TCS Presents:

**The Role of Dreams in Islamically Integrated Mental Health Practice**

**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 November 12th, 2020

**Workshop Description:**

While modern psychology considers dreams to be the royal road inwards into one's preoccupations, intrapsychic conflicts, and the unconscious, Islamic scholars have additionally viewed dreams to be a royal road outward into the realm of spiritual inspiration and prophecy. Despite a significant amount of attention afforded to dreams in earlier psychological literature, dreams have become an endangered species in the mainstream practice of psychiatry and clinical psychology.

In an attempt to address this gap in clinical practice, the presenter will start by providing an overview of the different theories on the role of dreams on human psychology, including psychodynamic, neurobiological, evolutionary theories among others. Presenters will then provide a foundational account of the study of dreams in Islamic literature and intellectual heritage. They will also shed light on the profound tradition of dream interpretation (' *ilm al-ta'bir)* established by Muslim scholars. Following this theoretical foundation, the presenter will discuss clinical applications of dreamwork within an Islamically integrated model of psychotherapy. The clinical tools provided for clinicians in this presentation include a toolkit for dream interpretation, utilization of "healing dreams" in practice, navigating through nightmares, understanding the connection between dreams and *supplications,* providing psychoeducation about dreams, and understanding the connection between dreams, psychopathology, and psychopharmacology.

**Learning Objectives:**

-Recognize the clinical relevance and significance of assessing clients’ dreams.

-Integrate dreamwork interventions into psychotherapy.

-Assess the potential connection between psychopathology, psychopharmacology and dreams.

-Be able to integrate Islamic spiritual concepts on dreams into psychotherapy.

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

**Professional Bio of Khalid Elzamzamy, MD, MA** in Islamic studies, Faculty, Khalil Center

Dr. Khalid Elzamzamy, MD, MA is a Clinical Fellow in Child and Adolescent Psychiatry at Hamad Medical Corporation, Qatar, where he completed his psychiatry residency training. He holds a Master’s Degree in Islamic Thought and Applied Ethics from Hamad Bin Khalifa University, Qatar. He serves as a Research Fellow at the Family and Youth Institute (www.thefyi.org).

**Professional Bio of Fahad Khan, Psy.D,** Deputy Director & Clinical Psychologist, Khalil Center

Fahad Khan, Psy.D is a Licensed Clinical Psychologist with a Doctorate in Clinical Psychology and a Masters degree in Biomedical Sciences.  He is also a Hafiz of the Qur’an (having committed the entire Qur’an to memory) and has studied Islamic studies with various scholars in the Muslim world and the US. He is currently a student at Darul Qasim continuing his Arabic and Islamic studies under the supervision of Sh. Amin Kholwadia. He is a faculty member at Concordia University Chicago and College of DuPage.  He has conducted numerous research studies and has published book chapters and articles on Traditional Islamically-Integrated Psychotherapy (TIIP), help-seeking attitudes of Muslim Americans as well as the effects of Acculturation & Religiosity on Psychological Distress. He is a fellow of the International Association of Islamic Psychology and serves as an editor for the Journal of Muslim Mental Health.

**Program Standards and Goals**

This program meets APA’s continuing education Standard 1.3: Program content focuses on topics related to psychological practice, education, or research *other than* application of psychological assessment and/or intervention methods that are supported by contemporary scholarship grounded in established research procedures.

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. Elzamzamy, K. & Salem, M. O. (2020). Dreams and their role in Islamically integrated

mental health practice. In H. Keshavarzi, F. Khan, Ali. B & R. Awaad. *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. Salem, M. O. (2010). Function of dreams: An integrated approach. *Journal of the Islamic Medical Association of North America,* 42(1)
2. Salem, M. O. (2012) Islam and Dreams. In Barrett, D., & McNamara, P. (2012). *Encyclopedia of sleep and dreams: the evolution, function, nature, and mysteries of slumber* (Vol. 1). ABC-CLIO.

**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.***

The Chicago School of Professional Psychology is approved by the American Psychological Association to sponsor continuing education for psychologists. The Chicago School of Professional Psychology maintains responsibility for this program and its content.

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