

CERTIFICATE IN ISLAMIC COUNSELLING

Course Outline

Islam is both a religion and a culture that influences the life of its followers. It is necessary to emphasise the spiritual needs of clients as part of effective, whole person care. Research has shown that people from ethnic minority groups can experience difficulty accessing services (e.g. poor religious and cultural understanding by service staff). The Muslim community has become increasingly aware of the importance of mental health issues, the need for effective communication in family networks, relationships within the ummah and relationships with non-Muslims.

The Certificate in Islamic Counselling provides students with an opportunity to reflect upon and clarify the values and principles that form the basis of Islam within the counselling context. This is achieved through a number of learning tools including reflection, listening, experiential exercises and academic enterprise.

Aim of the Course

To help students to achieve the theoretical knowledge and practical skills necessary to work with Muslim clients.

Learning outcome

On completion of the course students are expected to be able to work ethically with Muslim clients using a basic understanding of an Islamic model of the self.

Course outline

The course will consist of five modules:

1. Theories of Counselling
2. Islamic Model of the Self
3. Cultural Diversity
4. Professional Issues
5. Islam and Psychology

All modules must be studied for the certificate course, however individual modules can be studied for continuing professional development.

Course Outline

Who should follow the course?

- Practicing professionals at all levels including doctors, nurses, professions allied to medicine, social workers, managers, support and administrative staff.
- Practitioners in a wide range of settings including hospitals, hospices, general practice, health centres, clinics.
- A range of professionals in their Continuing Professional Development.
- Advisers, community/helpline workers, volunteers, chaplains, imams and all interested in working with Muslim clients.

Course Tutor

The Course Tutor, Dr Qulsoom Inayat (PhD, MSc, CPCAB) is a health psychologist and counselling psychologist who teaches at a number of universities in England and abroad. She also works in psychiatric rehabilitation and recovery services in NHS providing consultation to the Trusts on diversity and equality issues. Dr Inayat is a trained Islamic counsellor and maintains a private practice that deals with a significant number of Muslim referrals. Dr Inayat has published a number of articles dealing with the mental health needs of Muslims in Britain.

Admission Requirements

Essential:

1. A reflective approach to life
2. Motivation and commitment to participate in all aspects of the course.
3. All candidates are required to supply two referees with their application (in a sealed envelope).
4. Willingness to comply with the British Association of Counselling and Psychotherapy's Ethical Framework for Good Practice.
5. Must be a mature students aged (21+ years).

Desirable:

1. Satisfactory completion of an introductory course in basic counselling skills or Islamic counselling (minimum 21 hours), undertaken within the last three years,
2. Self-awareness and evidence of commitment to personal development,
3. An understanding that the course is not therapy and should not be used as such.

Course Outline

Assessment Requirement

This will consist of essays, presentations, personal and professional journals.

Fees

Certificate	£1100*
Module	£250

*Meals and accommodation are not included in course fees.
£100 discount will be given to students who apply before 31 December 2007*

Duration of Course

This course will run over extended weekends from February to June 2008.
The dates are:

- 15 - 17 February 2008
- 14 - 16 March 2008
- 18 - 20 April 2008
- 16 - 18 May 2008
- 20 - 22 June 2008

Each day will be run from 9.30 a.m. to 6.30p.m

Award of Qualification

Students who successfully complete the course will be awarded a Certificate in Islamic Counselling at the graduation ceremony in 2008.

<http://www.mihe.org.uk>

All enquiries to: Shortcourse Administrator
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