



Traditional Islamically Integrated Psychotherapy (TIIP) Level 1 Competency Training

Istanbul, Turkey

Course Description:

This training is a 5-day intensive on Traditional Islamically Integrated Psychotherapy (TIIP). The TIIP model offers a framework for integrating contemporary behavioral science into an inherently Islamic model of psychotherapy. This training will provide an orientation to the foundational tenets and principles of the model. This will include a discussion of Islamic epistemology, i.e., a framework for reconciling disparate sources of knowledge (i.e. empirical, rational and scriptural) within an Islamic context. The core principles of the model will be presented that includes a review of holistic schemas of health and pathology, nature of the human being, composition of the human psyche, principles of change, and role of the TIIP practitioner.

The practice applications of this model will be demonstrated through techniques that are of two types: 1) inherently Islamic approaches of psychotherapy inspired by the Qur'an, Prophetic Tradition and the traditions of the scholars particularly of the spiritual sciences of *taziyah al-nafs* such as *muraqabah* (contemplative exercises), *riyādāt* (spiritual exercises), *dua*, etc and 2) adaptation and integration of interventions drawn from mainstream orientations that are consistent with the foundational principles of TIIP as interventional 'tools'.

The course will also provide students with concrete skills for how to conceptualize and treat psychological dysfunction using this Islamic model. Interventions are designed to specifically target the elements of the TIIP ontological framework of the human psyche: (a) *'aql* or cognition; (b) *nafs* or behavioral inclinations; (c) *rūh* or spirit and (d) *ihsās* or emotions. Specific application of therapeutic goals across sessions as a practical demonstration of the model will also be provided. Treatment approaches will focus on Islamic cognitive restructuring, behavioral reformation (*tahdhīb al-nafs*), spiritual growth-promoting strategies and emotional regulation & transformation.

Target Audience:

Mental Health professionals, graduate students, chaplains with mental health background/training, healthcare providers

Format:

5 hours of daily live instruction time (8:00 AM – 1:15 PM).



Required Text:

Keshavarzi, H., Khan, F., Ali, B. & Awaad, R. (Eds.) (2020). *Applying Islamic Principles to Clinical Mental Health Care: Introducing Traditional Islamically Integrated Psychotherapy*. New York: Routledge.

Additional Readings:

Keshavarzi, H. & Haque, A. (2013). Outlining a psychotherapy model for enhancing Muslim mental health within an Islamic context. *International Journal for the Psychology of Religion*, 23, 230-249.

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.

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*. Switzerland: Springer.

Keshavarzi, H. & Khan, F. (2018). Outlining a case illustration of Islamically Integrated Psychotherapy In C. York al-Karam, *Islamically Integrated Psychotherapy*. West Conshohocken, PA: Templeton Press.

Course Objectives:

Understand Islamic epistemology (asbāb al-'ilm) and the ontological structure of the human psyche offered by TIIP

Demonstrate a capacity to reconcile between the Islamic faith and behavioral science and possess a framework for such an integration

Understand the role of the TIIP practitioner

Understand the role of sub-clinical & spiritual pathologies and the role of TIIP in reinforcing holistic health based upon the Islamic reformation of self (tadhīb al-akhlāq/tazkiyah al-nafs) literature

Learn to conceptualize patients according to TIIP and construct corresponding treatment plans designed to reinforce the TIIP core principles of change of (ie. *Inqiyād* – compliance *Inkishāf* – introspective awareness, *I'tidāl* – psychospiritual equilibrium & *ittihād* – integrative unity of being)

Have a greater appreciation and awareness of the Islamic intellectual heritage and tradition as it relates to behavioral science

Demonstrate an understanding of Islamic concepts, practices and interventions that can be integrated into psychotherapeutic practice

Be able to utilize the TIIP framework for integrating modern psychological interventions across various orientations and models of care.

Develop an expanded therapeutic repertoire that can be integrated into the practitioners' normative mental health practice



Course Schedule

Day	Time	Topic	Reading
1	8 – 8:30 AM	Opening Remarks & Welcome to Suleymaniye Madressa	
		Prof. Dr. Recep Şentürk	
	8:30 – 10:15 AM	<ul style="list-style-type: none"> - Foundations of Traditional Islamically Integrated Psychotherapy (TIIP) - Intro to TIIP conceptualization 	Keshavarzi, H., Khan, F., Ali, B. & Awaad, R. (Eds.) (2020). <i>Applying Islamic Principles to Clinical Mental Health Care: Introducing Traditional Islamically Integrated Psychotherapy</i> . New York: Routledge. <ul style="list-style-type: none"> - INTRODUCTION - Chapter 1
		<i>H. Keshavarzi (Group A)</i> <i>F. Khan & B. Ali (Group B)</i>	Keshavarzi, H & Ali, B (2018). <i>Islamic Perspectives on Psychological and Spiritual Well-being and Treatment</i> , in H. S. Moffic, J. Peteet, A. Hankir, R. Awaad, <i>Islamophobia & Psychiatry: Recognition, Prevention, and Treatment</i> . New York: Springer. <ul style="list-style-type: none"> - Pp. 41-54
	10:30 – 11:30 AM	Role of the TIIP Practitioner <ul style="list-style-type: none"> - Delineating role - Internal Characteristic requirements - External Characteristic requirements (ex. Skills, training, education, etc). - Examining different roles across Islamic disciplines ex. (Murabbi, Shaykh, Musleh, Tabib, Psychologist, Faqih etc). 	Keshavarzi, H., Khan, F., Ali, B. & Awaad, R. (Eds.) (2020). <i>Applying Islamic Principles to Clinical Mental Health Care: Introducing Traditional Islamically Integrated Psychotherapy</i> . New York: Routledge. – Chapter 2, pp. 38-67
	<i>H.Keshavarzi (Group A)</i> <i>F. Khan (Group B)</i>		
	11:30 – 12:00 PM	Lunch Break	
	12:00 – 1:15 PM	Activity – Conceptualize Your Patient According to TIIP Case Vignettes (4) (ex. Emotional case, Cognitive Case, Spiritual Case, Behavioral issues case)	
	<i>S.Harfi (Group A)</i>		



	<i>F. Khan</i> (Group B)		
2	8:00 – 9:45 AM	<ul style="list-style-type: none"> - Case Conceptualization according to Traditional Islamically Integrated Psychotherapy (TIIP) - Assessment according to (TIIP) & the early stages of counseling. - Stages of Change - 5 assessment principles - Prophetic Empathy - Empathy Response Styles 	<p>Keshavarzi, H. & Khan, F. (2018). Outlining a case illustration of Islamically Integrated Psychotherapy In C. York al-Karam, <i>Islamically Integrated Psychotherapy</i>. West Conshohocken, PA: Templeton Press.</p> <p>Pp. 175-208</p> <p>Keshavarzi, H., Khan, F., Ali, B. & Awaad, R. (Eds.) (2020). <i>Applying Islamic Principles to Clinical Mental Health Care: Introducing Traditional Islamically Integrated Psychotherapy</i>. New York: Routledge. – Chapter 5</p>
	10:00 – 11:30 AM	<p><i>F. Khan</i> (Group A)</p> <p><i>H. Keshavarzi</i> (Group B)</p>	<p>Conducting Initial Sessions, Role-play, and case discussions</p>
	11:30 – 12:00 PM	Lunch Break	
	12:00 – 1:15 pm	<p><i>B. Ali</i> (Group A)</p> <p><i>A. Yusuf</i> (Group B)</p>	<p>Role of Mental Illness in Islamic Law: Clinical Considerations</p>
Group A Schedule (Days 3-4)			
3	8:00 – 9:45 AM	<p>Cognitive theories in Islam and role of <i>'aql</i></p> <ul style="list-style-type: none"> - <i>'Aql</i> in the Islamic tradition 	<p>Keshavarzi, H., Khan, F., Ali, B. & Awaad, R. (Eds.) (2020).</p>



		- Difference between mind, brain, and 'Aql Cognitive psychotherapy (RIDA Model) will be introduced with case illustrations and discussions.	Applying Islamic Principles to Clinical Mental Health Care: Introducing Traditional Islamically Integrated Psychotherapy. New York: Routledge. – Chapter 8 Pp. 209-236
	10:00 – 11:30 AM <i>S. Harfi</i>	TIIP Cognitive Signature Interventions	
	11:30 – 12:00 PM	Lunch Break	
	12:00 – 1:15 PM <i>A. Yusuf,</i>	Roleplay Cognitive Interventions	
4	8:00 – 11:30 AM <i>H. Keshavarzi</i>	- Process Experiential/Emotion-Focused Modalities of Intervention - Utilization of Emotion-Focused Interventions for facilitation Emotional regulation and transformation - Emotional Signature Interventions	Keshavarzi, H., Khan, F., Ali, B. & Awaad, R. (Eds.) (2020). Applying Islamic Principles to Clinical Mental Health Care: Introducing Traditional Islamically Integrated Psychotherapy. New York: Routledge. – Chapter 9 - Pp. 236-266
	11:30 – 12:00 PM	Lunch Break	
	12:00 – 1:15 PM <i>H. Keshavarzi</i>	Roleplay/Demonstrations Case Vignettes	
Group B Schedule (Days 3-4)			
3	8:00 – 11:30 AM <i>H. Keshavarzi</i>	- Process Experiential/Emotion-Focused Modalities of Intervention - Utilization of Emotion-Focused Interventions for facilitation Emotional regulation and transformation - Emotional Signature Interventions	Keshavarzi, H., Khan, F., Ali, B. & Awaad, R. (Eds.) (2020). Applying Islamic Principles to Clinical Mental Health Care: Introducing Traditional Islamically Integrated Psychotherapy. New York: Routledge. – Chapter 9 - Pp. 236-266



	11:30 – 12:00 PM	Lunch Break	
	12:00 – 1:15 PM <i>H. Keshavarzi</i>	Roleplay/Demonstrations Case Vignettes	
4	8:00 – 9:45 AM <i>F. Khan</i>	Cognitive theories in Islam and role of 'aql - 'Aql in the Islamic tradition - Difference between mind, brain, and 'Aql Cognitive psychotherapy (RIDA Model) will be introduced with case illustrations and discussions.	Keshavarzi, H., Khan, F., Ali, B. & Awaad, R. (Eds.) (2020). Applying Islamic Principles to Clinical Mental Health Care: Introducing Traditional Islamically Integrated Psychotherapy. New York: Routledge. – Chapter 8 Pp. 209-236
	10:00 – 11:30 AM <i>S. Harfi</i>	TIIP Cognitive Signature Interventions	
	11:30 – 12:00 PM	Lunch Break	
	12:00 – 1:15 PM <i>F. Khan & S. Harfi</i>	Roleplay Cognitive Interventions	
Combined Schedule Continues... (Day 5)			
5	8:00 – 9:45 AM <i>S. Harfi (Group A)</i> <i>H. Keshavarzi (Group B)</i>	- Behavioral Interventions - TIIP Behavioral Signature Interventions - Usage of the TIIP Waswasa Workbook for Treatment - Case Example: Manifestations of OCD Scrupulosity/Waswasa in Muslim Populations Basics on TIIP treatment of Waswasa	Keshavarzi, H., Khan, F., Ali, B. & Awaad, R. (Eds.) (2020). Applying Islamic Principles to Clinical Mental Health Care: Introducing Traditional Islamically Integrated Psychotherapy. New York: Routledge. – Chapter 7 - Pp. 169- 208



		Religious manifestations/considerations	
	10:00 – 11:15 AM <i>H. Keshavarzi & B. Ali (Group A)</i> <i>A. Yusuf (Group B)</i>	Spiritually (<i>Rūhānī</i>) oriented interventions and the integration of Sufi practices in Psychotherapy. - Guided Imagery - Breathing Exercises - Murāqabah/ <i>zīkr</i>	Keshavarzi, H., Khan, F., Ali, B. & Awaad, R. (Eds.) (2020). <i>Applying Islamic Principles to Clinical Mental Health Care: Introducing Traditional Islamically Integrated Psychotherapy</i> . New York: Routledge. – Chapter 10, pp. 266-291. Haque, A. & Keshavarzi, H. (2014). Indigenous healing methods in counseling: Muslim beliefs and practices. <i>International Journal of Culture and Mental Health</i> . 7(3), 297-314.
	11:15 – 11:45 AM	Lunch Break	
	11:45 – 12:30 PM	Role Play & Case Discussions Regarding Integrative TIIP Therapy (By last day – come up with a case of your own and how you can use TIIP interventions – use TIIP Case formulation form for your case and then demonstrate in role play one of those interventions)	
	12:30 – 1:10 PM	Wrap – Up Feedback/Surveys Next Steps	



List of hotels near the Süleymaniye

Crowne Plaza Istanbul Old City

- **Distance** from Süleymaniye: 1 km
- **Address:** *Balabanağa, Fethibey Cd No2, 34134 Fatih/İstanbul, Turkey*

Ramada Istanbul Grand Bazaar

- **Distance** from Süleymaniye: 1 km
- **Address:** *Gençtürk Caddesi Şirvanizade Sokak No:11 Vezneciler, 34134 Fatih/İstanbul, Turkey*

Enderun Hotel Istanbul

- **Distance** from Süleymaniye: 1 km
- **Address:** *Mimar Hayrettin, Esirci Kemalettin Sok. No:4, 34126 Fatih/İstanbul, Turkey*

Hotel Niles Istanbul

- **Distance** from Süleymaniye: 1 km
- **Address:** *Beyazıt, Grand Bazaar Area, Mimar Kemalettin Mahallesi, Ordu Caddesi, Dibekli Cami Sk. No:13, 34130, Fatih/İstanbul, Turkey*

Hotel Hayriye Hanim Konagi

- **Distance** from Süleymaniye: 0.2 km
- **Address:** *Demirtaş Mah, Hayriye Hanım Sk. No:19, 34421 Fatih/İstanbul, Turkey*

Boss Sultanahmet

- **Distance** from Süleymaniye: 1.1 km
- **Address:** *Sururi, İstanbul Erkek Lİsesi Karsısı, Türk Ocağı Cd. No:15, 34120 Fatih/İstanbul, Turkey*

Hotel Inter Istanbul

- **Distance** from Süleymaniye: 1 km
- **Address:** *Mimar Kemalettin, Mithatpasa Caddesi, Büyük Haydar Efendi Sk No:29, 34130 Fatih/İstanbul, Turkey*

Hotel Régie Ottoman Istanbul

- **Distance** from Süleymaniye: 1 km
- **Address:** *Hobyar, Mimar Vedat Sk. No:5, 34112 Fatih/İstanbul, Turkey*

Holiday Inn Istanbul Old city

- **Distance** from Süleymaniye: 1 km



- **Address:** *Gencturk Cad. Sirvanizade Sok, Vezneciler Cd. No 5, 34134 Fatih/İstanbul, Turkey*

Piya Sport

- **Distance** from Süleymaniye: 1 km
- **Address:** *Mimar Kemalettin, Sekbanbaşı Sk. D:No: 2, 34130 Fatih/İstanbul, Turkey*

Söğüt Hotel

- Distance from Süleymaniye: 1 km
- **Address:** *Kemal Paşa, Bukalidede Sokak, Şehzadebaşı Cd. No: 11 34134, 34134 Fatih/İstanbul, Turkey*

Kent Otel

- **Distance** from Süleymaniye: 1.1 km
- **Address:** *Beyazıt, 34490, Ordu Cd. No:29, 34130 Fatih/İstanbul*

Novel hotel

- **Distance** from Süleymaniye: 0.9 km
- **Address:** *Balabanağa, Harikzedeler Sk. No:15, 34134 Fatih/İstanbul, Turkey*

Golden City İstanbul

- **Distance** from Süleymaniye: 1.7 km
- **Address:** *Azapkapı, No: 34420, Tersane Cd. No:111, 34421 Beyoğlu/İstanbul, Turkey*

Manesol Old City Bosphorus

- **Distance** from Süleymaniye: 1.1 km
- **Address:** *Sirkeci Hobyar Mahallesi Mimar Kemalettin Caddesi No:2 Sirkeci, 34112 Fatih/İstanbul, Turkey*

Emporium Hotel

- **Distance** from Süleymaniye: 1 km
- **Address:** *Mimar Kemalettin, Ordu Cd. No:11, 34126 Fatih/İstanbul, Turkey*

Comfort Elite Beyazıt

- **Distance** from Süleymaniye: 1 km
- **Address:** *Mimar Hayrettin, Divani Ali Sk. No:6, 34126 Fatih/İstanbul, Turkey*

Beethoven Premium

- **Distance** from Süleymaniye: 1 km
- **Address:** *Gençtürk Caddesi Ağa Yokuşu Sokak No:6, 34000 Fatih/İstanbul, Turkey*