



# Mental Health/Mental Illness and Well Being

## – *An Islamic perspective*

*To help improve Cultural Competency within the Muslim community*

**This course is for non-Muslim professionals who work in the mental health field**

This is a CPD event which hosts a number of workshops facilitated by knowledge experts, in the fields of equality, diversity and inclusion and the purpose of which is to increase the knowledge and skills of clinical staff to working more effectively and inclusively with a range of people. A broad range of clinical staff will be attending. For example, consultant psychologists, psychiatrists, ward managers, community and inpatient mental health and learning disabilities nurses, occupational therapists, health support workers, service and ops managers etc.

**Facilitator: Kaushar Tai**

*Management & Training Consultant and Trainer on Soft Skills including Mental Health and Well being*

**This could be half a day or a full day workshop**

### **Aims of the Workshop**

This workshop will help provide useful and relevant information to those who come across or work with Muslims who are experiencing Mental Health/Mental Illness issues.

Muslims in the UK come from diverse backgrounds and represent the largest minority ethnic community. However, one thing they all have in common is their basic religious beliefs and practices. However, there are many traditional and cultural practices that are sometimes interpreted as religious beliefs. The challenge for the professionals is to decipher what is religion; what is culture; and what is tradition. This is particularly important in the field of mental health and mental illness. The workshop will help explore this.

The workshop will be very much interactive and participatory with plenty of opportunities to ask questions and learning from each other.

### **Learning Outcome - By the end of the session, participants will gain:**

- Increased Islamic Cultural Awareness – Basic beliefs and Practices
- Community & Cultural understanding and attitudes towards mental illness.
- Support and recovery available within the Muslim community.
- What support do people experiencing mental health get from their families and friends?
- The psychological impact on Muslims from Islamophobia – mainly Muslim Youth, and the constant negative portrayal of Islam and Muslims in the media.
- How the Quran can be used as a guide to those suffering from emotional distress and turmoil.
- How to effectively engage and work with Muslim communities and challenge biases or stereotypes held by way of case studies.
- The belief in 'jinn' (spiritual beings), spirit possession and black magic, and whether such beliefs can have harmful consequences for the mental health of Muslims.
- Barriers to accessing mainstream healthcare services.