

COURSE SCHEDULE



DAY 1 - TUE., OCT. 15, 2024

TIME	TOPICS	READINGS
9:00 - 9:30 AM	Opening Remarks, Introductions	
9:30 - 12:00 PM	<p>Foundations of Traditional Islamically Integrated Psychotherapy (TIIP) <i>Dr. Hooman Keshavarzi</i></p>	<p>Keshavarzi, H., Khan, F., Ali, B., & Awaad, R. (Eds.) (2020). Applying Islamic principles to clinical mental health care: Introducing Traditional Islamically Integrated Psychotherapy. Routledge.</p> <p><i>Editors' Introduction</i></p> <p><i>Chapter 1: Foundations of Traditional Islamically Integrated Psychotherapy</i></p> <p>Keshavarzi, H & Ali, B (2018). Islamic Perspectives on Psychological and Spiritual Well-being and Treatment, In H. S. Moffic,,J. Peteet, A. Hankir, R. Awaad, Islamophobia & Psychiatry: Recognition, Prevention, and Treatment. New York: Springer.</p>
12:00 - 1:00 PM	Lunch & Dhuhr Break	
1:00 - 3:00 PM	<p>Intro to TIIP Model and Conceptualization <i>Dr. Hooman Keshavarzi</i></p>	<p>Khan, F. & Keshavarzi, H. (2023). Theoretical foundations and clinical applications of Traditional Islamically Integrated Psychotherapy (TIIP). In Richards, S., Kawika, G., & Judd, D. (Eds.) Handbook of Spiritually Integrated Psychotherapies. American Psychological Association Press.</p>

DAY 2 - WED., OCT. 16, 2024

TIME	TOPICS	READINGS
9:00 - 10:30 AM	<p>Role of the TIIP Practitioner</p> <p>Delineating Role Internal Characteristic Requirements External Characteristic requirements (e.g. Skills, training, education, etc).</p> <p>Examining Different Roles Across Islamic Disciplines ex. (Murabbi, Shaykh, Muslih, Tabib, Psychologist, Faqih etc).</p> <p><i>Dr. Fahad Khan</i></p>	<p>Keshavarzi, H., Khan, F., Ali, B., & Awaad, R. (Eds.) (2020). Applying Islamic principles to clinical mental health care: Introducing Traditional Islamically Integrated Psychotherapy. Routledge.</p> <p><i>Chapter 2: The Role of the TIIP Therapist: Scope of Practice and Proposed Competencies</i></p>
10:30 - 12:00 PM	<p>Case Conceptualization According to Traditional Islamically Integrated Psychotherapy (TIIP)</p> <p>Assessment According to (TIIP) & the Early Stages of Counseling.</p> <p>Stages of Change</p> <p>5 Assessment Principles</p> <p><i>Dr. Fahad Khan</i></p>	<p>Keshavarzi, H., Khan, F., Ali, B., & Awaad, R. (Eds.) (2020).</p> <p>Applying Islamic principles to clinical mental health care: Introducing Traditional Islamically Integrated Psychotherapy. Routledge.</p> <p><i>Chapter 5: Quantitative and Qualitative Assessment of the Ontological Domains of the Psyche in TIIP</i></p> <p>Khan, F., Keshavarzi, H., Ahmad, M., Ashai, S., & Sanders, P. (2023). Application of Traditional Islamically Integrated Psychotherapy (TIIP) and its outcome on psychological distress among American Muslims in outpatient therapy. Spirituality in Clinical Practice. Advance online publication.</p>
12:00 - 1:00 PM	Lunch & Dhuhr Break	
1:00 - 1:45 PM	<p>Empathy Response Styles</p> <p>Prophetic Empathy Conducting Intake Sessions</p> <p><i>Dr. Samar Harfi</i></p>	
1:45 - 3:00 PM	<p>Intake Role Play</p> <p><i>Dr. Samar Harfi</i></p>	
5:30 - 6:30 PM	<p>Tour of Khalil Center Headquarters (Optional)</p>	

DAY 3 - THU., OCT. 17, 2024

TIME	TOPICS	READINGS
9:00 - 11:00 AM	<p>Process Experiential/Emotionally Oriented Modalities of Intervention (Ihsas)</p> <p>Utilization of Emotion-Focused Interventions for Facilitation Emotional Regulation and Transformation</p> <p>Emotional Signature Interventions</p> <p><i>Dr. Hooman Keshavarzi</i></p>	<p>Keshavarzi, H., Khan, F., Ali, B., & Awaad, R. (Eds.) (2020). Applying Islamic principles to clinical mental health care: Introducing Traditional Islamically Integrated Psychotherapy. Routledge.</p> <p><i>Chapter 7: Emotionally Oriented Psychotherapy</i></p>
11:00 - 12:00 PM	<p>Emotionally Oriented / Ihsasi Role Play</p> <p><i>Dr. Hooman Keshavarzi</i></p>	
12:00 - 1:00 PM	<p>Lunch & Dhuhr Break</p>	
1:00 - 2:15 PM	<p>Cognitive Theories in Islam and Role of 'Aql</p> <p>'Aql in the Islamic Tradition</p> <p>Difference Between Mind, Brain, and 'Aql</p> <p><i>Dr. Fahad Khan</i></p>	<p>Keshavarzi, H., Khan, F., Ali, B., & Awaad, R. (Eds.) (2020). Applying Islamic principles to clinical mental health care: Introducing Traditional Islamically Integrated Psychotherapy. Routledge.</p> <p><i>Chapter 8: The Use of the Intellect (Aql) as a Cognitive Restructuring Tool in an Islamic Psychotherapy</i></p>
2:15 - 3:00 PM	<p>Role Play</p> <p><i>Dr. Fahad Khan</i></p>	

DAY 4 - FRI., OCT. 18, 2024

TIME	TOPICS	READINGS
9:00 - 10:00 AM	Open Q&A	
10:00 - 11:15 AM	<p style="text-align: center;">Behavioral Interventions TIIP Behavioral Signature Interventions</p> <p>Usage of the TIIP Waswasa Workbook for Treatment</p> <p>Case Example: Manifestations of OCD Scrupulosity/Waswasa in Muslim Populations</p> <p>Basics on TIIP Treatment of Waswasa</p> <p>Religious Manifestations/Considerations</p> <p style="text-align: center;"><i>Dr. Samar Harfi</i></p>	<p>Keshavarzi, H., Khan, F., Ali, B., & Awaad, R. (Eds.) (2020). Applying Islamic principles to clinical mental health care: Introducing Traditional Islamically Integrated Psychotherapy. Routledge.</p> <p><i>Chapter 9: Behavioral (Nafsani) Psychotherapy: Character Development and Reformation</i></p> <p>Keshavarzi, H., Khan, F., & Syed, B. (2020). Islamically integrated treatment of Obsessive-Compulsive Disorder Scrupulosity (Waswasa) in Muslim Patients. In Tinaz, N., Ayten, A., Zengin, M., & Eksi, H. (Eds.) Spiritual Counseling and Care in Health and Prison Services: Diverse Experiences & Practices, Istanbul: Ensar Publishing.</p>
11:15 - 12:00 PM	<p>Nafsani Interventions Roleplay/Demonstrations</p> <p style="text-align: center;"><i>Dr. Samar Harfi</i></p>	
12:00 - 1:00 PM	<p style="text-align: center;">Spiritually (Rūhāni) Oriented Interventions and the Integration of Sufi Practices in Psychotherapy. <i>Guided Imagery Breathing Exercises Murāqabah/zikr</i></p> <p style="text-align: center;">Role of Mental Health in Islamic Law</p> <p style="text-align: center;"><i>Dr. Hooman Keshavarzi</i></p>	<p>Keshavarzi, H., Khan, F., Ali, B., & Awaad, R. (Eds.) (2020). Applying Islamic principles to clinical mental health care: Introducing Traditional Islamically Integrated Psychotherapy. Routledge.</p> <p><i>Chapter 10: Spiritually (Ruhani) Focused Psychotherapy</i></p> <p>Haque, A. & Keshavarzi, H. (2014). Indigenous healing methods in counseling: Muslim beliefs and practices. International Journal of Culture and Mental Health, 7(3), 297-314.</p>
1:00 - 2:00 PM	Lunch & Jummuah	
2:00 - 3:00 PM	Wrap Up / Feedback / Next Steps / Survey	