TCS Presents:

**Introducing Traditional Islamically Integrated Psychotherapy (TIIP): Foundations of an Islamic Orientation to Psychotherapy**

**Program Offers 1.5 APA CEs for Psychologists, and 1.5 BBS California CEUs for LPCCs, LPSW, and LMFTs**

Webinar was recorded via Zoom on October 29th, 2020

**Workshop Description:**

This presentation provides an overview of Traditional Islamically Integrated Psychotherapy (TIIP) which is a therapeutic framework that is an ever-evolving modality of psychological treatment originally published by Keshavarzi, H & Haque, A in 2013. Since then, there has been further research directed at developing this framework. TIIP is the culmination of research on psychological treatment conducted by interdisciplinary teams consisting of dually trained professionals and Islamic scholars. The TIIP model offers a framework for integrating contemporary behavioral science into an inherently Islamic framework. The foundations of this model are rooted in an Islamic epistemological and ontological framework.

The practice applications of this model are of two types of interventional techniques: 1) inherently Islamic approaches of psychotherapy inspired by the Qur’an, Prophetic Tradition and the traditions of the scholars particularly of the spiritual sciences such as contemplation, supplications etc. and 2) adaptation and integration of established mainstream interventions that are consistent with the foundations and principles of Traditional Islamically Integrated Psychotherapy (TIIP).

This approach is not a strictly regimented or manualized therapeutic modality but rather provides general theoretical directions and insights on integrating the Islamic spiritual tradition into psychotherapeutic practice. It provides a framework that allows for an integration that is rooted in the Islamic tradition and is growing model of care that is continuously developing through ongoing interdisciplinary research.

In this presentation, the foundations of TIIP will be provided outlining its assumptions about health/pathology, human drives, elements of the human psyche, the principles and mechanisms of psychological change. Specific case applications will be provided as an illustration of its clinical applicability.

**Learning Objectives:**

-Demonstrate a stronger understanding of Muslim culture and the Islamic faith and be able to utilize this information to provide more culturally competent psychotherapy.

-Assess the applicability of certain therapeutic interventions or modalities in their suitability for Muslim populations

-Integrate Islamic spiritual concepts into psychotherapy.

-Provide psychotherapy to Muslim patients within an Islamic context

-Be familiar with Islamic concepts, culture and Islamic scholarly contributions to human psychology

-Learn how to adapt mainstream behavioral health interventions within an Islamically integrative framework

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

-Conceptualize patients according to TIIP and construct corresponding treatment plans designed to reinforce the TIIP core principles of change

**Professional Bio of Hooman Keshavarzi, Psy.D**, Executive Director Khalil Center and Assistant professor at Ibn Haldun University

Hooman Keshavarzi, Psy.D is a licensed as a psychotherapist in the state of Illinois, he holds a Doctorate of Clinical Psychology, a Masters of Clinical Psychology and a Bachelors of Science – specialist psychology track/minor in Islamic Studies. He is currently a visiting scholar for Ibn Haldun University (Istanbul, Turkey), Adjunct Professor at American Islamic College, Hartford Seminary, instructor of psychology at Islamic Online University and founding director of Khalil Center – the first Islamically oriented professional community mental wellness center and largest provider of Muslim mental healthcare in the US. He is also a fellow at the Institute for Social Policy and Understanding at the Global Health Center, conducting research on topics related to Muslims and Mental Health. Hooman Keshavarzi is an international public speaker and trainer currently serving as a Clinical supervisor of graduate students of clinical psychology at the Village of Hoffman Estates (DHS). He also delivers seminars on specialized topics around multiculturalism and psychology.

In addition to his academic training, Hooman Keshavarzi has studied Islamic theology both formally and informally. He is a student of Shaykh Muhammad Zakariya from Toronto, Canada, where he attended his hadith and spiritual discourses for a number of years. After moving to Chicago, he studied informally with Shaykh Azeemuddin Ahmed, later formally enrolling in Darussalam Academy for 4 years. During this time he also did some specialized coursework with Shaykh Amin Kholwadia in Islamic counseling. He then transferred to Darul Qasim where he is continuing his higher Islamic education.

**Program Standards and Goals**

This program meets APA’s continuing education Standard 1.1: Program content focuses on application of psychological assessment and/or intervention methods that have overall consistent and credible empirical support in the contemporary peer reviewed scientific literature beyond those publications and other types of communications devoted primarily to the promotion of the approach.

This program meets APA’s continuing education GOAL 1: Program is relevant to psychological practice, education, and/or science.

**Registration and Fees:**

Free

**Refund Policy:**100% of tuition is refundable up to 48 hours before the program. Within 48 hours of the program, tuition is nonrefundable.

**References:**

1. 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*

1. 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

1. 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.

1. Keshavarzi, H & Haque, A. (2013). Outlining a psychotherapy model for enhancing Muslim

mental health in an Islamic context. *International Journal for the Psychology of Religion*.

1. 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.

 **CONTINUING EDUCATION:**

**Target Audience**: Any mental health or heath care practitioner engaged in therapeutic care and interested in furthering the discussion about evidence-based practice. Graduate students are welcome.

**Psychologists.** This program, when attended in its entirety, is available for 1.5 continuing education credits. The Chicago School of Professional Psychology is committed to accessibility and non-discrimination in its continuing education activities. The Chicago School of Professional Psychology is also committed to conducting all activities in conformity with the American Psychological Association’s Ethical Principles for Psychologists. Participants are asked to be aware of the need for privacy and confidentiality throughout the program. If program content becomes stressful, participants are encouraged to process these feelings during discussion periods. If participants have special needs, we will attempt to accommodate them. Please address questions, concerns and any complaints to Danielle Bohrer at 312-467-2364. There is no commercial support for this program nor are there any relationships between the CE Sponsor, presenting organization, presenter, program content, research, grants, or other funding that could reasonably be construed as conflicts of interest.

**MFTs, LPCCs, and LCSWs**. Course meets the qualifications for 1.5 hour of continuing education credit for MFTs, LPCCs, and/or LCSWs as required by the California Board of Behavioral Sciences. *If you are licensed outside of California please check with your local licensing agency to to determine if they will accept these CEUs.* The Chicago School of Professional Psychology is approved by the California Board of Behavioral Sciences (BBS) to offer continuing education programming for MFTs, LPCCs, LEPs, and/or LCSWs. The Chicago School of Professional Psychology is an accredited or approved postsecondary institution that meets the requirements set forth in Sections 4980.54(f)(1), 4989.34, 4996.22(d)(1), or 4999.76(d) of the Code.

**Other Non Psychologists**. Most licensing boards accept Continuing Education Credits sponsored by the American Psychological Association but non-psychologists are recommended to consult with their specific state-licensing board to ensure that APA-sponsored CE is acceptable.

**Participation Certificate.** The Chicago School of Professional Psychology is able to provide students and other participants who simply wish to have documentation of their attendance at the program a participation certificate.

***\*Participants must attend 100% of the program in order to obtain a Certificate of Attendance.***

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