



## **Institute of Objective Studies, Aligarh Chapter**

**One-Week Orientation Program on**

### **Islamic Counselling and Psychotherapy**

**Dates: 15-03-2020 to 21-03-2020**

#### **Resource Persons:**

**Professor Akbar Husain**

Department of Psychology  
Aligarh Muslim University, Aligarh.

**Dr. Mustafa Nadeem Kirmani**

Associate Professor  
Amity Institute of Clinical Psychology  
Amity University Haryana

**Dr. Fauzia Nazam**

Assistant Professor  
Psychology Section, Women's College  
Aligarh Muslim University, Aligarh

## Schedule

S.N.	Time	Date	Venue	Topics
1	10:00 - 11:00 a.m.	15-03-2020	<b>IOS, Aligarh</b>	
2	11:30 a.m. - 1.00p.m	15-03-2020	-do-	What is Counselling?
3	2:00 - 3:30 p.m.	15-03-2020	-do-	Basic Counselling Skills
4	2:30 - 4:00 p.m.	16-03-2020	-do-	Islamic Counselling
5	4:15 - 5:45 p.m.	16-03-2020	-do-	Process of Islamic Counselling
6	2:30 - 4:00 p.m.	17-03-2020	-do-	Assessment of Clients
7	4.15 - 5.45 p.m.	17-02-2020	-do-	Assessment of Clients
8	2:30 - 4:00 p.m.	18-03-2020	-do-	Counselling Interventions
9	4:15 - 5:45 p.m.	18-03-2020	-do-	Counselling Interventions
10	2:30 - 4:00 p.m.	19-03-2020	-do-	Counselling Interventions
11	4:15 - 5:45 p.m.	19-03-2020	-do-	Counselling Interventions
12	2:30 - 4:00 p.m.	20-03-2020	-do-	Counselling Interventions
13	4:15 - 5:45 p.m.	20-03-2020	-do-	Counselling Interventions
14	2.00 - 3.30:p.m.	21-03-2020	-do-	Islamic Psychotherapy
15	3.45 - 5.00 p.m.	21-03-2020	-do-	Islamic Psychotherapy
16	5.00 - 5.30 p.m.	21-03-2020	-do-	<b>Certificate Distribution to Participants</b>

# ONE WEEK ORIENTATION PROGRAM

ON

## ISLAMIC COUNSELING AND PSYCHOTHERAPY

Venue: Institute of Objective Studies, Aligarh Chapter, Aligarh

<p>Islamic Counselling is an integrated therapeutic intervention which is based on the Quran, hadith, Islamic practices (Sunnah) and cultivation of Islamic values. Islamic counselling is about the consciousness, awareness of God by the means of the counselling process. Islamic counselling is based on an integrated framework guided by the principles of Islamic belief and practices. Through religious practices like prayer, recitation of the Holy Quran, forgiveness, repentance (taubah), faith, pilgrimage and spiritual support we can cultivate strength and can improve our mental well-being. Thus, understanding in a new way is the need of the hour as it is a means by which people with stereotypical perspective about counselling can actually receive help without having their concerns come in way. Islamic counselling has emphasized upon the core aspects of Islamic teaching that will help an individual to better adapt himself to the demands of the situation and better prepare himself for the affairs of this world and the hereafter.</p>	<p><b>Benefits to the Participants</b></p> <ul style="list-style-type: none"><li>• The program will benefit to the participants in understanding the basic counselling process in the context of Islamic Psychology.</li><li>• Skill Development</li><li>• Academic progression with multi-phasic benefits to counselors.</li><li>• Manual Islamic Counselling</li></ul>	<p><b>About the Resource Persons</b></p>  <p><b>Dr. Akbar Husain</b> is Professor in the Department of Psychology and Dean, Faculty of Social Sciences, Aligarh Muslim University, Aligarh (India). He has more than 39 years of teaching and research experience. His fields of specializations are: Clinical-Health Psychology, Positive-Spiritual Psychology, Counselling Psychology and Islamic &amp; Sufi Psychology. He has authored co-authored and edited 37 books; published 250 papers. He was awarded Sir Syed Innovation Award -2018 Outstanding Researcher of the Year.</p> <p><b>Dr. Mustafa Nadeem Kirmani</b> is Associate Professor at AMITY Institute of Clinical Psychology, Amity University Hayana, Manesar. He is a trained and licensed Clinical Psychologist having more than 8 years of teaching and professional experience.</p>
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