

Islamic Counselling Skills - An Introduction

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Important Point to Note

Please always remember that this session is focused on exploring mental health so please focus on the message, which is universal, rather than who is giving it.

Importance of support

“the servant does not arrive at true faith as long as he does not love for his brother, and for the rest of the Muslims, what he loves for himself. Indeed, he must participate with them in times of ease and times of difficulty. Muslims are like a single building; one part strengthens the other. They are like a single body; if one limb suffers, the rest of the body suffers as well.”

Imam Al-Ghazzali, Bidaayat ul Hidaayah (The Beginning of Guidance)

Importance of support

“Whosoever removes a worldly grief of a needy person, Allah will alleviate his grief in this world and the next.”

Imam Nawawi's 40 Hadith - Hadith 36

Qur'an as a source of Mercy

وَنُنزِّلُ مِنَ الْقُرْآنِ مَا هُوَ شِفَاءٌ وَرَحْمَةٌ لِّلْمُؤْمِنِينَ وَلَا يَزِيدُ الظَّالِمِينَ إِلَّا
خَسَارًا ﴿٨٢﴾

Surah Al-Isra, verse 82:

“We send down the Quran as healing and mercy to those who believe; as for those who disbelieve, it only increases their loss.” [Abdul Haleem]

Mind, Body and Soul - Hadith Jibreel

"While we were one day sitting with the Messenger of Allah, sallallahu 'alayhi wasallam, there appeared before us a man dressed in extremely white clothes and with very black hair. No traces of journeying were visible on him, and none of us knew him. He sat down close by the Prophet, sallallahu 'alayhi wasallam, rested his knee against his thighs, and said, O Muhammad! Inform me about Islam." Said the Messenger of Allah, sallallahu 'alayhi wasallam, "Islam is that you should testify that there is no deity save Allah and that Muhammad is His Messenger, that you should perform salah (ritual prayer), pay the zakah, fast during Ramadan, and perform Hajj (pilgrimage) to the House (the Ka'bah at Makkah), if you can find a way to it (or find the means for making the journey to it)." Said he (the man), "You have spoken truly." We were astonished at his thus questioning him and telling him that he was right, but he went on to say, "Inform me about Iman (faith)." He (the Messenger of Allah) answered, "It is that you believe in Allah and His angels and His Books and His Messengers and in the Last Day, and in fate (qadar), both in its good and in its evil aspects." He said, "You have spoken truly." Then he (the man) said, "Inform me about Ihsan." He (the Messenger of Allah) answered, "It is that you should serve Allah as though you could see Him, for though you cannot see Him yet He sees you." He said, "Inform me about the Hour." He (the Messenger of Allah) said, "About that the one questioned knows no more than the questioner." So he said, "Well, inform me about the signs thereof (i.e. of its coming)." Said he, "They are that the slave-girl will give birth to her mistress, that you will see the barefooted ones, the naked, the destitute, the herdsmen of the sheep (competing with each other) in raising lofty buildings." Thereupon the man went off. I waited a while, and then he (the Messenger of Allah) said, "O 'Umar, do you know who that questioner was?" I replied, "Allah and His Messenger know better." He said, "That was Jibril. He came to teach you your religion."

Imam Nawawi's 40 Hadith - Hadith 2

Importance of words

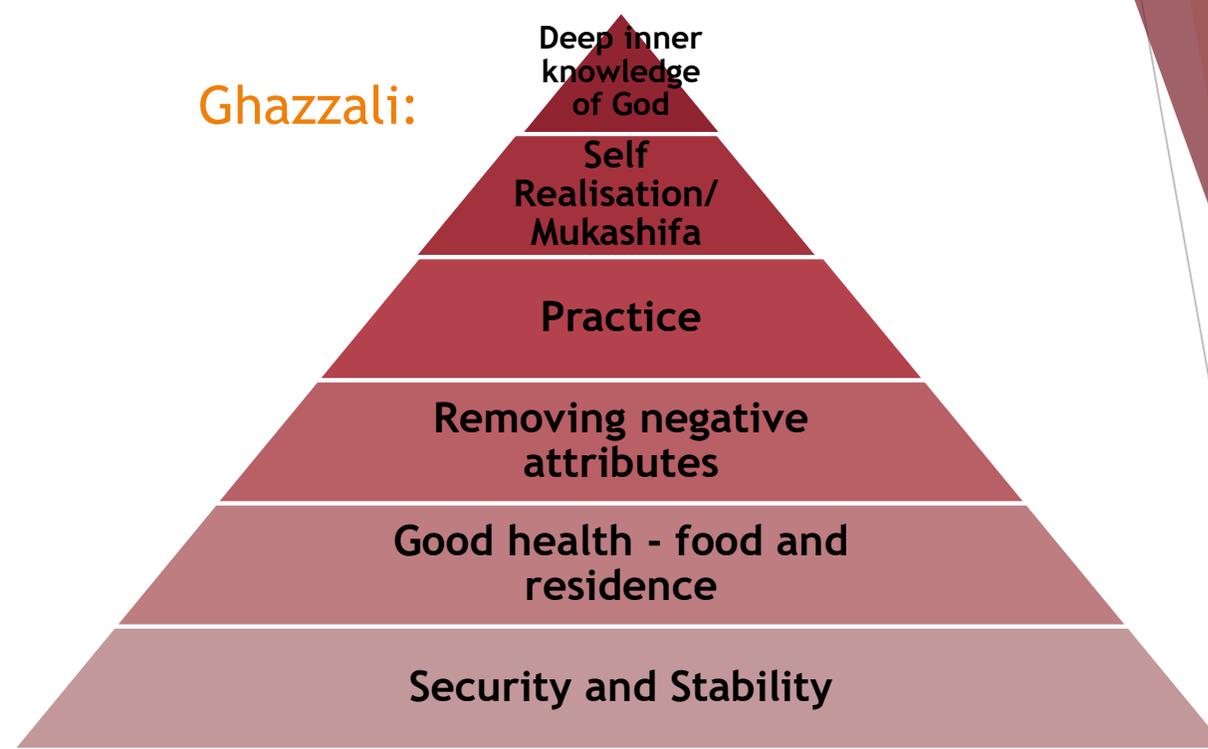
وَلَا تُؤْتُوا السُّفَهَاءَ أَمْوَالَكُمُ الَّتِي جَعَلَ اللَّهُ لَكُمْ قِيَمًا وَارْزُقُوهُمْ فِيهَا وَاكْسُوهُمْ وَقُولُوا لَهُمْ قَوْلًا مَعْرُوفًا ﴿٥﴾

Surah An-Nisa, verse 5:

“Do not entrust your property to the feeble-minded. God has made it a means of support for you: make provision for them from it, clothe them, and *address them kindly*.” [Abdul Haleem]

Hierarchies

Ghazzali:



Maslow:



Pioneers in Islamic Psychology

- ▶ Abu Bakr Muhammad ibn Zakariyya ibn Yahya *al-Raazi*
- ▶ Abu Hamid Muhammad ibn Muhammad al-Tusi *al-Ghazzali*
- ▶ Abu Ali al-Husayn ibn AbdAllah ibn al-Hasan ibn Ali *ibn Sina*
- ▶ Abu Zayd Ahmed ibn Sahl *Al Balkhi*

Psychology in the Qur'an

NAFS AL-MUTMA'INNA



NAFS AL-LAWWAMA



NAFS AL-AMMARA

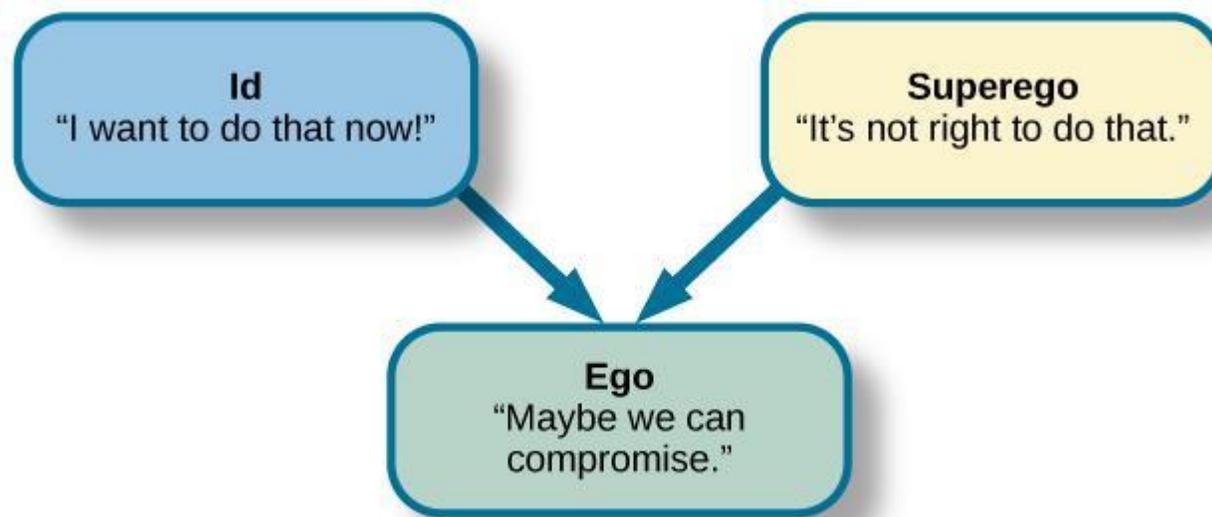
Nafs Al-Ammara - the Commanding Self

Surah Yusuf verse 53

وَمَا أُبْرِيئُ نَفْسِي ۚ إِنَّ النَّفْسَ لَأَمَّارَةٌ بِالسُّوءِ إِلَّا مَا رَحِمَ رَبِّي ۗ إِنَّ رَبِّي غَفُورٌ رَحِيمٌ ﴿٥٣﴾

“I do not pretend to be blameless, for *man’s very soul incites him to evil* unless my Lord shows mercy: He is most forgiving, most merciful.” [Abdul Haleem]

Freud



Nafs Al-Lawwama - the Self-Aware/Conscious Self

Surah Qiyamah verse 2

لَا أُقْسِمُ بِيَوْمِ الْقِيَامَةِ ۙ وَلَا أُقْسِمُ بِالنَّفْسِ اللَّوَّامَةِ ۙ أَيَحْسَبُ الْإِنْسَانُ أَنْ نَبْجَعَ عِظَامَهُ،

“By the Day of Resurrection. And by the *self-reproaching soul*! Does man think We shall not put his bones back together?” [Abdul Haleem]

Forelock

Prefrontal
Cortex



إِنِّي تَوَكَّلْتُ عَلَى اللَّهِ رَبِّي وَرَبِّكُمْ مَا مِنْ دَابَّةٍ إِلَّا هُوَ آخِذٌ بِنَاصِيَتِهَا إِنَّ رَبِّي عَلَى
صِرَاطٍ مُسْتَقِيمٍ ﴿٥٦﴾

Surah Hud Verse 56

SAHIH INTERNATIONAL

Indeed, I have relied upon Allah, my Lord and your Lord. There is no creature but that He holds its forelock. Indeed, my Lord is on a path [that is] straight."

Surah Rahman Verse 41

يَعْرِفُ الْمَجْرُمُونَ بِسِيمَاهُمْ فَيُؤْخَذُ بِالنَّوَاصِي وَالْأَقْدَامِ ﴿٤١﴾

SAHIH INTERNATIONAL

The criminals will be known by their marks, and they will be seized by the forelocks and the feet.

Surah Alaq Verses 15-16

كَلَّا لَئِن لَّمْ يَنْتَهِ لَنَنْفَعُنَّ بِالنَّاصِيَةِ ﴿١٥﴾

SAHIH INTERNATIONAL

No! If he does not desist, We will surely drag him by the forelock -

نَاصِيَةٍ كَاذِبَةٍ خَاطِئَةٍ ﴿١٦﴾

SAHIH INTERNATIONAL

A lying, sinning forelock.

Forelock

“Thinking about Thinking”
Higher Reasoning
Executive Function

Prefrontal Cortex

9 Functions of the Prefrontal Cortex

1. Empathy
2. Insight
3. Response Flexibility
4. Emotion Regulation
5. Body Regulation
6. Morality
7. Intuition
8. Attuned Communication
9. Fear Modulation



Limbic Brain

1. Fight, flight, freeze stress response
2. Thinks, "Am I safe? Do people want me?"
3. Emotions live here

Nafs Al-Mutmainna - the Peaceful Self

Surah Fajr verse 27

يَأْتِيهَا النَّفْسُ الْمُطْمَئِنَّةُ ۖ
أَرْجِعِي إِلَىٰ رَبِّكِ رَاضِيَةً مَّرْضِيَّةً ۖ

“[But] you, *soul at peace*: return to your Lord well pleased and well pleasing” [Abdul Haleem]

Nafs Al-Mutmainna - the Peaceful Self

“Amazing is the affair of the believer. This is because there is good for him in every matter and this is not the case with anyone other than the believer. When he is in a state of happiness, he is thankful to Allah, and within that there is good for him, and if he is harmed, then he keeps to being patient and thus there is good for him in that.”

[Sahih Muslim]

Psychology in the Qur'an

Surah An-am verse 56

قُلْ إِنِّي نُهَيْتُ أَنْ أَعْبُدَ الَّذِينَ تَدْعُونَ مِنْ دُونِ اللَّهِ قُلْ لَا أَتَّبِعُ أَهْوَاءَكُمْ قَدْ
ضَلَلْتُ إِذَا وَمَا أَنَا مِنَ الْمُهْتَدِينَ ﴿٥٦﴾

Say, 'I am forbidden to worship those you call on other than God.' Say, 'I will not follow your vain desires, for if I did, I would stray from the path and cease to be rightly guided.' [Abdul Haleem]

Psychology in the Qur'an

Surah An-Naziat verses 40-41

وَأَمَّا مَنْ خَافَ مَقَامَ رَبِّهِۦ وَنَهَى النَّفْسَ عَنِ الْهَوَىٰ ۗ ﴿٤٠﴾
فَإِنَّ الْجَنَّةَ هِيَ الْمَأْوَىٰ ﴿٤١﴾

“for anyone who feared the meeting with his Lord and restrained himself from base desires, *Paradise will be home*.” [Abdul Haleem]

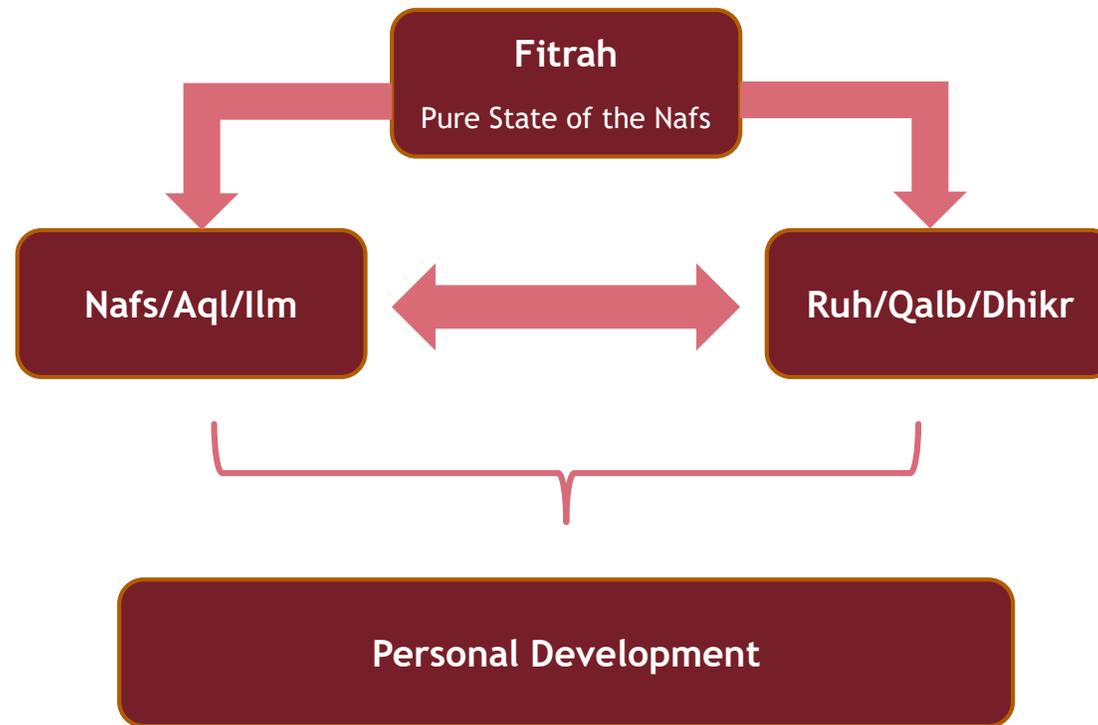
Outer Senses

- ▶ Sight
- ▶ Smell
- ▶ Hearing
- ▶ Taste
- ▶ Touch

Inner Senses

- ▶ Imagination
- ▶ Memory
- ▶ Intellect
- ▶ Attributing Meaning
- ▶ Common Sense

One Model for Islamic Counselling

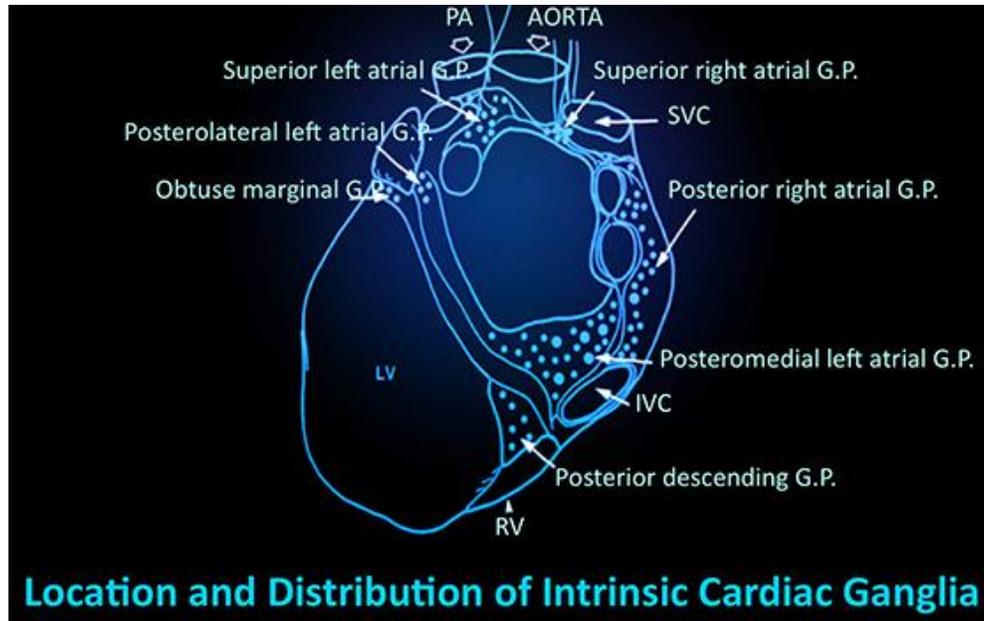
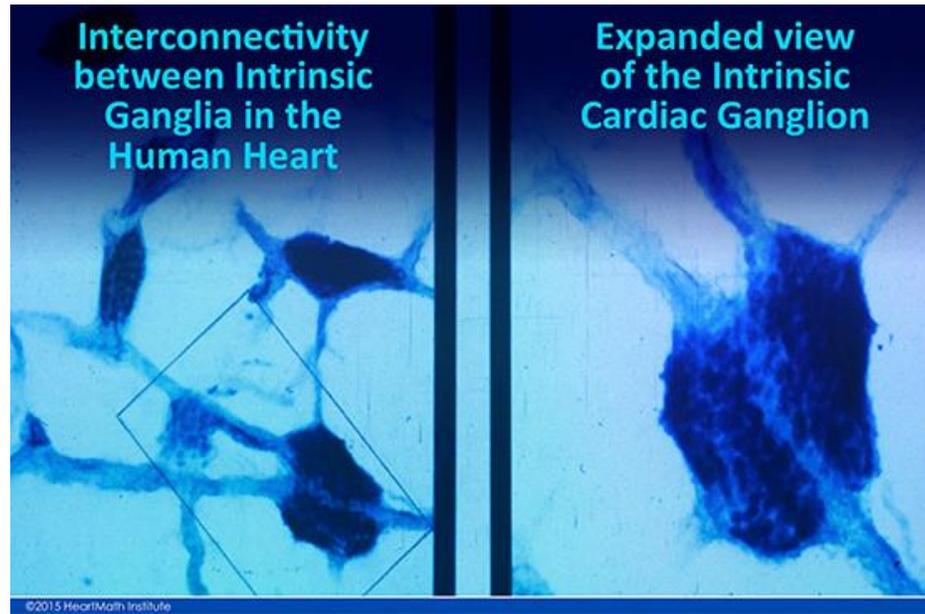


The Heart

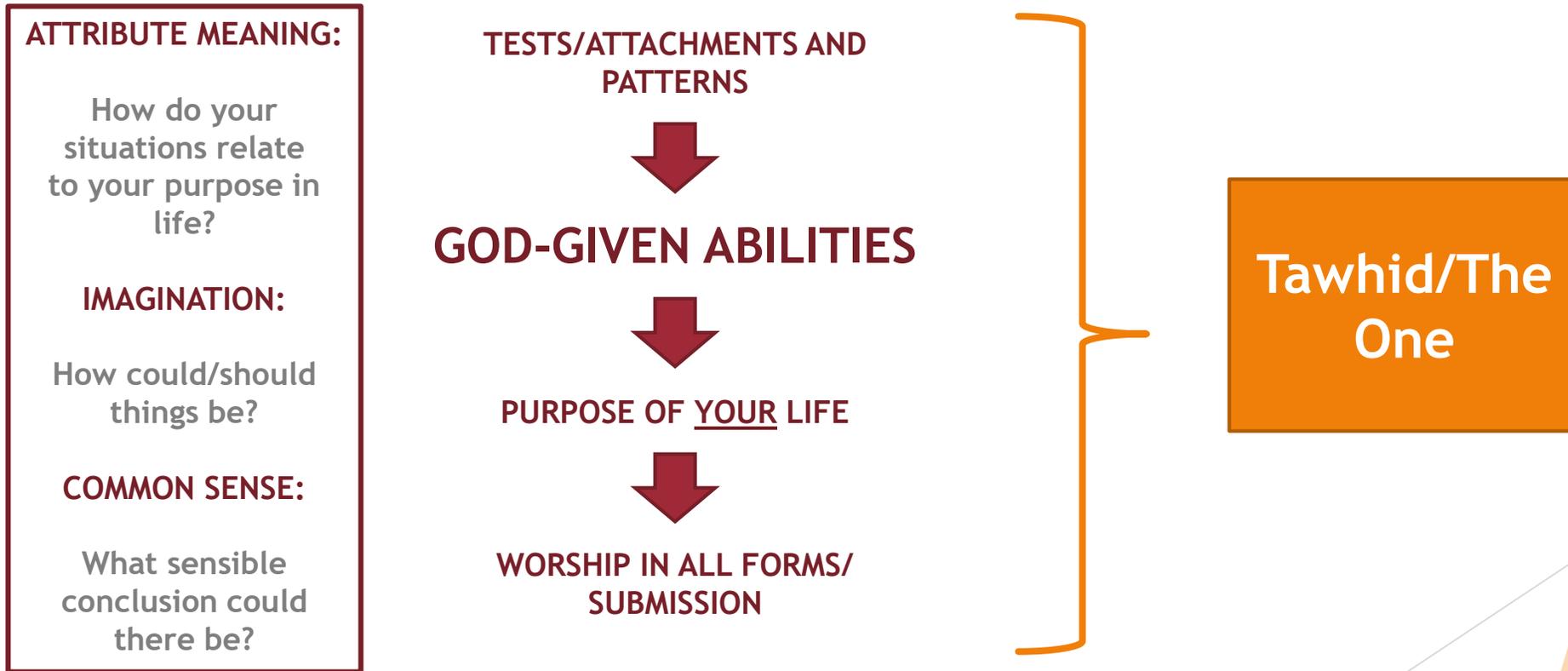
" Surely there is in the body a small piece of flesh; if it is good, the whole body is good, and if it is corrupted, the whole body is corrupted, and that is surely the heart'

[Sahih Bukhari]

The Heart Brain



Our Reflections for the Islamic Counselling Model



Our Reflections for the Islamic Counselling Model

Surah Anfal verse 53

ذَٰلِكَ بِأَنَّ اللَّهَ لَمْ يَكُ مُغَيِّرًا نِّعْمَةً أَنْعَمَهَا عَلَىٰ قَوْمٍ حَتَّىٰ يُغَيِّرُوا مَا بِأَنْفُسِهِمْ ۗ وَأَنَّ
اللَّهَ سَمِيعٌ عَلِيمٌ ﴿٥٣﴾

“[He did] this because God would never change a favour He had conferred on a people unless they changed what was within themselves. God is all hearing, all knowing.” [Abdul Haleem]

Working ethically and safely

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

In the name of Allah, the Beneficent, the Merciful.

Working with relationships

On the authority of Abu Huraira (may Allah be pleased with him) from the Prophet (peace and blessings of Allah be upon him) who said, "Whoever relieves a believer's distress of the distressful aspects of this world, Allah will rescue him from a difficulty of the difficulties of the Hereafter. Whoever alleviates [the situation of] one in dire straits who cannot repay his debt, Allah will alleviate his lot in both this world and in the Hereafter. **Whoever conceals [the faults of] a Muslim, Allah will conceal [his faults] in this life and the Hereafter.** Allah is helping the servant as long as the servant is helping his brother. Whoever follows a path in order to seek knowledge thereby, Allah will make easy for him, due to it, a path to Paradise. No people gather together in a house of the houses of Allah, reciting the Book of Allah and studying it among themselves, except that tranquility descended upon them, mercy covers them, the angels surround them and Allah makes mention of them to those in His presence. Whoever is slowed by his deeds will not be hastened forward by his lineage."

[Muslim]

Working with difference and diversity

Surah Zumar verse 53

﴿ قُلْ يَٰعِبَادِيَ الَّذِينَ أَسْرَفُوا عَلَىٰ أَنفُسِهِمْ لَا تَقْنَطُوا مِن رَّحْمَةِ اللَّهِ إِنَّ اللَّهَ يَغْفِرُ الذُّنُوبَ جَمِيعًا إِنَّهُ هُوَ الْغَفُورُ الرَّحِيمُ ﴾

Say, ‘[God says], My servants who have harmed yourselves by your own excess, do not despair of God’s mercy. God forgives all sins: He is truly the Most Forgiving, the Most Merciful.

“All mankind is from Adam and Eve, an Arab has no superiority over a non-Arab nor a non-Arab has any superiority over an Arab; also a white has no superiority over black nor a black has any superiority over white except by piety and good action.”

Prophet Muhammad (SAW)

Working with primary focus on the client

- ▶ Providing a safe and trustworthy space for them to feel at ease and open up. To let them be
- ▶ The Prophet SAW would always turn fully to face the person he was speaking with so as to be totally focused and committed to the individual

Working with self-awareness

Be in touch with your own mind, body and spirit while staying connected so that you are aware of what may impact your work with the client and so that you can prevent your personal thoughts and feelings clouding your work with them

Working with a coherent framework of skills and theory

- ▶ It is important to educate/train yourself, seek knowledge, learn from others, teachers and who have already been through the journey you are going through now
- ▶ Quran and Prophetic guidance as the framework

Working reflectively

- ▶ Tafakkur (reflection) and Tadabbur (reflection on Quranic verses)

Surah Ar-Ra'd verse 3

وَهُوَ الَّذِي مَدَّ الْأَرْضَ وَجَعَلَ فِيهَا رَوَاسِيَ وَأَنْهَارًا وَمِنْ كُلِّ الثَّمَرَاتِ جَعَلَ فِيهَا زَوْجَيْنِ
أُنثَيْنِ يُغْشَىٰ اللَّيْلَ النَّهَارَ إِنَّ فِي ذَلِكَ لَآيَاتٍ لِّقَوْمٍ يَتَفَكَّرُونَ ﴿٣﴾

- ▶ “it is He who spread out the earth, placed firm mountains and rivers on it, and made two of every kind of fruit; He draws the veil of night over the day. There truly are signs in this for people who reflect.” [Abdul Haleem]

Supplication

Surah Ta-Ha verses 25-28

قَالَ رَبِّ اشْرَحْ لِي صَدْرِي ﴿٢٥﴾ وَيَسِّرْ لِي أَمْرِي ﴿٢٦﴾ وَأَحْلِلْ عُقْدَةَ مِنِّ لِسَانِي ﴿٢٧﴾ يَفْقَهُوا قَوْلِي ﴿٢٨﴾

“Moses said, ‘Lord, lift up my heart and ease my task for me. Untie my tongue, so that they may understand my words” [Abdul Haleem]

Beginning of verse 103 of Surah Ale-Imran

وَأَعْتَصِمُوا بِحَبْلِ اللَّهِ جَمِيعًا وَلَا تَفَرَّقُوا

“Hold fast to God’s rope all together; do not split into factions.” [Abdul Haleem]

Are you ready to serve?

Surah Al-Ankabut verse 2

أَحْسِبَ النَّاسُ أَنْ يُتْرَكُوا أَنْ يَقُولُوا ءَامَنَّا وَهُمْ لَا يُفْتَنُونَ ﴿٢﴾

“Do people think they will be left alone after saying ‘We believe’ without being put to the test?” [Abdul Haleem]

- ▶ Am I ready to provide service to another Ruh?

The Guest House by Maulana Rumi

This being human is a guest house.
Every morning a new arrival.
A joy, a depression, a meanness, some momentary awareness comes as an
unexpected visitor.
Welcome and entertain them all!
Even if they are a crowd of sorrows, who violently sweep your house
empty of its furniture, still, treat each guest honourably.
He may be clearing you out for some new delight.
The dark thought, the shame, the malice.
Meet them at the door laughing and invite them in.
Be grateful for whatever comes.
Because each has been sent as a guide from beyond.

Time Limits

Surah Asr

وَالْعَصْرِ ١
إِنَّ الْإِنْسَانَ لِفِي خُسْرٍ ٢
إِلَّا الَّذِينَ ءَامَنُوا وَعَمِلُوا الصَّالِحَاتِ
وَتَوَاصَوْا بِالْحَقِّ وَتَوَاصَوْا بِالصَّبْرِ ٣

- ▶ “By the declining day, man is in [deep] loss, except for those who believe, do good deeds, urge one another to the truth, and urge one another to steadfastness.”
- ▶ Exceptions in this Surah are those with the following qualities:
 - ▶ Belief
 - ▶ Righteous deeds
 - ▶ Being truthful
 - ▶ Calling one another to patience

Structured Framework

- ▶ Beginnings, middles and ends
- ▶ Supervision

Listening Skills

- ▶ Pay attention visibly
- ▶ Be of Iman
- ▶ Be empathic and humble
- ▶ Listen to the words and understand the total message
- ▶ Listen with the eyes to the body language
- ▶ Listen to yourself as well and note your reactions
- ▶ Be non-judgemental
- ▶ Use brief acknowledging expressions
- ▶ Be comfortable with silences
- ▶ Don't assume, check your understanding with them
- ▶ Don't dismiss their feelings
- ▶ Invite and encourage them to speak