PSY – 418: Muslim Psychology (3 CHs)

Prerequisite: None

Course Description:

This course explores the unique aspects of Muslim psychology focusing on the intersection of psychology and Islamic perspectives on human behavior, mental health, and well-being. The course will also examine the contributions of Islamic scholars to the field of psychology and the relevance of Islamic teachings in mental health and counseling. Students will learn about the core principles of Muslim psychology, including the spiritual dimensions of human development, the role of faith in coping with challenges, and the integration of Islamic teachings in therapeutic approaches. Topics covered also include Islamic concepts of the self, the mind-body-spirit connection, Islamic counseling techniques, and the application of Muslim psychology in various cultural contexts.

Course Objectives:

The course will facilitate students to:

- Understand foundations of Muslim psychology, its historical development, and its role in mental health and well-being.
- Critically explain the Islamic perspective for social and character development
- Critically compare the of Islamic psychological perspectives of mental health to current development in psychology on mental health interventions

Course Learning Outcomes

By the end of the course, students should be able to:
- Explain the foundations of Muslim psychology and its historical development.
- Critically assess the contributions of Islamic scholars to the field of psychology.
- Explore the concept of the self in Islam and its implications for identity and well-being.
- Analyze the mind-body-spirit connection and its significance in mental health.

- Examine the role of faith, prayer, and spirituality in coping with life's challenges.
- Investigate the Islamic perspective on mental health disorders and their treatment.
- Explore the concept of Islamic personality and character development.
- Evaluate the integration of Islamic teachings in psychotherapy and counseling.
- Reflect on the ethical considerations in the practice of Muslim psychology.
- Develop critical thinking skills to compare and contrast Islamic psychology with mainstream psychological theories.

Course Contents:

- Introduction to Muslim Psychology
  - Definition and scope of Muslim psychology.
  - Historical development of Muslim contributions to psychology.
- Contributions of Islamic Scholars to Psychology
  - Insights from classical Islamic scholars on human psychology.
  - Integrating traditional Islamic knowledge with modern psychological theories.
- Islamic Beliefs and Their Psychological Implications
  - Tawheed (Oneness of God) and its influence on Muslim psychology.
  - Islamic perspectives on human nature, purpose, and free will.
- The Concept of the Human Psyche in Islam
  - The concept of Man
  - Islamic perspectives on Human Psyche (Ruh, Nafs and Qalb) and its development
  - Self-awareness and self-actualization from an Islamic viewpoint
  - Identity and self-esteem in the context of faith
- The Mind-Body-Spirit Connection
  - Understanding the holistic view of human beings in Islam
  - The impact of spiritual well-being on mental health
  - The role of physical health in Islamic psychology
- Psychological Well-being and Character Development in Islam

- Islamic perspectives on mental health and well-being.
- The concept of inner peace (Sakinah) and contentment (Qana'ah) in Muslim psychology.
- Virtues (Fadail) and their role in shaping character.
- Self-development and moral conduct in Islam

- Faith and Coping with Challenges
  - The significance of faith and trust in Allah during adversity
  - Coping mechanisms in Islamic teachings
  - The mindfulness in mental well-being
  - Spirituality as a resource for psychological strength
- Islamic Perspective on Mental Health
  - Common mental health challenges in Muslim communities
  - Islamic guidelines on mental health treatment and support
  - The stigma of mental health in Muslim societies
- Islamic Counseling Techniques
  - Islamic counseling principles and practices
  - Qur'anic counseling and the use of Prophetic traditions
  - Empathy and active listening in Islamic counseling
  - Application of Islamic interventions in clinical, counseling, and coaching contexts
  - Traditional Islamically Integrated Psychotherapy (an introduction)
- Ethical Considerations in Islamic Psychology
  - Ethical guidelines for Muslim mental health professionals
  - Confidentiality and religious considerations
  - Navigating religious and cultural boundaries
- Comparative Analysis of Islamic Psychology
  - Contrasting Islamic psychology with Western psychological theories
  - The Dilemma of Muslim Psychologists
  - Identifying similarities and differences in approaches to human behavior
  - Integrating Islamic and mainstream psychology

Textbooks:

- Haque, A. (2018). *Psychology from an Islamic Perspective*. In: Fernando, S., Moodley, R. (eds) Global Psychologies. Palgrave Macmillan, London. https://doi.org/10.1057/978-1-349-95816-0_8
- Badri, M. (1979). *The Dilemma of Muslim Psychologists*. In: MWH London
- Amer, M. M., & Bagasra, A. (Eds.). (2018). Counseling Muslims: Handbook of Mental Health Issues and Interventions. Routledge.
- Amer, M. M., & Bagasra, A. (Eds.). (2019). Muslim Mental Health: Contemporary Perspectives. Springer.

Reference Books:

- Ellison, C. G., & Hummer, R. A. (Eds.). (2010). Religion, Families, and Health: Population-Based Research in the United States. Rutgers University Press.
- Abu-Raiya, H., & Pargament, K. I. (Eds.). (2016). Psychology of Religion and Spirituality for Clinicians: Using Research in Your Practice. Routledge.
- Ghorbani, N., & Leong, F. T. (Eds.). (2002). Cultures of Healing: Correcting the Image of American Mental Health Care. American Psychological Association (APA).
- Ramadan, T. (2010). The Quest for Meaning: Developing a Philosophy of Pluralism. Penguin Books.
- Youssef, F. F., & Abdul-Hamid, W. K. (Eds.). (2016). Psychological and Behavioral Aspects of Risk. Cambridge Scholars Publishing.