

**One Week Online Orientation Program on
Islamic Counselling and Psychotherapy**

**Organized By
Institute of Objective Studies, Aligarh Chapter.
Opposite Akbar Market, Medical Road, Aligarh.**

Dates: 16-09-2020 to 22-09-2020

For Registration Participants May Contact to:

**Dr. Mohd. Serajuddin Ahmad
Mobile No. +91-7055993320
E-mail: ios_mseraj@yahoo.com**

Registration Fee: Rs. 500/-

**One Week Online Orientation Program on
Islamic Counselling and Psychotherapy
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Institute of Objective Studies, Aligarh Chapter.**

Dates: 16-09-2020 to 22-09-2020

Resource Persons:

Professor Akbar Husain

Department of Psychology
Aligarh Muslim University, Aligarh.

Dr. Shah Mohd. Khan

Associate Professor
Department of Psychology
Aligarh Muslim University, Aligarh.

Dr. Mustafa Nadeem Kirmani

Associate Professor
Amity Institute of Clinical Psychology
Amity University Haryana

Dr. Fauzia Nazam

Assistant Professor
Psychology Section, Women's College
Aligarh Muslim University, Aligarh

S.N.	Time	Date	Venue	Topics
1	12:30-1:00 p.m.	16-09-2020		Inaugural Session
2	2:00 p.m.-3.00 p.m	16-09-2020	-do-	What is Counselling?
3	4:15-5:15 p.m.	16-09-2020	-do-	Basic Counselling Skills
4	2:00-3.00 p.m.	17-09-2020	-do-	Islamic Counselling
5	4:15-5:15 p.m.	17-09-2020	-do-	Process of Islamic Counselling
6	2:00-3:00p.m.	18-09-2020	-do-	Assessment of Clients
7	4.15-5.15 p.m.	18-09-2020	-do-	Assessment of Clients
8	2:00-3:00 p.m.	19-09-2020	-do-	Islamic Psychotherapy
9	4:15-5:15 p.m.	19-09-2020	-do-	Islamic Psychotherapy
10	11:00 a. m-12.00 noon	20-09-2020	-do-	Counselling Interventions
11	12.10 -:1.10 p.m.	20-09-2020	-do-	Counselling Interventions
12	2:00-3:00 p.m.	21-09-2020	-do-	Quranic Therapy
13	4.15 -5:15 p.m.	21-09-2020	-do-	Quranic Therapy
14	2.00-3.00:p.m.	22-09-2020	-do-	Islamic Counselling
15	4.15- 5.15 p.m.	22-09-2020	-do-	Islamic Counselling
16	5.20 -5.45 p.m.	22-09-2020	-do-	Valedictory Session

ONE WEEK ONLINE ORIENTATION PROGRAM
ON
ISLAMIC COUNSELING AND PSYCHOTHERAPY
Venue: Institute of Objective Studies, Aligarh.

Islamic Counselling is an integrated therapeutic intervention which is based on the Quran, hadith, Islamic practices (Sunnah) and cultivation of Islamic values. Islamic counselling is about the consciousness, awareness of God by the means of the counselling process. Islamic counselling is based on an integrated framework guided by the principles of Islamic belief and practices. Through religious practices like prayer, recitation of the Holy Quran, forgiveness, repentance (taubah), faith, pilgrimage and spiritual support we can cultivate strength and can improve our mental well-being. Thus, understanding in a new way is the need of the hour as it is a means by which people with stereotypical perspective about counselling can actually receive help without having their concerns come in way. Islamic counselling has emphasized upon the core aspects of Islamic teaching that will help an individual to better adapt himself to the demands of the situation and better prepare himself for the affairs of this world and the hereafter.

- Benefits to the Participants**
- The program will benefit to the participants in understanding the basic counselling process in the context of Islamic Psychology.
 - Skill Development
 - Academic progression with multi-phasic benefits to counselors.
 - Manual Islamic Counselling

For Registration Participants may Contact to:

Dr. Mohd. Serajuddin Ahmad

Registration fee: Rs. 500/=

About the Resource Persons



Dr. Akbar Husain is Professor in the Department of Psychology and Dean, Faculty of Social Sciences, Aligarh Muslim University, Aligarh (India). He has more than 39 years of teaching and research experience. His fields of specializations are: Clinical-Health Psychology, Positive-Spiritual Psychology, Counselling Psychology and Islamic & Sufi Psychology. He has authored co-authored and edited 39 books; published 250 papers. He was awarded Sir Syed Innovation Award -2018 Outstanding Researcher of the Year.

Dr. Shah Mohd. Khan is Associate Professor in the Department of Psychology, Aligarh Muslim University, Aligarh. His Field of Specializations are: Data Analytics, HRD, Psychological Testing and Islamic Psychology.

		<p>Dr. Mustafa Nadeem Kirmani is Associate Professor at AMITY Institute of Clinical Psychology, Amity University Hayana, Manesar. He is a trained and licensed Clinical Psychologist having more than 8 years of teaching and professional experience.</p> <p>Dr. Fauzia Nazam is Assistant Professor in Psychology Section Women's College, A.M.U., Aligarh. Her fields of specialization are: Spiritual Psychology, Positive Psychology and Islamic Psychology.</p>
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