

2nd International Symposium on Islamic Psychology: Integrating Islamic Spirituality Across Mental Health Services in the Middle East

Activity Code: AGI-03-P204

Category: Category 1 – Group Learning Activity

Format: Symposium

Platform / Venue: Hamad Bin Khalifa University, Minaratein Center, Auditorium

Date and Time: 4 - 5 February 2026

Target Audience: Physicians, Nurses, Pharmacists, and Allied Health Professionals

Statement of Education Needs

Mental health professionals in Qatar and the wider MENA region report increasing demand for culturally and religiously responsive approaches to care, alongside limited structured training in Islamically integrated mental health frameworks. This symposium addresses identified knowledge and practice gaps related to ethical integration of spirituality, population-level perspectives, and applied clinical frameworks across diverse care settings.

Overall Session Aim

To strengthen mental health professionals' knowledge of and ability to apply evidence-informed, Islamically integrated, and culturally responsive frameworks across diverse populations and care settings in Qatar and the wider Middle East.

Overall Session Learning Objectives

By the end of this symposium, participants will be able to:

- (i) Interpret the conceptual foundations and evidence base underpinning Islamically integrated and culturally responsive mental health approaches relevant to Qatar and the wider MENA region.
- (ii) Apply Islamically integrated, culturally responsive frameworks to clinical assessment, case formulation, and intervention planning across diverse populations and care settings.
- (iii) Evaluate ethical, practical, and implementation considerations for integrating Islamic spirituality into mental health services, including patient/clinician perspectives and responsible innovation.

Session Schedule and Session-Specific Learning Objectives

Speaker (s) Information	Time	Session Title	Session Component	Learning Objective(s) / Key Points
	8.30 AM - 5.10 PM	DAY 1 4 February 2026		
	8.30 AM - 9.00 AM	Reception		
Dr. Recep Şentürk. (Dean of the College of Islamic Studies, HBKU, Qatar)	9.00 AM - 9.30 AM	Opening Remarks		
	9.30 AM - 9.50 AM	Recognition Ceremony for the MA in Counseling Psychology International Accreditation		
	9.50 AM - 10.00 AM	Pre evaluation	9 MCQs for panels 1, 2, and 3	
Moderator: Dr. Hooman Keshavarzi. (Program Director, HBKU, Qatar)	10.00 AM - 11.50 AM	Panel 1 - Public Health Perspectives	15-minute expert-led presentation, 5-minute facilitated Q&A session.	
Dr. Khalid Elzamzamy. (Assistant Professor, Johns Hopkins University School of Medicine, USA)	10.00 AM - 10.20 AM	Presentation 1: Religion and Spirituality as Pathways to Mental Health: Lessons from the Egyptian Population in the Global Flourishing Study (EN)		Learning Objective: Interpret population-level evidence on religiosity/spirituality and mental health and identify a relevant implication for public mental health planning in Qatar/MENA. Aligned with the overall learning objective (i)
Dr. Khalid Al-Jaber. (Consultant, Family Medicine/Mental Health Psychotherapy, Saudi Arabia)	10.20 AM - 10.40 AM	Presentation 2: Alnafas-Attayyibah Model: Comprehensive Preventive and Constructive Public Mental Health Programs – An Islamic Counterpart to Positive Psychology (AR)		Learning Objective: Explain how an Islamically grounded prevention/wellbeing model can inform community mental health programming in Qatar/MENA. Aligned with the overall learning objective (i)
Dr. Osman Umarji. (Senior Consultant, QF, Qatar)	10.40 AM - 11.00 AM	Presentation 3: Cultivating Holistic Religiosity to Promote Mental Health: Implications for Islamically Grounded Interventions Across Ages and Contexts in the Middle East (EN)		Learning Objective: Describe “holistic religiosity” and identify an intervention focus that is Islamically grounded and appropriate to a selected population or setting. Aligned with the overall learning objective (i)

Dr. Mamoun Mobayed. (Consultant Psychiatrist, BHC, UK)	11.00 AM - 11.20 AM	Presentation 4: Identifying Opportunities and Barriers to Implementing Islamic Spiritually Integrated Interventions in the Local and Regional Context (EN)		Learning Objective: Identify implementation considerations and propose one feasible strategy to support the integration of Islamic spirituality within their service context. Aligned with the overall learning objective (i)
Dr. Samah Jabr. (Head of Mental Health Unit in the Ministry of Health, Palestine)	11.20 AM - 11.40 AM	Presentation 5: A Justice-Oriented Islamic Psychology for Mental Health in Palestine: A Response Rooted in Islamic Spirituality to Political Violence and Trauma (EN)		Learning Objective: Apply justice-oriented Islamic psychology principles to identify culturally congruent priorities for trauma-informed support in contexts of political violence. Aligned with the overall learning objective (i)
	11.40 AM - 11.50 AM	Interactive Panel discussion	Moderated an interactive panel discussion with all speakers.	
	11.50 AM - 1.00 PM	DHUR PRAYER AND LUNCH		
Moderator: Dr. Fahad Habib Khan. (Assistant Professor of Psychology, HBKU, Qatar)	1.00 PM - 2.50 PM	Panel 2 - Country Profiles and Experiences	15-minute expert-led presentation, 5-minute facilitated Q&A session.	
Taha Burak Toprak. (Head of Psychology Department, Assistant Professor, Ibn Haldun University, Türkiye)	1.00 PM - 1.20 PM	Presentation 1: Integrating Islam, Psychology, and Psychotherapy: Global Gaps and Local Responses from Türkiye (EN)		Learning Objective: Appraise lessons from the Turkish experience that can inform culturally responsive, Islamically integrated service development in Qatar/MENA. Aligned with the overall learning objective (i)
Medaim Yanık. (Professor of Psychiatry, Ibn Haldun University, Türkiye)	1.20 PM - 1.40 PM	Presentation 2: Islamic Psychology in Türkiye: Current Developments and Future Directions (EN)		Learning Objective: Identify actionable implications for workforce development and capacity-building based on current developments in Islamic psychology. Aligned with the overall learning objective (i)
Muhammad Abo Hilal. (MHPSS Consultant, Syria Bright Future Organization, Turkey)	1.40 PM - 2.00 PM	Presentation 3: A Syrian-context experience in integrating religion and culture into mental health and psychosocial support services, with an overview of challenges and lessons learned (AR)		Learning Objective: Adapt a culturally and religiously responsive MHPSS integration approach to a relevant crisis-affected service setting. Aligned with the overall learning objective (i)
Noura Amkieh. (Clinical Psychologist, Research	2.00 PM - 2.20 PM	Presentation 4:		Learning Objective:

Coordinator, and Associate Consultant, Lebanon)		Spiritual Fortitude in Crisis: Collective Care Practices Fostering Resilience in Wartime Lebanon (EN)		Identify collective care practices that can inform community-based mental health responses in crisis contexts Aligned with the overall learning objective (i)
Muhammad Al-Abri. (Associate Dean of Student Affairs, Sultan Qaboos University, Oman)	2.20 PM - 2.40 PM	Presentation 5: The Relationship between Religious Coping Strategies for Psychological Stress and Psychological Well-being in Light of Selected Variables among Sultan Qaboos University (AR)		Learning Objective: Incorporate assessment of religious coping into support planning for students/young adults in a culturally responsive manner. Aligned with the overall learning objective (i)
	2.40 PM - 2.50 PM	Interactive panel discussion	Moderated interactive panel discussion with all speakers.	
	2.50 PM - 3.30 PM	ASR PRAYER AND COFFEE BREAK		
Moderator: Dr. Vahdet Görmez (Professor of Child and Adolescent Psychiatry, HBKU, Qatar)	3.30 PM - 5.00 PM	Panel 3 - Populations and Settings	15-minute expert-led presentation, 5-minute facilitated Q&A session.	
Ayman Al-Hosainey. (Assistant Professor of Psychiatry, Damietta Faculty of Medicine - Al-Azhar University, Egypt)	3.30 PM - 3.50 PM	Presentation 1: An Islamically Oriented Cognitive Behavioral Model for Addictive Behavior (EN)		Learning Objective: Integrate Islamically congruent CBT principles into a formulation or relapse-prevention plan for addictive behavior. Aligned with the overall learning objective (ii)
Tuğana Gültekin. (Psychotherapist, IPAM - Ibn Haldun University Psychotherapy Research Center, Türkiye)	3.50 PM - 4.10 PM	Presentation 2: A systematic review of Islamically integrated couple therapy for Muslim couples (EN)		Learning Objective: Select an evidence-informed, Islamically integrated couple therapy approach aligned with client needs and values. Aligned with the overall learning objective (ii)
Areej Al Siaghy. (Child and Adolescent Psychiatrist, Institute of Living, Hartford Healthcare, USA)	4.10 PM - 4.30 PM	Presentation 3: Integrating Islamic Cultural Identity and Spirituality in Child and Adolescent Psychiatry: Applying the DSM-5 Cultural Formulation Interview in the Middle East (EN)		Learning Objective: Use culturally responsive interviewing to integrate Islamic identity/spirituality into child/adolescent case formulation. Aligned with the overall learning objective (ii)

Merve Özdenler, (Clinical Psychologist, Program Manager, The Children of Earth Association-YEÇED, Türkiye) & Başak Demirci Kaplan, (Research Assistant, Hasan Kalyoncu University, Türkiye)	4.30 PM - 4.50 PM	Presentation 4: An Islamic Psychology-Based Approach to School Counseling in Crisis Contexts: Trauma-Sensitive Schools of Earth Model (TSSE-M) (EN)		Learning Objective: Apply trauma-sensitive, Islamically grounded school counseling principles to a practical support or referral decision in a crisis context. Aligned with the overall learning objective (ii)
	4.50 PM - 5.00 PM	Interactive panel discussion	Moderated an interactive panel discussion with all speakers.	
	5.00 PM - 5.10 PM	Post evaluation	9 MCQs for Panels 1, 2, and 3	
	8.20 AM - 2.40 PM	DAY 2 5 February 2026		
	8.20 AM - 8.30 AM	Pre evaluation	9 MCQs for Panels 4, 5, and 6	
Moderator: Seyyed Jamaluddin Miri (Director of ISIP, Qatar)	8.30 AM - 10.20 AM	Panel 4 - Innovative Spaces (Educational Initiatives, AI, Architecture)	15-minute expert-led presentation, 5-minute facilitated Q&A session.	
Khaleel Kassim (Director & Mental Health Consultant, Eclectic House, UK)	8.30 AM - 8.50 AM	Presentation 1: Future Directions for Islamic Psychology Research & Clinical Practice (EN)		Learning Objective: Identify a priority direction for the field and outline one practical step to advance it within its context. Aligned with the overall learning objective (iii)
Hanan Dover (Lecturer, Charles Sturt University, Australia)	8.50 AM - 9.10 AM	Presentation 2: Faith-responsive Employee Assistance Programs (EAP) grounded in Islamic Psychology: The Afiya EAP Model (EN)		Learning Objective: Identify key implementation and evaluation considerations for a faith-responsive EAP in organizational settings. Aligned with the overall learning objective (iii)
Sarah Mohamed Yassin (Researcher, HBKU, Qatar)	9.10 AM - 9.30 AM	Presentation 3: The alchemy of space and spirit: Bimaristan and integrating Islamic healing traditions into mental health services (EN)		Learning Objective: Identify how therapeutic space and service design can support spiritually integrated mental health care in culturally congruent ways. Aligned with the overall learning objective (iii)
Junaid Qadir (Professor, QU, Qatar)	9.30 AM - 9.50 AM	Presentation 4:		Learning Objective: Evaluate appropriate use and safeguards for generative AI in spiritually integrated mental health services.

		Integrating Islamic Spirituality and Generative AI in Mental Health: Promise, Pitfalls, and Pathways Forward (EN)		Aligned with the overall learning objective (iii)
Guled Abdulle (Manager, Don't Waste Quality Organization, Amsterdam)	9.50 AM - 10.10 AM	Presentation 5: Usul al-Nafs: A Foundational Framework for Imam Training and Awqaf-Based Mental Health Pathway (EN)		Learning Objective: Outline a role-appropriate collaboration and referral pathway between imams and clinicians to support safe, culturally congruent care. Aligned with the overall learning objective (iii)
	10.10 AM - 10.20 AM	Interactive panel discussion	Moderated interactive panel discussion with all speakers.	
Moderator: Roaa Moustafa Ahmed (M.A. Psychologist, Amna Medical Center, Qatar)	10.20 AM - 11.50 AM	Panel 5 - Patient and Clinician Perspectives	15-minute expert-led presentation, 5-minute facilitated Q&A session.	
Hala Martini (Academic Counselor, Ajman University, UAE) & Rasha Abdelrahman, (Head of the Psychology Department, Ajman University, UAE)	10.20 AM - 10.40 AM	Presentation 1: Attitudes toward Islamically-Oriented Psychotherapy among University Students in the UAE (AR)		Learning Objective: Apply stigma-reducing, culturally sensitive communication strategies to support engagement with Islamically integrated psychotherapy. Aligned with the overall learning objective (iii)
Suhaila Ghuloum (Senior Consultant Psychiatrist, HMC, Qatar)	10.40 AM - 11.00 AM	Presentation 2: Patient Perception of Spirituality and Mental Health: Clinical Challenges from a Psychiatrist's Perspective (EN)		Learning Objective: Use a patient-centered approach to elicit spiritual preferences and integrate them appropriately into care planning. Aligned with the overall learning objective (iii)
Hamed Al-Sinawi (Senior consultant psychiatrist, Sultan Qaboos University Hospital, Oman)	11.00 AM - 11.20 AM	Presentation 3: Ethical Dilemmas in Mental Health: From an Islamic Perspective (EN)		Learning Objective: Apply an Islamic ethical lens alongside professional ethics to guide decision-making in a common clinical dilemma. Aligned with the overall learning objective (iii)
Tamim Mobayed (PhD student at the University of Oxford, England)	11.20 AM - 11.40 AM	Presentation 4: Is Nudging for Better Mental Health Ethical? An Islamic Perspective (EN)		Learning Objective: Design a feasible, Islamically grounded strategy informed by behavioral science to reduce barriers to help-seeking. Aligned with the overall learning objective (iii)

	11.40 AM - 11.50 AM	Interactive panel discussion	Moderated an interactive panel discussion with all speakers.	
	11.50 AM - 12.30 PM	DHUHR PRAYER AND LUNCH		
Moderator: Omar Mahmood (Assistant Professor, Psychological Science and Neuropsychology, HBKU, Qatar)	12.30 PM - 2.30 PM	Panel 6 - Frameworks and Approaches to Clinical Care	15-minute expert-led presentation, 5-minute facilitated Q&A session.	
Shaikha Dr. Hessa al-Thani (Assistant Professor, QU, Qatar)	12.30 PM - 12.50 PM	Presentation 1: Integrating collective resiliency towards a holistic approach of alhayat altayyiba: young adults in Qatar (EN)		Learning Objective: Incorporate Al-Hayat Al-Tayyiba–informed resilience concepts into strengths-based goal setting with young adults. Aligned with the overall learning objective (ii)
Shaikh Faisal Aloshari (Counselor, BHC, Qatar) & Mohammed Omar Salem (Consultant Psychiatrist, Al-Ahli Hospital, Qatar)	12.50 PM - 1.10 PM	Presentation 2: The Spiritually Focused Assistance (SFA) Programme: An Islamic Protocol for Religiously Integrated Cognitive Behavioral Therapy (AR)		Learning Objective: Identify an appropriate way to incorporate a religiously integrated CBT protocol into treatment planning while maintaining clinical safety and boundaries. Aligned with the overall learning objective (ii)
Mohammed Al-Shami (Consultant Psychiatrist, Shezlong, Egypt)	1.10 PM - 1.30 PM	Presentation 3: The Role of Religious Therapy in Treating Mental Disorders (EN)		Learning Objective: Evaluate when religious therapy integration is clinically appropriate and ethically justified within mental health practice. Aligned with the overall learning objective (ii)
Sultan Albrahim (Consultant Psychiatrist, Naufar, Qatar)	1.30 PM - 1.50 PM	Presentation 4: Beyond the Diagnosis: Applying the Biopsychosocial-Spiritual Model in Clinical Practice (EN)		Learning Objective: Develop a biopsychosocial-spiritual formulation that integrates spiritual resources and stressors into an intervention plan. Aligned with the overall learning objective (ii)
Ajetunmobi Umar (Researcher, University of Kansas, USA)	1.50 PM - 2.10 PM	Presentation 5: Health-Seeking at the Margins: Jinn Possession, Stigma, and Therapeutic Pathways in Africa-Arab Shared Traditions (EN)		Learning Objective: Propose a culturally respectful engagement approach that addresses explanatory models (e.g., jinn beliefs) and supports continuity of care. Aligned with the overall learning objective (ii)
	2.10 PM - 2.20 PM	Interactive panel discussion	Moderated an interactive panel discussion with all speakers.	

	2.20 PM - 2.30 PM	Concluding remarks	Concluding reflections for synthesizing key themes and future directions.	
	2.30 PM - 2.40 PM	Post evaluation	9 MCQs for Panels 4, 5, and 6	

Interactive Time Statement:

This program ensures approximately 30% of total educational time is allocated to interactive learning formats, with around 200 minutes out of 620 total minutes dedicated to moderated Q&A sessions and panel discussions.

Language & Accessibility:

Simultaneous English–Arabic interpretation will be provided throughout all sessions.

***Ensure at least 25 % of total educational time is allocated to interactive learning formats (case discussions, polls, simulations, or Q&A).**

***Each speaker/facilitator must complete a Conflict of Interest (COI) declaration form.**

***Ensure the Scientific Planning Committee (SPC) has reviewed all disclosed financial relationships of speakers, moderators, facilitators, and/or authors in advance of this CPD activity and has implemented procedures to manage any potential or real conflicts of interest.**

***“This activity is an Accredited Group Learning Activity (Category 1) as defined by the Ministry of Public Health’s Department of Healthcare Professions – Accreditation Section and is approved for a maximum 10.5 hours.”**

***“CPD-HP (QU Health) is accredited by the Ministry of Public Health’s Department of Healthcare Professions – Accreditation Section (DHP-AS) as a provider of continuing professional development.”**