization of psychology. His famous paper "Muslim Psychologists in the lizard's hole" and his best-selling book *The dilemma of Muslim Psychologist* have inspired many to refuse to uncritically accept Western psychological theories and practices and to revise them according to the Islamic worldview. Badri is the receiver of a number of awards such as Zubair Prize for Academic Excellence, Honorary D.Sc. from the Ahfad University, award from Imam Mohammad bin Saud University.

Dr. Abdur Rasjid Skinner is a Consultant Clinical Psychologist at Lynfield Mount Hospital, Bradford, and holds the Visiting Chair of Clinical Psychology at the University of Karachi. He has an academic background in Anthropology as well as Psychology, and trained in Jungian Analysis. He converted to Islam in 1977 and has for several years been developing, with colleagues, an Islamic approach to psychological therapy. His most recent publication is *An Islamic Approach to Psychology and Mental Health. Mental Health, Religions and Culture*, 13.6.2010.

Dr. Rukhsana is a clinical psychologist working predominantly with adults from a South Asian and Muslim background. She is involved in improving psychological services for 'BME' service users in Bradford. Rukhsana was involved in the development of the IAMPE egroup and has a keen interest in making sense of the connection between psychological approaches and their relationship with Islam. She was involved in the Bradford Islamic psychology study group which was led by Professor Rasjid Skinner. It was this forum that led her to present the current paper in Edinburgh at the BABCP conference 2008. Her doctoral research looked at how clinical psychologists work with religious themes in psychosis. She is currently studying family therapy and systemic practice at Leeds University.

Abdullah Maynard is an Islamic Counsellor and Trainer in Islamic counselling in London, Cambridge and Birmingham and Bristol for Stephen Maynard & Associates. He is co-founder of accredited Islamic counselling training programs, founder of the Lateef Project, an Islamic Counselling service working in partnership with Birmingham Solihull Mental Health Foundation Trust, and author of the Department of Health scoping report on Muslim Mental Health.

Lynne Ali-Northcott obtained her MSc in Addiction Counselling and Psychology with South Bank University in 2008. She is currently working as an addiction counsellor at nafas, a culturally sensitive drug project in East London, working mainly with Bangladeshi Muslims. She has also recently launched a womens service with specialist understanding of the complex needs of South Asian, Muslim female drug users. Lynne has also recently written a chapter on meeting the needs of Muslim clients who use substances in a *Mental Health Handbook* that is due to be launched in August 2011.

Dr. Stephen Weatherhead is a clinical psychologist, specialising in brain injury, and family work. He has a particular interest in the role of spirituality, religion and culture in relation to psychological wellbeing. He has recently taken up a post as lecturer in research methods, and clinical tutor with the Lancaster Clinical Psychology Doctorate programme. Teaching responsibilities reflect clinical experience in neuropsychological assessment and therapy, culture and narrative, and qualitative research (particularly narrative analysis). Stephen also has a private practice facilitating therapeutic interventions with families where a family member has sustained a brain injury. In this role, he also specialises in assessments of mental capacity. His doctoral research considered Muslim views on mental health and psychology, which included exploring individual and general considerations. He is a developing researcher and clinician, with a keen interest in religion and therapy.

Ayesha Aslam is the Director and founder of Sakoon Muslim Counselling Services. She is professionally qualified and an experienced Integrative Psychotherapist, Psychologist, Islamic Counsellor and registered with BPS and BACP. She has 10 years of experience working with diverse issues from counselling to more severe psychological issues and is currently undergoing clinical supervision training to become a clinical supervisor. She writes articles to Mum and Muslim Magazine, has provided workshops to organisation and to local schools, she has appeared on radio and TV channels providing support and advice on key issues.



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