

Course information

OBJECTIVE:

This 3 day experiential course seeks:

1. To develop an understanding of student's own meaning of Islam, and Nafs
2. To learn basic Counselling skills

COURSE CONTENT:

Each of the 3 days deals with a number of themes:

Day 1: The students will begin the day by defining the meaning of confidentiality and making an agreement to ensure that any information shared during the course will be treated with respect and kept confidential. Students will be encouraged to explore the concepts of counselling within Islam. The course will help to develop essential skills in Listening which are vital in any type of communication especially relating to counselling and advisory services.

At the end of day 1, students' homework will be to consult the Qur'an and Hadith in order to provide Islamic sources on counselling.

Day 2: This day will begin with a discussion of the homework (Qur'an and Hadith) which will set the scene and the focus for the day. Students will continue to develop their skills basic counselling by providing feedback to each other. The day will end with an exploration of the concept of the Nafs in Islam.

Day 3: This day introduces the basic concepts of Person-centered therapy and Islamic Counselling. The day ends by exploring the qualities one would expect to find in a counsellor.

Completion of this course will provide appropriate entry requirements for the next level: Certificate in Islamic Counselling.

SPEAKER BIO DATA:

Dr Qulsoom Inayat 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 the NHS providing consultation to the Trusts on issues on diversity and equality. Dr Inayat has also trained as an Islamic counsellor and maintains a private practice that deals with a significant number of Muslim referrals. Dr Inayat is keen to encourage inter-faith and inter-agency dialogue and invites all sectors of the Muslim community to increase awareness of mental health issues that are specific to Muslims. Dr Inayat has published a number of articles dealing with the mental health needs of Muslims in Britain.