



# 15 Years of Healing, Faith, and Community Care.





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## 15 Years of Healing, Faith, and Community Care

### A letter from the Executive Director

Dear Friends, Supporters, and Community,

After praising Allah ﷺ and sending peace and blessings upon our beloved Prophet Muhammad ﷺ, I offer my deepest gratitude to our supporters, partners, and the communities we are honored to serve. Your unwavering trust, generosity, and shared vision have been the foundation of Khalil Center's growth and success. As we celebrate 15 Years of Healing, Faith, and Community Care, I'm filled with profound appreciation for the lives touched, the healing made possible, and the incredible community that has walked with us every step of the way.

What began as a single office with one dedicated practitioner and a vision to integrate mental health with Islamic spirituality has grown into the largest Muslim mental health clinic in North America—and a global movement in faith-based psychological care. Over the past 15 years, Khalil Center has become more than just a place for therapy; it has become a trusted space for healing, rooted in faith and cultural relevance, offering community education, marriage and family wellness programs, youth outreach, and leadership training that now spans across the U.S. and around the world.

This milestone is not ours alone; it belongs to every supporter, partner, and believer in this mission who helped bring it to life.

We've trained imams, chaplains, and Muslim leaders across the U.S. and internationally, equipping them with tools to respond to mental health needs with compassion and cultural relevance. Our **Traditional Islamically Integrated Psychotherapy (TIIP)** framework is now being taught and implemented in communities around the world, changing the way we care for one another.

None of this would be possible without you, our generous donors, our courageous clients, our talented staff and volunteers, our many partners, and the sacred trust of the Muslim community and beyond. Because of your belief in this mission, more people have found support, more leaders have been equipped, and more hearts restored than I ever could have imagined 15 years ago.

As we celebrate this incredible milestone, let us reflect on how far we've come and look ahead, knowing our work continues. Mental health needs are growing; the frameworks for faith-centered care are still emerging; the opportunity to serve is greater than ever. I invite you to walk with us into the next 15 years: to help sustain, to help innovate, to help heal.

Thank you for your faith in Khalil Center, for your care, and for making this work possible. I hope these 15 years have inspired you as much as your support has inspired all of us here.

With gratitude, hope and Du'as,

*Dr. Hooman Keshavarzi*

Dr. Hooman | Executive Director Khalil Center

# About Khalil Center



## About Khalil Center

Khalil Center is a psychological and spiritual community wellness center advancing the professional practice of psychology rooted in Islamic principles. Khalil Center is an initiative designed to address the widespread prevalence of social, psychological, familial, relational, and spiritual issues of Muslim communities.

Our Work is Divided Into 3 Areas:

1 Clinical Services



2 Community Education



3 School of Islamic Psychology & Research



# 2025 Clinical Care Services



## 2025 Annual Clinical Impact

Clients Served **1,417**

**19,744** Sessions Delivered

Fifteen Years of Impact

## Fifteen Years of Impact

Clients Served **15,000**

**70,136** Sessions Delivered

## 2025 Therapeutic Services Overview

Psychotherapy Sessions

**16,790**



Subsidized Sessions

**11,386**

Marital Sessions

**1,858**



PreMarital Sessions

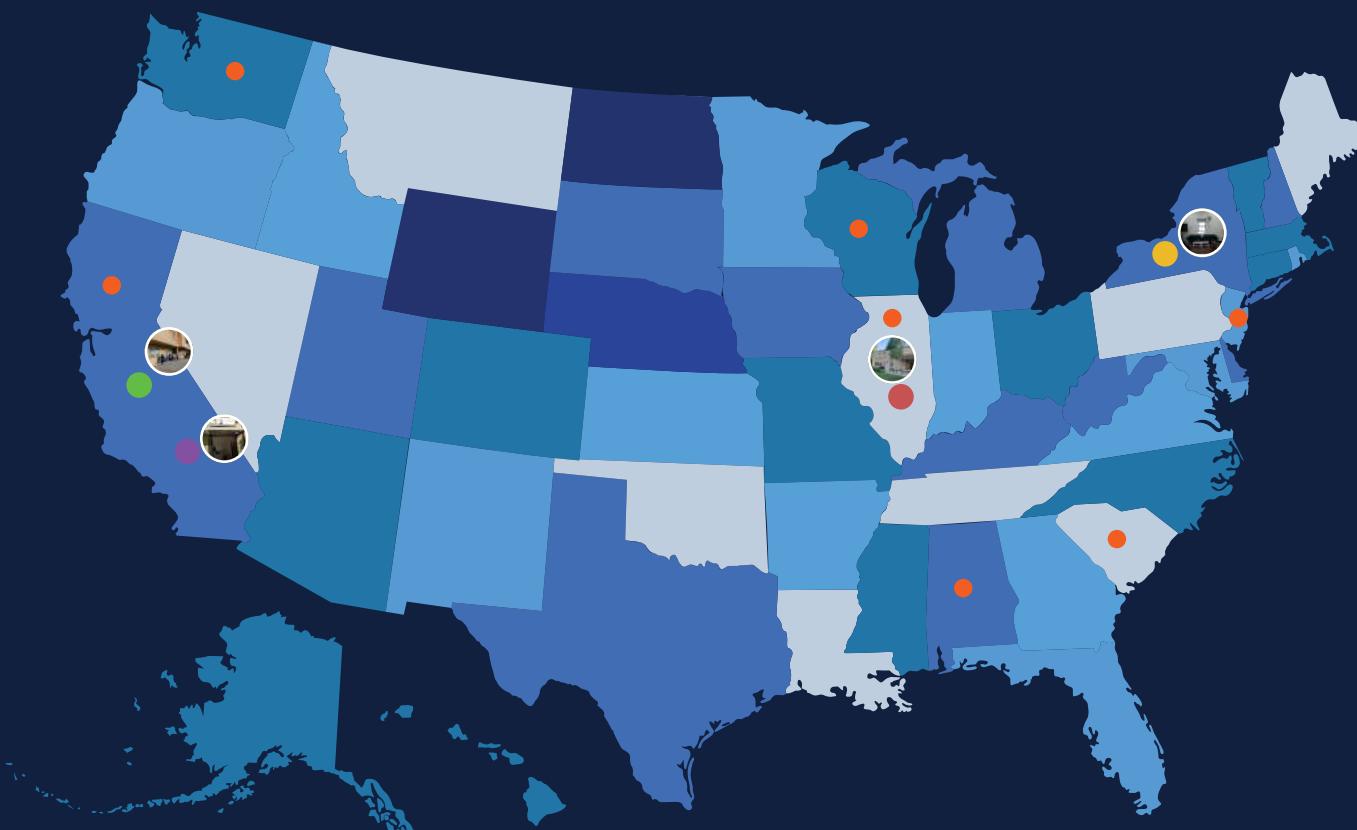
**653**

Family Therapy Sessions

**443**



# Our Impact



## Our National Impact

Illinois, South Carolina, New Jersey, New York, California, Washington, Alabama, and Wisconsin

# Our Global Impact



Turkiye

Qatar



## Australia



Pakistan



## England



Canada

## Our Offices



**CHICAGO (NATIONAL  
HEADQUARTERS)**  
998 N Lombard Rd. Lombard,  
IL 60148



**LOS ANGELES**  
9836 White Oak Ave., Suite  
101  
Northridge, CA 91325



**NEW YORK**  
4 W. 43rd St., Suite 510/520  
New York, NY 10036



**BAY AREA**  
3003 Scott Blvd,  
Santa Clara, CA 95054

We offer the following services inspired by  
the Quran, Sunnah, & our tradition of the spiritual sciences



Islmically Integrated  
Psychotherapy



Marriage Counseling



Premarital Coaching



Psychiatry/Medication  
Management



Religious  
Consultation



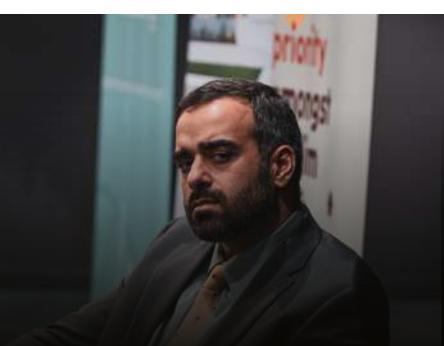
Psychological  
Evaluations



Cognitive Assessments



Career Counseling



## Community Education

### Khalil Center: Reaching New Heights in Community Education

Khalil Center, a leading organization dedicated to psychological and spiritual well-being, is soaring to new heights in community education. With a remarkable track record of 100+ events held both online and in person across multiple cities and countries, their impact on individuals and communities is undeniable.

Through this impressive outreach, Khalil Center has made significant strides:

 **1. Expanding Reach:** By venturing beyond physical boundaries and utilizing online platforms, Khalil Center has connected with individuals across diverse locations, facilitating access to valuable knowledge and resources regardless of geographical constraints.

 **2. Diversifying Audiences:** Reaching multiple cities and countries demonstrating their ability to engage with a wide range of communities, promoting inclusivity and fostering a sense of belonging.

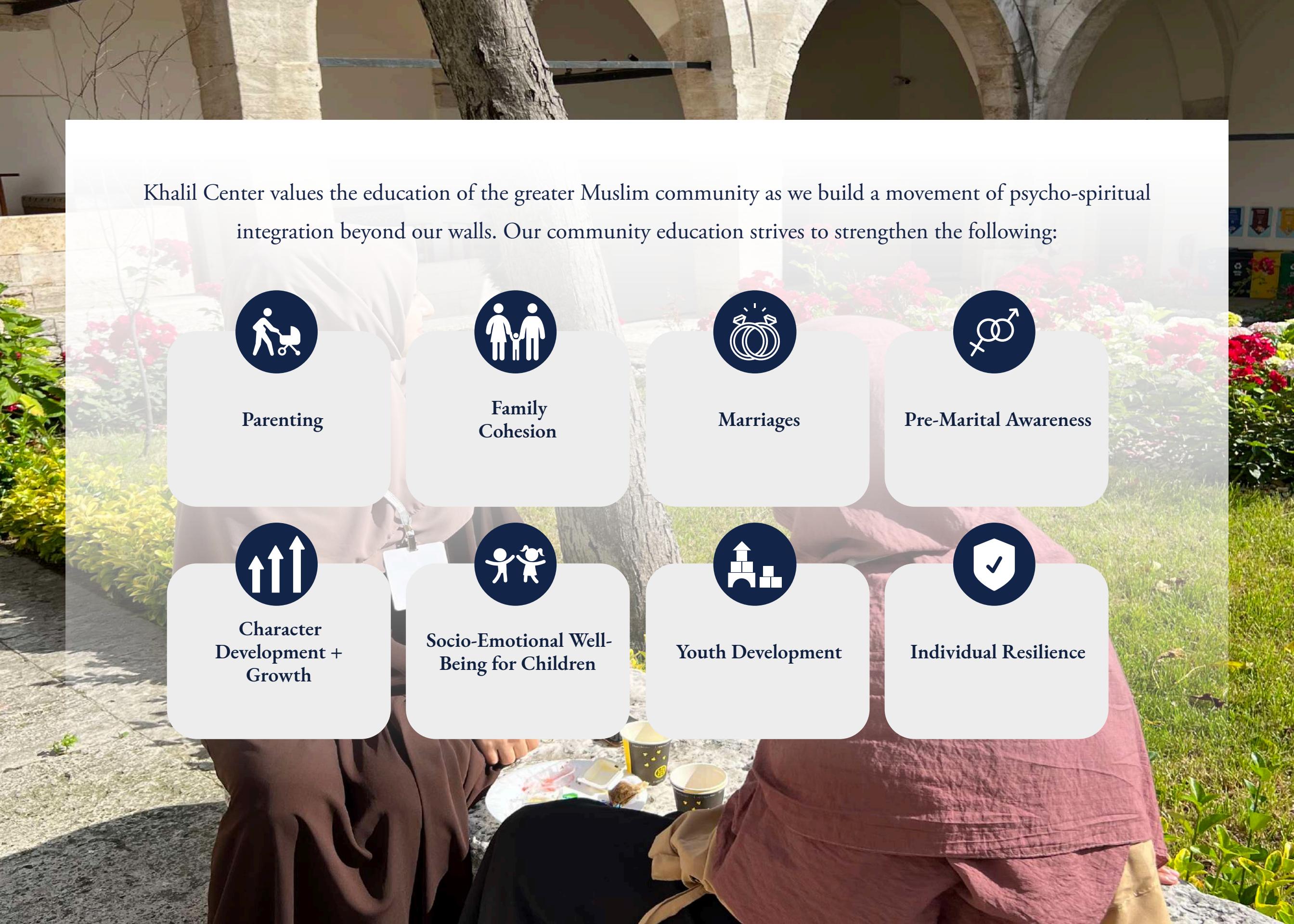
 **3. Addressing Diverse Needs:** With 100+ events covering a variety of topics, Khalil Center has catered to a multitude of needs and interests. This tailored approach ensures individuals can access knowledge and support relevant to their specific challenges and aspirations.

 **4. Utilizing Technology:** Leveraging online platforms has enabled Khalil Center to reach a wider audience, overcome geographical limitations, and provide real-time access to information and resources.

 **5. Creating a Global Community:** By fostering connections across borders and cultures, Khalil Center is building a global community united by shared values and a commitment to personal and spiritual growth.

Khalil Center's dedication to community education is truly commendable. As they continue to reach new heights, their impact on individuals and communities will undoubtedly continue to grow, leaving a lasting legacy of well-being and positive change.

## Community Education



Khalil Center values the education of the greater Muslim community as we build a movement of psycho-spiritual integration beyond our walls. Our community education strives to strengthen the following:



Parenting



Family Cohesion



Marriages



Pre-Marital Awareness



Character Development + Growth



Socio-Emotional Well-Being for Children



Youth Development



Individual Resilience

# School of Islamic Psychology & Research



## School of Islamic Psychology & Research

Khalil Center is devoted to the advancement of the professional practice of psychology rooted in Islamic principles. We focus on the production of intersectional research between the Islamic and behavioral sciences. Our mission is to further the development, dissemination, training and practice of Islamically integrated mental healthcare - otherwise known as "Traditional Islamically Integrated Psychotherapy (TIIP)".

We strive to actualize this vision through the following areas:

1 Publications



2 Clinical Training



3 Professional  
Clinical  
Education





## Khalil Center Introduces Notable Publications in Islamic Psychology This Year:

**Featuring new academic, clinical, and methodological contributions to the field**

This year marked the publication of *Psychological Themes in Classical Islamic Literature*, a landmark volume that brings together primary-source selections from across the classical Islamic intellectual heritage. Developed by a team of scholars trained in both Islamic studies and psychology, the book offers an unprecedented window into how earlier Muslim thinkers examined the human mind, behavior, and emotional life.

*"This book provides a series of selected chapters from various classical texts across various Islamic specialties on topics related to Psychology. It provides readers with a flavor of the works and discussions regarding human psychology that great Muslim scholars have documented generations before the existence of a modern specialty in psychology. It also demonstrates that there is much to be unearthed and drawn out from the Islamic tradition that can provide valuable insights, advancements and perspective shifts in the field of psychology."*

In addition to presenting these texts, the volume is organized into six comprehensive chapters, covering epistemology, ontology of the human self, cognitive and emotional processes, behavioral character development, and methods for sustaining psychological well-being. Each selection includes the original Arabic text, an accessible English translation, and a contemporary psychological commentary that bridges classical insights with modern therapeutic and theoretical frameworks. As such, the book stands as one of the most significant academic contributions to the growing field of Islamic psychology, offering both historical depth and practical relevance for researchers, clinicians, and students worldwide.

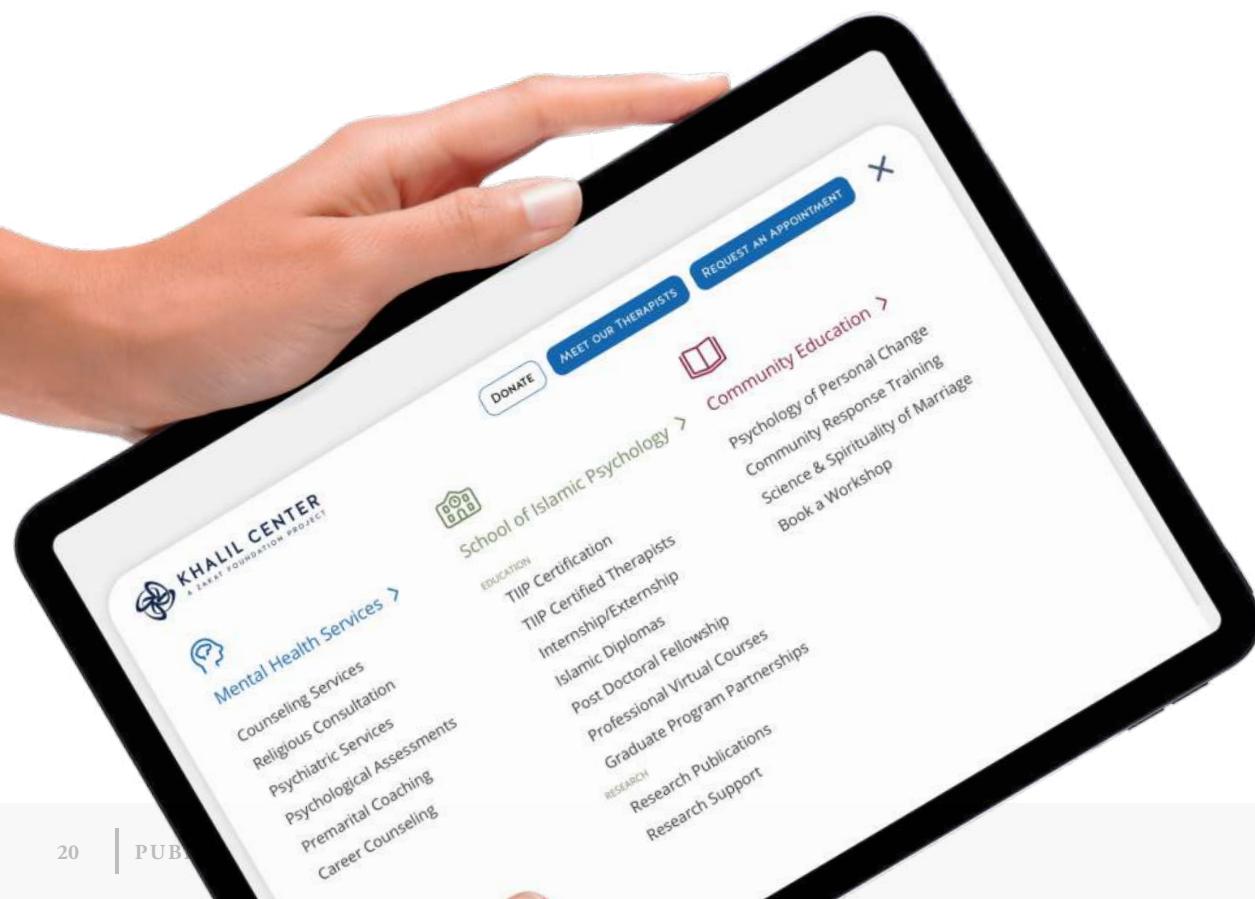
Together, these foundational texts not only deepen the field's theoretical grounding but also pave the way for practical tools that address contemporary mental health needs.

*The Islamic Workbook for Managing Anxiety* builds on this growing body of scholarship by offering a comprehensive, practice-oriented resource grounded in the Traditional Islamically Integrated Psychotherapy (TIIP) model. Designed to guide individuals through the cognitive, behavioral, emotional, and spiritual dimensions of anxiety, the workbook translates complex therapeutic principles into accessible exercises, reflective prompts, and clinically informed interventions. Its chapters move systematically from understanding anxiety's biological and psychological underpinnings to applying concrete tools such as cognitive restructuring, exposure-based strategies, emotional regulation skills, and spiritually anchored practices like tawakkul, dhikr, and gratitude.

*The Islamic Guide to Parenting: Nurturing Character, Spirituality, and Resilience* provides Muslim parents with a clear, practical framework for supporting their children's holistic growth. Rooted in Islamic principles and informed by contemporary research, the guide offers structured advice on nurturing character and academic development, strengthening family and community connections, responding effectively to common parenting challenges, and preventing trauma by fostering safe, supportive environments. Through reflective exercises and evidence-based strategies, the book equips parents to navigate the complexities of modern parenting with confidence, helping them cultivate home environments that unlock children's potential and foster resilient, spiritually grounded individuals.

Complementing these scholarly and practical contributions, this year also saw progress on the methodological foundations of the field.

A major scholarly achievement this year was the publication of a peer-reviewed article introducing the *Traditional Inventory of Islamic Virtues (TIIV)*, the first psychometric scale designed to measure character strengths grounded in the classical Islamic virtue tradition. Drawing on al-İji's framework and refined through contemporary psychological methods, the study validated a five-domain model of Islamic virtues using data from a diverse international sample. By transforming a rich ethical heritage into a scientifically rigorous assessment tool, this work marks an important methodological advancement for Islamic psychology and offers researchers and practitioners a new way to integrate virtue-based insights into their work.



## Key Publications

Keshavarzi, H., Yanık, M., Selman, S. B., Sanders, P., Top, D., & Khan, F. (2025). Development and validation of a Traditional Inventory of Islamic Virtues (TIIV). *Spirituality in Clinical Practice*.

Keshavarzi, H., Elzamzamy, K., Ansari, B. A., & Zaidi, A. A. (Eds.). (2025). *Psychological Themes in Classical Islamic Literature: A Primary Source Reader*. Brill.

Keshavarzi, H., Yanık, M., Keçeci, E., & Cinisli, M. F. (2024). A Reclassification of al-İji's *Akhlaq al-‘Aḍudiyya* into a Model of Traditional Islamic Virtues (TIV). *Journal of Muslim Mental Health*, 18(1).

Keshavarzi, H., Aycan, S., Altınışık, E., Khan, F., & Elzamzamy, K. (2025). *The Islamic Workbook for Managing Anxiety*. Claritas Books.

Keshavarzi, H., Yanık, M., Selman, S. B., & Aycan, S. (2025). *Islamic Guide to Parenting*. Claritas Books.

Khan, F., Ahmad, M., & Khan, T. (2025). Prevalence of types of trauma and posttraumatic stress symptoms in American Muslim communities: A comparison by ethnic groups. *Translational Issues in Psychological Science*. Advance online publication.

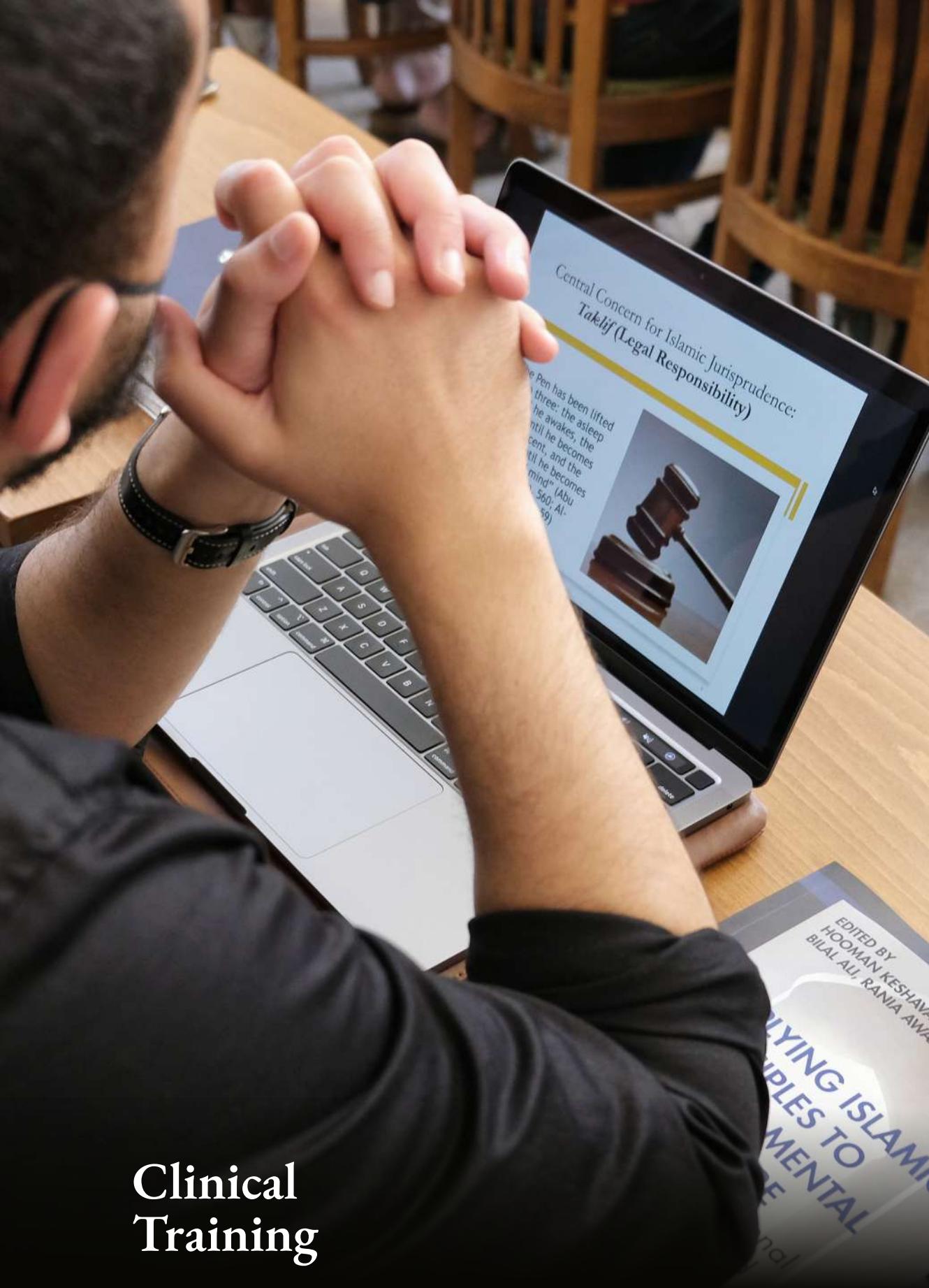
Khan, F., Keshavarzi, H., Ahmad, M., Ashai, S., & Sanders, P. (2025). Application of Traditional Islamically Integrated Psychotherapy (TIIP) and its outcome on psychological distress among American Muslims in outpatient therapy. *Spirituality in Clinical Practice*, 12(2), 147–160.

Khan, F. (2025). Islamic Psychology: The missing link in Muslim mental health. In Haque, A. & Abbasi, F. (Eds.) *Muslim Mental Health in North America*, Michigan State University.





# Clinical Training



## Clinical Training

Khalil Center is committed to providing students of psychology ample opportunities to progress in their careers and build the skillsets needed to effectively serve the greater Muslim community. Our training programs afford students unique advantages which include weekly supervisions, varying modes of therapy, research, training, case conceptualizations, and more.

Our training programs include the following:



Undergraduate, Graduate,  
and Doctoral Internships



Post-Doctoral  
Fellowships



TIIP Supervision

4

Interns  
Graduated

23

didactic trainings offered  
per academic year

17

TIIP Supervision  
groups conducted

Lifetime at a glance

30

Interns  
Graduated

324

Hours of didactic  
trainings delivered

35

TIIP students  
completed supervision



## Professional Education

### First Ever Interdisciplinary Academic Symposium on Curriculum Development for Islamic Psychology Programs at Hamad Bin Khalifa University (HBKU) in Doha, Qatar.

In collaboration with Hamad Bin Khalifa University's College of Islamic Studies (HBKU CIS), the International Association of Islamic Psychology (IAIP), the International Students of Islamic Psychology (ISIP), and Khalil Center, the first-ever Islamic Psychology Symposium was successfully concluded. With over 100 papers submitted, the global seminar provided an opportunity for professionals in the field to highlight their research that contributes to the advancement of Islamic psychology and to engage in discussions with visionaries about what the future of Islamic psychology entails.

### Launching our Islamic Psychology Diploma with Usul Academy

In early 2024, we introduced our 1-year diploma program which is a rigorous university-level holistic education course of study delivered in partnership with Usul Academy. The broad-based liberal arts curriculum engages in meaningful dialogue between Islamic principles and contemporary psychological practices, aiming to enrich the traditional knowledge base of professionals and academics in the field of Psychology.

### 4 International Trainings Held:



The Suleymaniye  
Madrasah Istanbul,  
**Turkiye**



The Chicago School of  
Professional Psychology  
**Chicago, Illinois, USA**



Islamic Museum of  
Australia, Melbourne,  
**Australia**



Islamic University of Applied  
Sciences Rotterdam  
(IUASR), Rotterdam,  
**Holland**

### Where



## Support Groups of the Year



### Support Groups of the Year

Our support groups played a crucial role in fostering community, resilience, and personal growth. These groups provided spaces for members to share their experiences, find encouragement, and develop coping strategies through peer support and expert facilitation.

#### Parenting Support Group

#### Convert Sisters Support Group

#### Anxiety Support Group

#### Palestine Healing Circle

#### Friendship Builder Support Group

#### Pre-marital Support Group

Over the past year, we successfully hosted 52 support groups, offering specialized sessions for a variety of needs. These included anxiety management for both teens and adults, guidance for converts navigating the journey to becoming Muslim, and social skills development programs for children. We also provided support for individuals in the pre-marital stages, equipping them with the tools necessary for a healthy transition.

Additionally, over half of these support groups were dedicated to pro-bono initiatives aimed at supporting those impacted by the ongoing genocide in Palestine. These healing circles led by our Palestinian staff offered a space for individuals to share their experiences, process their emotions, and connect with others facing similar challenges. Participants were also provided with valuable tools and coping strategies to help them manage their emotions and build resilience during these trying times.

# KHALIL CENTER

## A ZAKAT FOUNDATION PROJECT

### Our Team



### Our Team

#### Leadership



Dr. Hooman  
Keshavarzi



Bilal Ali Ansari



Mohsin Khan



Dr. Fahad  
Khan



Halil  
Demir

#### Chicagoland

Dr. Dilek McCombs  
Dr. Hamza Quadri  
Dr. Muheeb Giwa  
Dr. Rafay Raziuddin  
Dr. Samar Harfi  
Dr. Sarah Syed  
Amrin Malam  
Fatima Siddiqi  
Iqura Rehman  
Jennah Owda  
Kareema Abdallah  
Kulsum Alaidroos  
Maria Habeeb  
Mohamed Sattar  
Muath Kabuka  
Rabiah Dayala  
Rama Atieh  
Shireen Musleh  
Sujod Bdaiwi  
Tariq Elsaid  
Yasra Syed

#### Los Angeles

Aciah Atayee  
Amin Momand  
Fatima Wahab  
Fiaz Zubair Syed  
Humera Sheikh  
Humna Ali  
Nursel Hussain  
Sarah Rahman  
Suhail Mulla  
Usman Khan  
Wendy Ayala

#### Toronto

Ambreen Yousaf  
Asad Ali  
Emad Alarashi  
Fatima Baig  
Fatima Qureshi  
Munsif Mubarak  
Rumia Owaisi  
Sadiyah Chauhan  
Sajida Gangat  
Sumayya Mehmood

#### KC Online

Amal Sheikhaden  
Amatullah Craft  
Enes Kaban  
Musa Sugapong  
Naveed Bajwa  
Saliha Büsra Selman  
Unaiza Malik

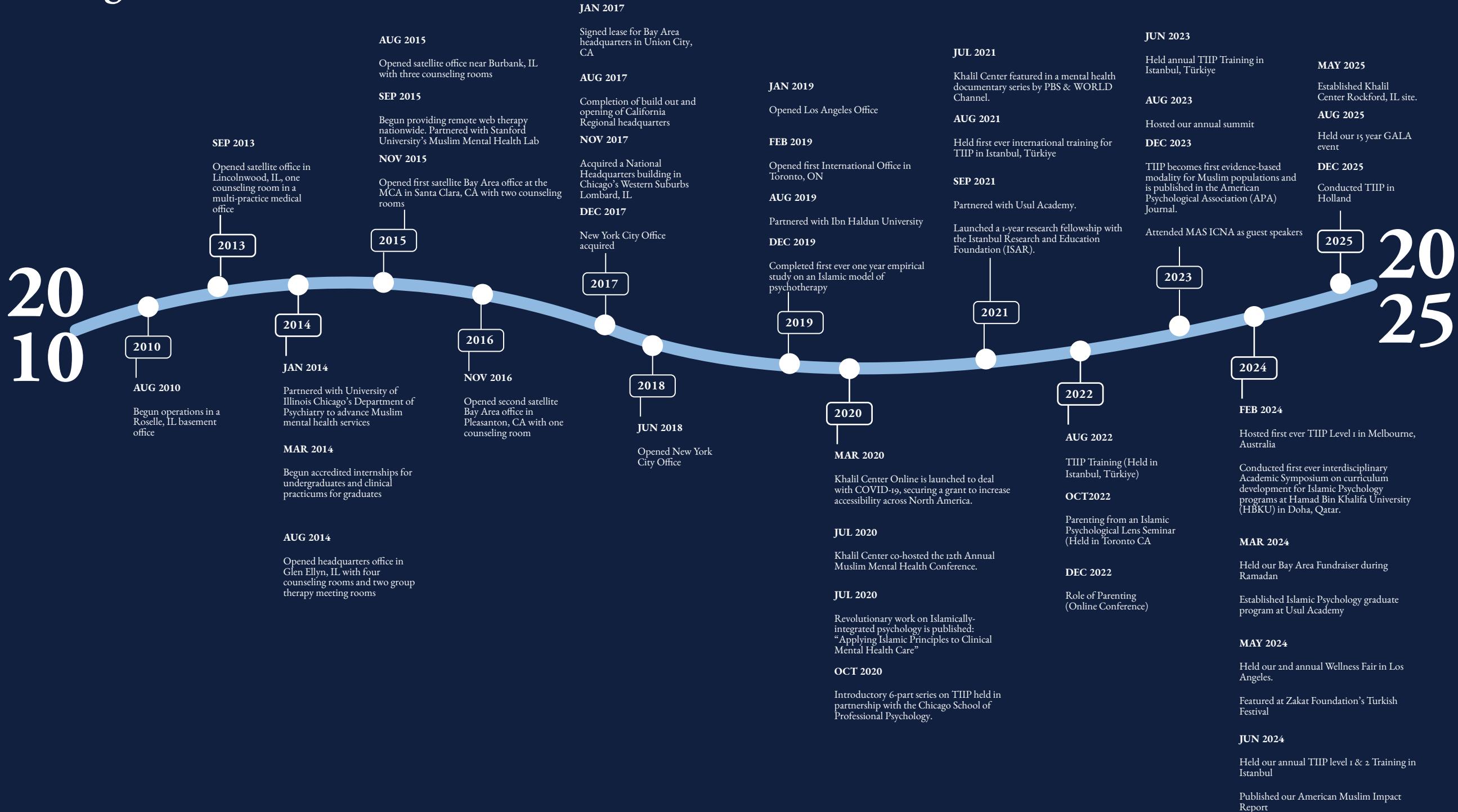
#### New York

Dr. Farhad Syed  
Dr. Venus Mahmoodi  
Faareha Kagzi  
Mohammed ElFiki

#### Bay Area

Abdul Gani Dahman  
Ayya Elzarka  
Cody Sana Qureshi  
Faiza Ghafoor  
Heba El-Haddad  
Nabia Hosy Nasimi  
Rabab Elkadi  
Sabreen Azhar  
Sarah Darwish  
Sumayyah Rawashdeh

# History of Our Organization



# Academic Partnerships



## Academic and Organizational Partnerships

Khalil Center takes pride in the academic partnerships it has with various reputable institutions internationally. These strategic relationships help Khalil Center consistently offer professional trainings and education to a wide range of students across the globe.



Usul Academy



Association of  
Psychology  
Postdoctoral &  
Internship Centers



Ibn Haldun University



Bahria University



The Chicago School of  
Professional Psychology



Riphah International  
University



Shifa Tameer-e-Millat  
University



Institute for Muslim  
Mental Health



University of  
Illinois at Chicago



Istanbul Research  
& Education  
Foundation



Eğitime Destek  
Programları Merkezi



Claritas Publishing



IIDR



Inspirited Minds



HBKU



ISIP



Northwestern  
University



University of  
Michigan



CIOGC Zakat  
Chicago

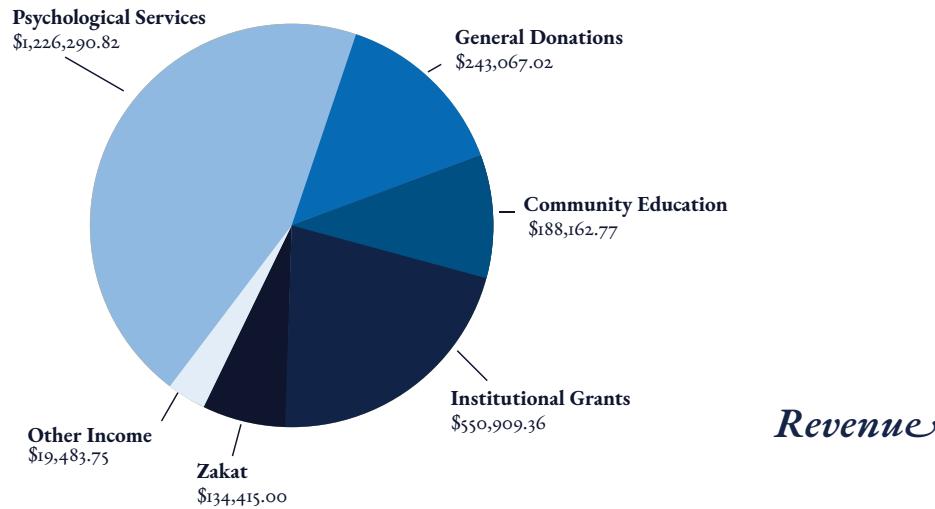


Zakat Foundation of  
America

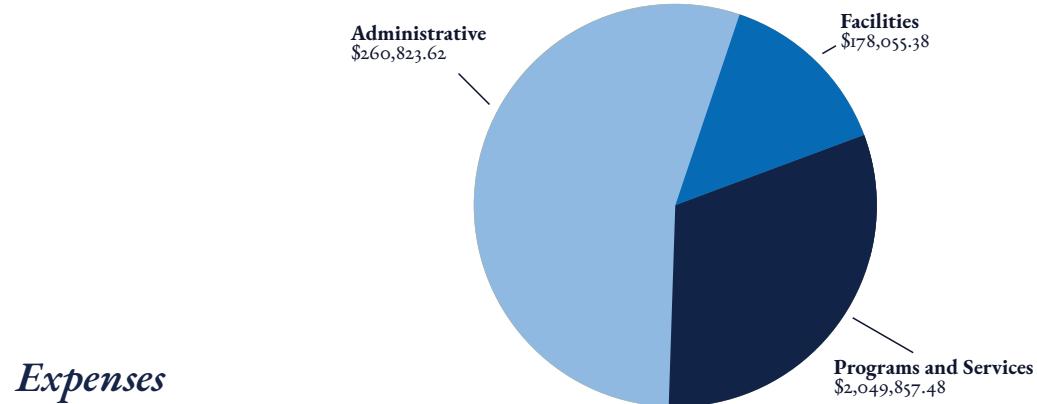


Islamic University of  
Applied Sciences  
(IUASR)

## Financials



### Revenue



### Expenses

#### Be a Khalil. Become a Monthly Sustainer

A Khalil is a companion on the path of healing our Monthly Sustainers walk that path with every patient we serve.

## IMPACT STORIES

*Real Lives, Real Healing | Stories of Healing You Make Possible*

### Ahmed's Journey to Healing

Ahmed, a young Palestinian adult, came to Khalil Center overwhelmed by suicidal thoughts, anger, and emotional turmoil. In a home where affection came through scolding, he grew up feeling isolated and misunderstood. Through TIIP-based therapy, Ahmed learned to challenge all-or-nothing thinking, understand his family's limits, and face suppressed anger shaped by the belief that "a Muslim man should never show emotion." Therapy helped him reconnect with his faith and his family — and find a path to healing. **Your support makes stories like Ahmed's possible.**

### Amira's Path to Peace

Amira, a 31-year-old mother of two, sought therapy as she carried the emotional burden of caring for her special-needs daughter while navigating trauma from a childhood marked by domestic violence. She often wondered if she was being "punished by Allah" for her hardships. TIIP gave her a safe, faith-aligned space to process her pain, understand her emotions, and rebuild her spiritual grounding. **Your support opened the door to her healing.**

### Your Gift, Even Once, Makes This Possible



#### Access to Care

A single donation helps someone begin therapy.



#### Financial Assistance

Your support ensures no one is turned away.



#### Community Healing

You help build programs that strengthen Muslim mental well-being.

### Be Part of a Healing Story Today

Scan to Donate



*Every contribution heals.*



**KHALIL CENTER**  
A ZAKAT FOUNDATION PROJECT