



2<sup>nd</sup> International **ONLINE CONFERENCE** on  
**Islamic Psychology** *and*  
**Mental Health**

Online  
**IPMH**  
 2025

## CONFERENCE SCHEDULE

**Sunday, 16th February 2025 | 9:00 AM - 7:15 PM (London, UK)**

TIME BREAKDOWN		TOPIC	SPEAKER
9:00 AM To 10:00 AM	9:00 - 9:10	Welcome	Shaykh Dr Rafaqat Rashid
	9:10 - 9:45	Islamic Psychology: Addressing the psychological needs of Muslims, and the World	Prof Abdur Rasjid Skinner
	9:45 - 10:00	Introduction to Al Balagh Academy	Shaykh Dr Rafaqat Rashid
<b>Bridging Faith and Modern Mental Health: Challenges, Integration, and Spiritual Healing in Islamic Psychology</b>			
10:00 AM To 12:00 PM	10:00 - 10:30	Challenges and Solutions in Islamic Psychology	Professor Dr G.Hussein Rassool
	10:30 - 11:00	Integrating Islamic Teachings with Modern Mental Health Practices	Prof. Dr Muhammad Tahir Khalily
	11:00 - 11:30	Islamic Spirituality and Mental Health: The Role of Faith in Healing	Professor Dr Akbar Hussain
	11:30 - 12:00	Panel Discussion - 1	All Segment Speakers
12:00 - 1:00		Dhuhr Salah Break + Lunch	
<b>Faith-Based Healing and Wellness in Islamic Psychology</b>			
1:00 PM To 3:30 PM	1:00 - 1:30	Islamic Views on Mental Illness and Healing: A Theological and Psychological Approach	Dr Fahad Khan
	1:30 - 2:00	Islamic Psychology and Trauma: Faith-Based Interventions for Healing	Dr Hanan Dover
	2:00 - 2:30	The Application of Islamic Psychology to Achieve Sustainable Healing Using Alternative Therapies for Senior Citizens with Chronic Illnesses	Dr Bibi Jan
	2:30 - 3:00	Panel Discussion - 2	All Segment Speakers
	3:00 - 3:30	Spiritual Interventions & Tazkiyah Therapy	Dr Bagus Riyono
<b>Principles and Practice of Islamic Psychotherapy</b>			
3:30 PM To 6:30 PM	3:30 - 4:00	Principles and Practice of Islamically Modified CBT	Dr Mahdi J. Qasqas
	4:00 - 4:30 Asr Salah Break		
	4:30 - 5:00	Islamic Psychology and Family Therapy: Strengthening Bonds through Faith	Dr Hooman Keshavarzi (Khalil Centre)
	5:00 - 5:30	Islamic Ethics and Mental Health: A Guide for Practitioners	Shaykh Dr Rafaqat Rashid
	5:30 - 6:00 Maghrib Salah Break		
	6:00 - 6:30	Panel Discussion - 3	All Segment Speakers
6:30 PM To 7:15 PM	6:30 - 7:00	Decolonising Psychology Knowledge: A Model for Integrating Islamic Psychology in the Curriculum	Professor Dr G.Hussein Rassool
	7:00 - 7:15	Thanks and Close	Shaykh Dr Rafaqat Rashid

Keynote Speech 

Segment 

Panel Discussion 

Break 