



# TRADITIONAL ISLAMICALLY INTEGRATED PSYCHOTHERAPY

Level 2 Training | Program Guide

ISTANBUL, TÜRKİYE | 2025







Khalil Center | Traditional Islamically Integrated Psychotherapy (TIIP)

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Khalil Center | Traditional Islamically Integrated Psychotherapy (TIIP)

# Welcome

Assalamu 'Alaykum,

Welcome to Khalil Center's Traditional Islamically Integrated Psychotherapy (TIIP)  
Level 2 training in Istanbul, Turkey!

We are extremely excited to organize this training after years of research and development. The demand to offer this course has been steadily increasing over the last few years and skyrocketed after our introductory 6-part series held in October of 2020. Through this training, and many more to come, we hope to share the knowledge and skills that we have amassed by deeply studying both the Islamic and psychological traditions.

Khalil Center would like to thank Ibn Haldun university for allowing us to utilize the world famous Suleymaniye Complex (Mosque and Madrasahs) for our training this week. The walls of this institution contain centuries of Islamic and Medical history that we urge you to learn more about, allowing it to enhance your experience as you integrate Islam into your psychological practice.

We pray that it is beneficial and request that you keep Khalil Center in your sincerest prayers.

Sincerely,

*The Khalil Center Team*





# WHAT IS KHALIL CENTER?



### Khalil Center | Traditional Islamically Integrated Psychotherapy (TIIP)

Khalil Center is a psychological and spiritual community wellness center advancing the professional practice of psychology rooted in Islamic principles. An initiative designed to address the widespread prevalence of social, psychological, familial, relational and spiritual issues of Muslim communities. Khalil Center's approach emphasizes: psychological reconstruction, behavioral reformation and spiritual elevation.

Khalil Center utilizes faith-based approaches rooted in Islamic theological concepts while integrating the science of psychology towards addressing psychological, spiritual and communal health.





# WHAT IS TIIP?





Khalil Center | Traditional Islamically Integrated Psychotherapy (TIIP)

## What is TIIP?

The treatment model of care covered in the certification program is an integrative framework originally published by Keshavarzi & Haque (2013) that outlines Islamic beliefs with regard to health, pathology, human ontology, and epistemology. This modality has developed over the course of the following 8 years culminating in the upcoming book publication mentioned above as well as boasting early empirical evidence demonstrated through a 1-year process outcome study.

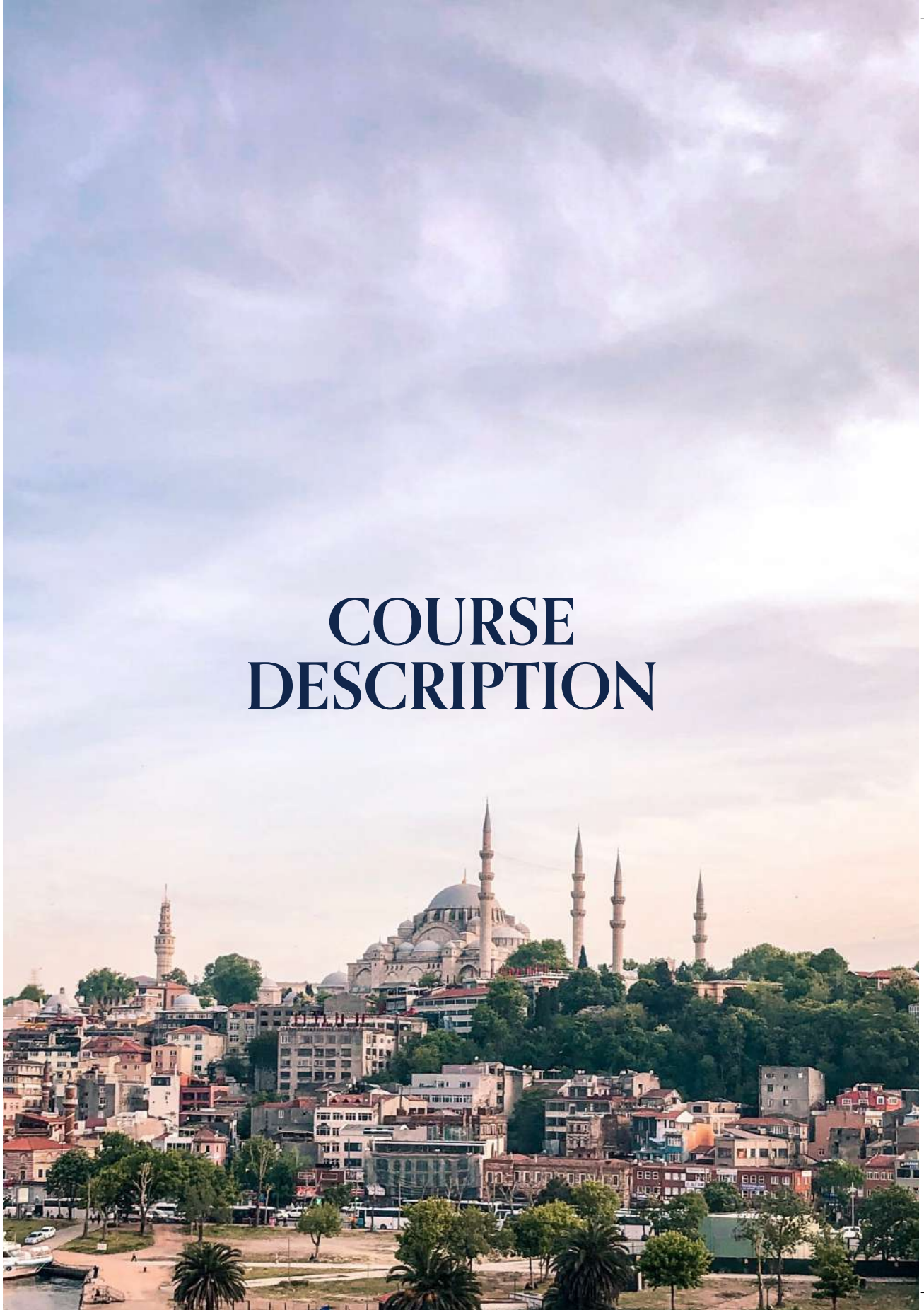
This approach is not a regimented or manualized therapy but rather provides general theoretical direction and insight on integrating psychotherapeutic practice and the Islamic spiritual tradition. It allows for the integration of many of the pre-existing modalities of psychotherapy, thereby not serving to replace existing orientations but rather to provide a refined integrative approach within an Islamic framework. It allows for further expansion of research that is rooted in the Islamic tradition and is an ever-evolving modality.

Such a framework recognizes the inherent spiritual essence of the human being and views such spirituality as an important determinant of identity, shaping human thinking/belief, influencing emotional expressions, and shaping behavioral health. In this model, health is seen on a holistic continuum that includes the acquisition of virtuous behaviors, beliefs, and spiritual practices rather than the mere absence of clinical pathology.





# COURSE DESCRIPTION





### Khalil Center | Traditional Islamically Integrated Psychotherapy (TIIP)

The level 2 training will build upon the Level I training to reinforce and solidify the TIIP modality of psychotherapy.

The training will focus on immersing students in the Islamic epistemological and ontological foundations of TIIP and revising the core principles of TIIP with greater layers of application across a variety of therapeutic contexts and pathologies. The course will focus on advancing integrative skills and techniques that provide concrete skills for how to treat psychological disorders using this Islamic model. More advanced interventions will be highlighted that are designed to specifically target the elements of the TIIP ontological framework of the human psyche.

The level 2 training will focus on increased collaborative exercises and activities including:

- Case Vignettes to conceptualize complex cases using the TIIP framework
- Student Case Presentations with a TIIP Certified Presenter
- Group discussions on Islamic ethical considerations in clinical settings





# COURSE SCHEDULE





Khalil Center | Traditional Islamically Integrated Psychotherapy (TIIP)

**DAY 1 - MON AUG 4 2025**

TIME	TOPICS	READINGS
8:00 - 8:30 AM	<b>Opening Remarks, Introductions</b> <i>Dr. Fahad Khan</i>	
8:30 - 9:45 AM	<b>Traditional Islamically Integrated Psychotherapy:</b> Review & Overview of the Model <i>Dr. Fahad Khan</i>	Keshavarzi, H., Khan, F., Ali, B., & Awaad, R. (Eds.) (2020). Applying Islamic principles to clinical mental health care: Introducing Traditional Islamically Integrated Psychotherapy. Routledge. Editors  <i>Introduction Chapter 1: Foundations of Traditional Islamically Integrated Psychotherapy</i>
9:45 - 10:30 AM	<b>Ethical Considerations and Dilemmas in Integrating Islam and Mental Health Professional Practice</b> <i>Dr. Khalid Elzamzamy</i>	
11:00 - 11:45 AM	Lunch Break	
11:45 - 1:15 PM	<b>Role of Mental Illness in Islamic Law:</b> Clinical Considerations <i>Dr. Khalid Elzamzamy</i>	Ali, B., & Keshavarzi, H. (2017). Forensic psychiatry/psychology in Islamic law. In Oxford encyclopedia of Islamic bioethics. Oxford University Press.
1:15 PM	Dhuhr	







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**DAY 2 - TUE AUG 5 2025**

TIME	TOPICS	READINGS
8:00 - 10:00 AM	<b>Advanced Process Experiential Modalities of Intervention</b>  Chairwork, Trilectal Constructivism, Review of Core Emotions and Emotion Needs  Utilization of Emotion-Focused Interventions for Facilitation, Emotional Regulation, and Transformation  <i>Dr. Hooman Keshavarzi</i>	Keshavarzi, H., Khan, F., Ali, B., & Awaad, R. (Eds.) (2020). Applying Islamic principles to clinical mental health care: Introducing Traditional Islamically Integrated Psychotherapy. Routledge.  <i>Chapter 7: Emotionally Oriented Psychotherapy</i>
10:00 - 11:00 AM	<b>Advanced Chairwork Demonstrations</b>  <i>Dr. Hooman Keshavarzi</i>	
11:00 - 11:45 AM	Lunch Break	
11:45 - 1:15 PM	<b>To Medicate or Not to Medicate: Clinical and Islamic Considerations</b>  <i>Dr. Khalid Elzamzamy</i>	
1:15 PM	Dhuhr	







Khalil Center | Traditional Islamically Integrated Psychotherapy (TIIP)

**DAY 3 - WED AUG 6 2025**

TIME	TOPICS	READINGS
8:00 - 9:45 AM	<b>Advanced Cognitively Oriented Psychotherapy</b>  Case Vignettes, Role Play, Cognitive Restructuring and Acceptance Therapy Utilizing Islamic Concepts and Schemas.  <i>Heba El-Hadad</i>	Keshavarzi, H., Khan, F., Ali, B., & Awaad, R. (Eds.) (2020). Applying Islamic principles to clinical mental health care: Introducing Traditional Islamically Integrated Psychotherapy. Routledge.  <i>Chapter 8: The Use of the Intellect (Aql) as a Cognitive Restructuring Tool in an Islamic Psychotherapy</i>
10:00 - 11:00 AM	<b>Advanced Cognitive Roleplay</b>  <i>Dr. Fahad Khan</i>  <i>Sena Aycan</i>	
11:00 - 11:45 AM	Lunch Break	
11:45 - 1:15 PM	<b>Usage of the TIIP Workbook for Anxiety Treatment</b>  <i>Dr. Khalid Elzamzamy</i>  <i>Sena Aycan</i>	Keshavarzi, H., Aycan, S., Altinisik, E., Khan, F., & ElZamzamy, K. (2025). The Islamic Workbook for Managing Anxiety. London: Claritas   Publishing.
1:15 PM	Dhuhr	





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**DAY 4 - THU AUG 7 2025**

TIME	TOPICS	READINGS
8:00 - 9:30 AM	<p><b>Advanced Behavioral Interventions</b></p> <p>Addictions, Behavioral Modification and Reformation.</p> <p>Usage of the TIIP Waswasa Workbook for Treatment</p> <p>Religious Manifestations/Considerations</p> <p><i>Dr. Fahad Khan</i></p>	<p>Keshavarzi, H., Khan, F., Ali, B., &amp; Awaad, R. (Eds.) (2020). Applying Islamic principles to clinical mental health care: Introducing Traditional Islamically Integrated Psychotherapy. Routledge.</p> <p><i>Chapter 9: Behavioral (Nafsan)</i> <i>Psychotherapy: Character Development and Reformation</i></p> <p>Keshavarzi, H., Khan, F., &amp; Syed, B. (2020). Islamically integrated treatment of Obsessive-Compulsive Disorder Scrupulosity (Waswasa) in Muslim Patients. In Tinaz, N., Ayten, A., Zengin, M., &amp; Eksi, H. (Eds.) Spiritual Counseling and Care in Health and Prison Services: Diverse Experiences &amp; Practices, Istanbul: Ensar Publishing.</p>
9:30 - 11:00 AM	<p><b>Usage of the TIIP Waswasa Workbook for Treatment</b></p> <p>Case Example: Manifestations of OCD Scrupulosity/ Waswasa in Muslim Populations</p> <p><i>Dr. Khalid Elzamzamy</i></p>	<p>Keshavarzi, H., Elzamzamy,</p> <p>K, Harfi, S., Khan, F. &amp; Kaban, B. (2022). Overcoming your OCD Scrupulosity (Waswasa): A TIIP manual. London: Claritas Publishing.</p>
11:00 - 11:45 AM	Lunch Break	
11:45 - 1:15 PM	<p><b>TIIP Integrative Dreamwork</b></p> <p><i>Dr. Khalid Elzamzamy</i></p>	<p>Keshavarzi, H., Khan, F., Ali, B., &amp; Awaad, R. (Eds.) (2020). Applying Islamic principles to clinical mental health care: Introducing Traditional Islamically Integrated Psychotherapy. Routledge.</p> <p><i>Chapter 6: Dreams and Their Role in Islamically Integrated Mental Health Practice</i></p>
1:15 PM	Dhuhr	





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**DAY 5 - FRI AUG 8 2025**

TIME	TOPICS	READINGS
8:00 - 9:00 AM	<b>Advanced Spiritually Oriented Interventions:</b>  Spiritual Practices for Psychotherapy  Spiritually Guided Scripts  Bereavement & Coping with Loss  <i>Dr. Hooman Keshavarzi</i>	Keshavarzi, H., Khan, F., Ali, B., & Awaad, R. (Eds.) (2020). Applying Islamic principles to clinical mental health care: Introducing Traditional Islamically Integrated Psychotherapy. Routledge.  <i>Chapter 10: Spiritually (Ruhani) Focused Psychotherapy</i>
9:30 - 11:00 AM	<b>Case Presentations</b>  <i>Dr. Fahad Khan</i>	
11:00 - 11:45 AM	Lunch Break	
11:45 - 1:00 PM	<b>Case Presentations</b>  <i>Dr. Fahad Khan</i>	
1:00 PM	Jummuah	





# MEET OUR INSTRUCTORS





Khalil Center | Traditional Islamically Integrated Psychotherapy (TIIP)



## Dr. Hooman Keshavarzi, Psy.D.

Executive Director

Hooman Keshavarzi is a licensed clinical psychologist in the state of Illinois. He holds a Doctorate in Clinical Psychology. He currently serves as the program director for the Master's in Counseling Islamic Psychology Program at Hamad bin Khalifa University, Doha, Qatar, is a visiting professor for Ibn Haldun University, Istanbul, Türkiye, and is the founding director of Khalil Center, a research clinic in the United States.



### Languages Spoken:

- English • Azeri
- Turkish • Arabic (Classical)



### Modalities:

- Individual Therapy (Adults)
- Marital Therapy
- Family Therapy
- Psychological & Cognitive Evaluations



### Clinical Focus:

- Anxiety
- Depression
- Trauma
- Obsessive Compulsive Disorders
- Adjustment Problems (grief, loss, stress management etc.)
- Spiritual/Personal Development







Khalil Center | Traditional Islamically Integrated Psychotherapy (TIIP)



## Dr. Fahad Khan, Psy.D.

Deputy & Clinical Director at Khalil Center

Dr. Fahad Khan is a Licensed Clinical Psychologist with a Doctorate in Clinical Psychology and a Masters degree in Biomedical Sciences. He has also been a student of religious studies, beginning with his memorization of Qur'an at the age of 16. He currently serves as the Deputy Director at Khalil Center, providing psychological services while supervising clinical and research work. He also teaches undergraduate as well as graduate courses in various academic institutions. His research and writing interests include Muslim mental health and Islamic psychology. He is a fellow of the International Association of Islamic Psychology and serves as a reviewer and editor for various peer-reviewed journals in United States and Pakistan. He is actively involved in professional organizations and has served on many committees and divisions of the American Psychological Association (APA) as well as Illinois Psychological Association (IPA). For his work and dedication, the APA awarded him the 2021 Early Career Psychologist Champion and 2020 Early Career Achievement Awards.



### Languages Spoken:

- English
- Urdu/Hindi
- Punjabi



### Modalities:

- Individual (Adolescents & Adults)
- Marital Therapy
- Family Therapy
- Psychological & Cognitive Evaluation



### Clinical Focus:

- Anxiety
- Depression
- Trauma
- Obsessive Compulsive Disorders
- Adjustment Problems (grief, loss, stress management etc.)
- Spiritual/Personal Development





Khalil Center | Traditional Islamically Integrated Psychotherapy (TIIP)



## Heba El-Haddad

Psychotherapist

Heba El-Haddad holds an undergraduate degree in psychology of Social Science, a Master's degree in Clinical Psychology, and is currently completing her doctorate degree in Clinical Psychology. Heba is a Traditional Islamically Integrated Psychotherapy (TIIP) practitioner and serves as the Clinical Training and Education Director of the Khalil Center Bay Area branch. She is part of a group of clinicians and scholars who contributed to publishing the new text on the TIIP model titled 'Applying Islamic Principles to Clinical Mental Health Care' for Muslim practitioners nationwide.

She previously served as a mental health instructor at Kaiser Permanente teaching classes on Managing Depression, Anxiety, Insomnia, Anger, and Emotional Wellness. Heba has co-authored publications, led trainings, and delivered presentations on a broad range of topics across the U.S. within the field of mental wellness and Islamic psychology, guided by the conviction that prevention is more powerful than intervention. She is a student of knowledge and has studied and completed courses in Tajweed, Islamic Studies, Arabic, and Theology and has been engaged in the formal study of the Ihyā' 'Ulūm al-Dīn for the past four years under the tutelage of a senior scholar.



### Languages Spoken:

- English
- Arabic (Classical)



### Modalities:

- Adolescents
- College students
- Women



### Clinical Focus:

- Cognitive-behavior therapy (CBT)
- Acceptance and commitment therapy (ACT)
- Solution- focused therapy





Khalil Center | Traditional Islamically Integrated Psychotherapy (TIIP)



## Dr. Khalid Elzamzamy, MD, MA

Khalil School Faculty

Khalid Elzamzamy is an Assistant Professor of Psychiatry and Behavioral Sciences at Johns Hopkins University School of Medicine, and a Child and Adolescent Psychiatrist at the Kennedy Krieger Institute, USA. He completed his medical education and psychiatric training in various parts of the world, including Egypt, Qatar, and the USA. He earned a Master's degree in Islamic Studies from Hamad Bin Khalifa University. His interests focus on the role of spiritual and religious factors in mental health, with a particular emphasis on suicide. He is also interested in clinical ethics within mental health practice.



### Languages Spoken:

- English
- Arabic (Classical)



### Modalities:

- Psychiatrist



### Research Interests:

- The integration of religion and spirituality in clinical practice
- Suicide in Islamic literature and the Muslim community
- Contributions of Muslim intellectuals to psychology and mental health
- Islamic ethics in clinical practice





# THE SÜLEYMANIYE MADRASAH

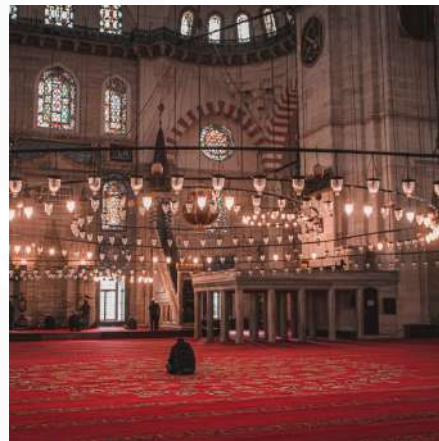
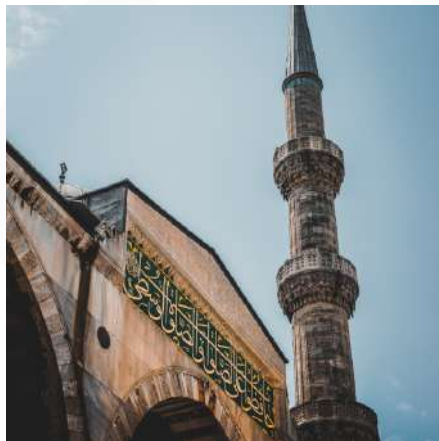




### Khalil Center | Traditional Islamically Integrated Psychotherapy (TIIP)

The Süleymaniye complex is one of the oldest and most historic institutions in the world. Established in the 16th century as a socio-religious center, the Süleymaniye has been a home for medicinal research, practice, and teaching. The complex consists of a medical school, a hospital, and a number of madrasas (schools) through which knowledge was disseminated.

We are extremely honored to be hosting our training in the 2 madrasa sections of the complex: The Salis Madrasa & the Darul Kurra Madrasa.







# ADDITIONAL PROGRAMS





Khalil Center | Traditional Islamically Integrated Psychotherapy (TIIP)

## Reading the Classics

With Dr. Hooman Keshavarzi

Selected, daily readings and reminders from classic Islamic psychology literature.



Monday – Friday



After Fajr Şalâh



Süleymaniye - Darül Kurra Madrasah

## Şalât & Şalâm Majlis

A blessed gathering of praise and remembrance honoring the Beloved ﷺ.



Thursday, Aug 7th, 2025



After Asr Şalâh



EDEP-Fatih Branch (Hirka-i Sherif)



Dinner: Delicious Uzbeki Pilaf





# PLACES TO VISIT







Khalil Center | Traditional Islamically Integrated Psychotherapy (TIIP)

### Sultan Ayyub

The present building dates from the beginning of the 19th century. The mosque complex includes a mausoleum marking the spot where Abu Ayyub al-Ansari, the standard-bearer and friend of the Prophet Muhammad ﷺ, is said to have been buried.

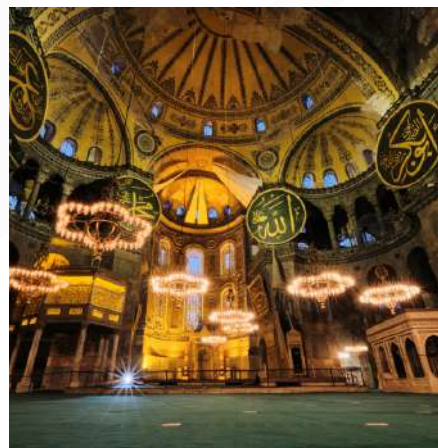


### Topkapi Palace

The Topkapı Palace is a large museum in the east of the Fatih district of Istanbul in Turkey. In the 15th and 16th centuries it served as the main residence and administrative headquarters of the Ottoman sultans.

### Hagia Sophia

Hagia Sophia is a great architectural beauty and an important monument for Muslim history. Once a church, later turned mosque by the great Sultan Mehmet Fatih, Hagia Sophia has always been the precious of its time.





### Hırka-i Sherif

Hırka-i Şerif Mosque is situated at Hırkaşerif quarter's Muhtesip İskender neighborhood in Fatih district of Istanbul, Turkey. It was commissioned by Ottoman Sultan Abdulmejid I (reigned 1839–1861).



### Fatih Sultan

The Fatih Sultan Mehmet Bridge also known as the Second Bosphorus Bridge is a bridge in Istanbul, Turkey spanning the Bosphorus strait. When completed in 1988, it was the 5th-longest suspension bridge in the world; today it is the 24th.



### July 15th Bridge

The Bosphorus Bridge known officially as the 15 July Martyrs Bridge and unofficially as the First Bridge is one of the three suspension bridges spanning the Bosphorus strait in Istanbul, Turkey, thus connecting Europe and Asia.





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[khalilcenter.com](http://khalilcenter.com) | [info@khalilcenter.com](mailto:info@khalilcenter.com) | [@khalilcenter](https://www.instagram.com/khalilcenter)