Islamic Approaches to Psychology and Psychological Therapy (Level One)

Saturday 26th of September 2026

9:00 – 9:50 - Tea and Coffee

9:50 – 10:00 - Quran Recitation

10:00 – 10:45 – Welcome and programme aims and a video from Malik Badhri.

10:45 - 11:30 The Cultural Niche of Western Psychology

11:30- 12:00– Break

12:00 – 13:00– The Cultural Niche of Western Psychology (continued)

13:00 – 14:00 – Lunch (provided)

14:00 – 16:00 – Defining Islamic Psychology - Approaches and positioning in the global psychology landscape.

16:00 – 16:30 - Break

16:30 – 18:00 – **Guest Speaker**: **An Islamic approach to professional ethics and the importance of supervision** – **Shaykh Saeed Nasser**

Sunday 27th of September 2026

9:00 – 9:50 - Tea and Coffee

9:50 – 10:00 - Quran Recitation

10:00 – 11:00 – An Islamic model of the self - Its faculties and dynamics

11:00- 11:30– Break

11:30 – 13:00– An Islamic model of the self (continued)

13:00 – 14:00 – Lunch (provided)

14:00 – 16:00 – An Islamic model of the self (continued)

16:00 – 16:30 - Break

16:30 – 18:00 – **Guest Speaker: Babies, bathwater and purifying rain: from psychoanalysis to Islam based psychotherapy – Imam Shahnawaz Haque**

Monday 28th of September 2026

9:00 – 9:50 - Tea and Coffee

9:50 – 10:00 - Quran Recitation

10:00 – 11:30 – Diagnosis and Formulation

11:30- 12:00– Break

12:00 – 13:30– The Muslim Therapist – Skills and attributes of the Muslim therapist

13:30 – 14:30 – Lunch (provided)

14:30 – 16:00 – **Guest Speaker:** Issues of Addiction in society – **Abeda Ahmad**

16:00 – 16:30 - Break

16:30 – 18:00 – Afternoon outing

Tuesday 29th of September 2026

9:00 – 9:50 - Tea and Coffee

9:50 – 10:00 - Quran Recitation

10:00 – 11:30 – The toxic and the useful in mainstream Western therapies

11:30: - 12:00 break

12:00-13:30 - The toxic and the useful in mainstream Western therapies (continued)

13:30 – 14:30 – Lunch (provided)

14:30 – 16:00 **–**

16:00 – 16:30 - Break

16:30 – 18:00 – **Guest Speaker**

Wednesday 30th of September 2026

9:00 – 9:50 – Tea & Coffee

9:50 – 10:00 - Quran Recitation

10:00 – 12:00 – **Guest Speaker:**

12:00- 13:00 – Lunch provided.

13:00 -15:00 – Dealing with Jinn, Black Magic and Possession

15:00-15:30- Break

15:30 -16:30 - Networking and supervision matters. Participant feedback

16:30 -16:40 – break

16:40 – 18:00 – Certificate presentations, participant feedback and concluding remarks