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psychoanalysis in focus

David Livingstone Smith

edited by Wendy Dryden

Psychoanalysis In Focus Counselling Psychotherapy In Focus Series

G. Hussein Rassool



Psychoanalysis In Focus Counselling Psychotherapy In Focus Series:

Psychoanalysis in Focus David Livingstone Smith, 2003-02-28 Encouraging psychoanalysts psychotherapists and counsellors to adopt a more balanced view of their own discipline this book also aims to help students engage in critical debate during their training

Tazkiya Therapy in Islāmic Psychotherapy Bagus Riyono, 2024-06-26 This book explores tazkiya therapy a holistic psychological approach based on Qur'anic guidance and rooted in the understanding of human beings as multidimensional that is physical psychological social and spiritual beings The book starts with a detailed explanation of the object the process and the purpose of tazkiya therapy along with an account of the boundaries and the enabling factors of the approach Rather than a singular theoretical framework tazkiya therapy is a dynamic and flexible approach that integrates multiple frameworks and disciplines to grow the human soul cognition emotion and behaviour Although it is a multidimensional approach the process of therapy is step by step and the middle part of the book presents the key stages in the approach Within these steps the therapist is given seven different approaches that they can customise to the needs of the client depending on whether they need assistance with thinking patterns emotional disturbance a behavioural problem or a dysfunctional nervous system The book ends with a comprehensive summary of the model a series of case studies a future outlook on training and an application for continuing the study and practice of tazkiya therapy This book based on the foundation that tazkiya therapy covers issues that are spiritual in nature and always connects to Allah in facilitating the healing process will fulfil the needs of practicing Muslim psychologists psychiatrists and students of psychology and Islamic studies

Islāmically Modified Cognitive Behavioural Therapy Mahdi Qasqas, 2024-06-07 This book outlines the methods and practice of Islāmically Modified Cognitive Behavioural Therapy IMCBT a modified version of CBT adapted to the Muslim client's preferences culture and religion The book begins by establishing IMCBT's fidelity to the core competencies and evidence based practices of CBT while also introducing new unique features and interventions related to Muslim clients It uses real life cases to offer practical strategies for overcoming stigma forming the therapeutic alliance structuring the session and utilising the client's faith for coping and problem solving Chapters comprehensively provide CBT skills competencies with Islāmic modifications for a range of topics including case conceptualisation reframing cognitive restructuring and advanced coping strategies for addressing interpersonal conflicts and enhancing therapeutic outcomes The book also offers both proscriptive and prescriptive ethical guidance by showcasing instances where clients experienced negative outcomes with other practitioners to emphasise the dangers of not properly preparing for and understanding how to work with Muslims who prioritise their faith This book will appeal to practitioners educators and students who are seeking deeper ways of adapting their practice teaching or learning to the Muslim client's needs while also maintaining fidelity to the core features of CBT

Integrating Acceptance and Commitment Therapy with Islāmic Psychotherapy for Managing Chronic Pain Razia Bhatti-Ali, 2023-12-20 This book proposes a psychotherapeutic intervention integrating Islāmic Psychology

with Acceptance Commitment Therapy ACT for Muslims with chronic pain conditions The first part of the book provides an overview of the challenges of living with chronic pain and illness and explores the cultural expressions of pain and disease and a literature review on culturally adapted psychotherapies An overview of the main components of ACT and their congruence with Isl mic tenets including spirituality and contemplation is provided to propose an Isl mic based ACT approach that aims not to reduce or eliminate pain but rather to help the client build a repertoire of behaviours that lead them towards value based directions The second part of the book outlines a session by session cultural adaptation of the six core processes of ACT interwoven with Isl mic teachings from the Quran and Sunnah The book is supplemented with downloadable resources such as worksheets and handouts that professionals can use in practice This book is intended as a pain management guide for therapists familiar with ACT and Isl m It will provide therapists with the tools to deliver a faith adapted evidence based treatment for clients who follow the Isl mic faith

Islāmically Integrated Psychotherapy and Domestic Abuse Khalida Haque, 2025-10-30 Isl mically Integrated Psychotherapy and Domestic Abuse offers a culturally sensitive and comprehensive approach to understanding and addressing domestic abuse within Muslim communities The book begins by exploring what constitutes domestic abuse drawing on British government and WHO definitions alongside insights from the Qur n and Sunnah to present an Isl mically integrated perspective Khalida Haque then outlines the therapeutic framework through which her work has been designed developed and established This foundation enables the thoughtful integration of Isl mic psychology with contemporary psychotherapeutic approaches in practice Chapters focused on therapeutic work with individuals couples families and groups are enriched with case vignettes illustrating how theory and Isl mic principles come together in real world interventions The final chapters extend the discussion beyond the therapy room sharing insights from community based work in schools with social services third sector organisations Muslim led agencies mosques and local centres Isl mically Integrated Psychotherapy and Domestic Abuse is invaluable for practitioners students and community workers seeking to navigate the intersections of faith culture and therapeutic practice when responding to and working within cases of domestic abuse in Muslim communities

Maristāns and Islāmīc Psychology Rania Awaad, Merve Nursoy-Demir, 2024-12-30 Marist ns and Isl mic Psychology outlines how the novel methods tools and approaches for treating psychological illnesses developed in the marist ns hospitals of the Muslim world can be utilised today in formulating a practical implementation of Isl mic psychology IP As a trademark of the Isl mic Civilisation the marist ns were institutions of healing that boasted the world s first treatment centres for treating psychological illnesses They also served as the centres where theoretical concepts developed by early Muslim scholars physicians theologians and philosophers who contributed to the creation of IP were translated into practical clinical applications A detailed examination of the treatment modalities within these historical treatment centres provides a promising model for creating a holistic approach to psychological healing that is grounded in Isl mic heritage This text completes such an examination highlighting

the practical IP treatment methods in fourteen marist ns geographically spread throughout the Muslim world in order to bridge this centuries long model of psychological care to the modern context As part of the Isl mic Psychology and Psychotherapy Focus series this book provides a foundation for mental health professionals who either directly deliver mental health services or are involved in creating theories institutions or spaces of IP and psychotherapeautic practices

Exploring the Intersection of Islāmic Spirituality and Psychotherapy G. Hussein Rassool,2024-12-01 This book examines the intersection of Isl mic spirituality and psychotherapy analyzing how Isl mic principles can be integrated into therapeutic practices to foster mental emotional and spiritual health Through a comprehensive exploration of Isl mic teachings and contemporary psychological theories it aims to offer valuable insights for both practitioners and students of Isl mic psychotherapy The book starts by analyzing the convergence of Isl mic spirituality and psychotherapy discussing the importance of decolonizing psychological knowledge and presenting the foundations of Isl mic psychotherapy Next it analyzes various psychological approaches such as psychoanalytic therapy client centred therapy and cognitive behavioral therapy and discusses the congruences or dissonances of each approach with Isl mic spirituality Finally the book examines the relationship between emotion and mental health from an Isl mic perspective and reflects on the integration of Isl mic spirituality in psychotherapy providing practical strategies and tools for Isl mic psychotherapists Exploring the Intersection of Isl mic Spirituality and Psychotherapy Healing the Soul will be an invaluable resource for mental health practitioners such as counsellors and psychotherapists as well as for scholars and students interested in learning how to bridge the gap between Isl mic spirituality and psychotherapy offering insights and guidance for those seeking to integrate these domains and developing a deeper understanding of Isl mic psychotherapy

Working With Crisis and Trauma From an Islāmic Perspective Zarina Hassem,Shireen Ismail,Nabeela Vad Walla,G. Hussein Rassool,2025-08-18 Working with Crisis and Trauma from an Isl mic Perspective provides a holistic framework and treatment methods for working with trauma and crises framed within an Isl mic Psychology paradigm This book begins by conceptualising trauma and existing models of understanding treatment and then places trauma and crises within an Isl mic viewpoint The authors focus on the Qur the Sunnah and Isl ic Psychology to rationalise and explain the effects of trauma and how it presents while proposing treatment methods within this context The final chapter uses case studies to illustrate practical applications and includes coping strategies directly from authentic Isl ic sources and the sixth chapter focuses on the legacy of trauma in terms of post traumatic growth This book will be essential reading for professionals in the fields of psychology and mental health looking to understand how Isl ic Psychology practices can be presented as a treatment intervention for patients experiencing trauma and gain insight into how to incorporate these protocols into their own practice

Treating Addiction from an Islāmic Psychology Perspective G. Hussein Rassool,2024-11-27 This book provides an understanding of behavioural and substance disorders from an Isl mic psychology perspective Despite the religious prohibitions against the use of most substances

addiction is a significant psychosocial and spiritual problem both in Muslim majority countries and among Muslim minorities. However, many Muslims with substance use disorder have been left to suffer in silence because addictive behaviours are considered taboo. Not only do feelings of guilt, shame, and a fear of being stigmatised and excluded from community prevent many from seeking therapeutic and spiritual interventions, there are also limited culturally sensitive service provisions offering help for Muslims with addictive behaviours. This book will synthesise the body of knowledge of the psychology of addiction from an Islamic perspective to foster awareness and understanding of addictive behaviours to break that stigma. It will also provide knowledge required to respond effectively to Muslim clients that psychotherapists and counsellors might encounter in their clinical practice, presenting a step-by-step application of Rassool's Islamic Psychotherapy Practice model in working with clients with addictive behaviours. This book will be a valuable read for Islamic psychologists, psychotherapists, and counsellors, addiction researchers, and specialists and students in these fields.

Integrated Research Methodologies in Islāmic Psychology G. Hussein Rassool, 2023-10-09. This book provides a foundation of the methodology of research scholarship in Islamic studies, psychology, and psychotherapy, offering an understanding of the concepts and techniques of Islamic research methodology integrated with qualitative and quantitative research. Integrating Islamic moral and epistemological values into research methodologies, the text synthesises research methodologies and approaches: empirical, rational, with Islamic research scholarship. Chapters include a range of topics including research ethics from an Islamic perspective, systematic methodology of research in Islamic studies and social sciences, and inductive and deductive approaches. Other questions covered include how to integrate the Qur'an and Hadith rules, concepts, and statements with psychological phenomena and how to write a research proposal and research paper. Each chapter includes rich case examples and relevant practical examples. This book is ideal for researchers and students in Islamic psychology and psychotherapy wishing to learn more about the techniques and principles of Islamic research scholarship in the field.

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