

Islam and Mental Health

Rasjid Skinner

Rasjid.skinner@bdct.nhs.uk

An Inclusive “Definition of Spirituality”

1) Outer Practices (Behavioural)

E.G. Religious Rituals, Diet

2) Belief (Cognitive)

E.G. Ideas of: Fate, the purpose of suffering, Sin, Personal Responsibility, Belief in Possession, ? Mindfulness

3) Inner Experience

E.G. The Miraculous, Self Transformation, Ecstasy, Remorse, Inspiration

The Development of Islamic Psychotherapy

Some Principles

Fitra (What is natural)

Both collective and personal

**Homeostatic Balance V. Change and Growth (Integration v Individuation)
E.G. Clinical depression v Remorse**

**Primary and Secondary Causation
Provides different levels of explanation**

**Comprehensive
Encompasses: the inner self (Qalb), cognition, drives, and the body (diet, medicine, movement) not just CBT!**

Projects

The Listening Imams Project (Sharing Voices, Bradford)

- **Helps people sort out problems with their religious values especially in mental and family conflicts (C.F. Catholic Marriage Guidance)**
- **Brings Fitra in line with behaviour**

Proposed Training Course for Imams in Islam and Mental Health

- **Propagates and expands the above**

The Djinn Project

- **Facilitated compliance with conventional psychiatric treatment, with patients who believed they were possessed**