

The centrality of connection in mental health care provision: insights from the emerging field of Islamic psychology

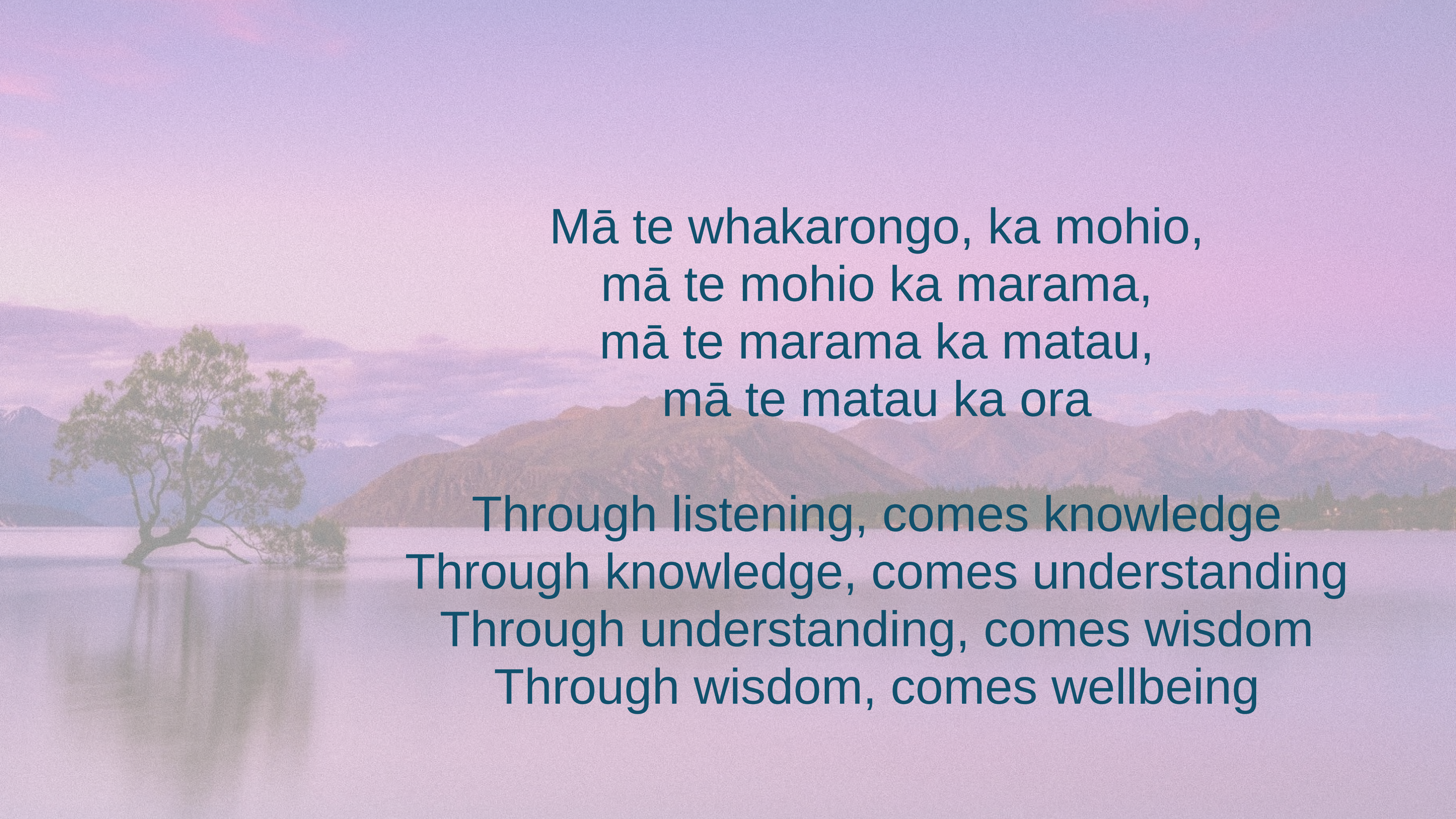
Oevaru Mental Health Conference, 15 October 2023

Dr Shaystah Dean





New Zealand



Mā te whakarongo, ka mohio,
mā te mohio ka marama,
mā te marama ka matau,
mā te matau ka ora

Through listening, comes knowledge
Through knowledge, comes understanding
Through understanding, comes wisdom
Through wisdom, comes wellbeing

Broader concerns

Technological
advances

Climate
change

War &
disasters

Poverty

Dietary
changes

Changes in social
structures

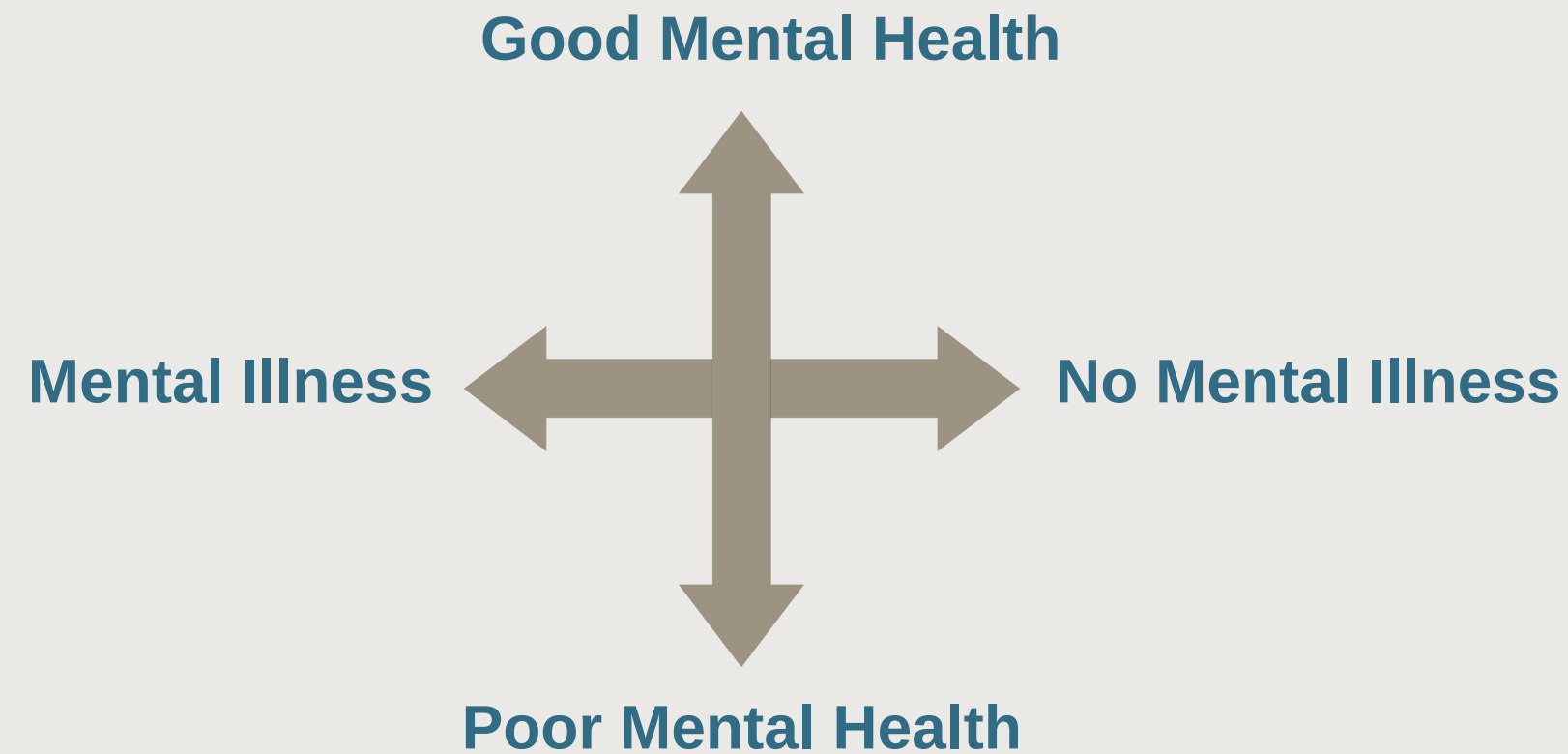
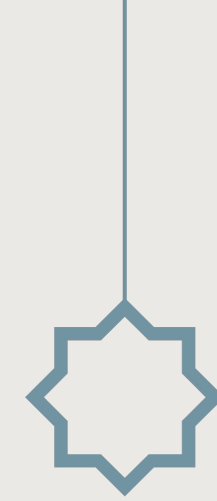


How do we improve outcomes in mental health?

Population mental health and wellbeing

Mental health awareness in community

Address social determinants – public policy and social norms



FIVE WAYS TO WELLBEING

INTRODUCE THESE FIVE SIMPLE STRATEGIES INTO YOUR LIFE & YOU WILL FEEL THE BENEFITS



DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR HOOD



TALK & LISTEN,
BE THERE, FEEL CONNECTED



YOUR TIME, YOUR WORDS, YOUR PRESENCE



REMEMBER THE SIMPLE THINGS
THAT GIVE YOU JOY



EMBRACE NEW EXPERIENCES,
SEE OPPORTUNITIES, SURPRISE YOURSELF

'Back to Basics' in the consult room

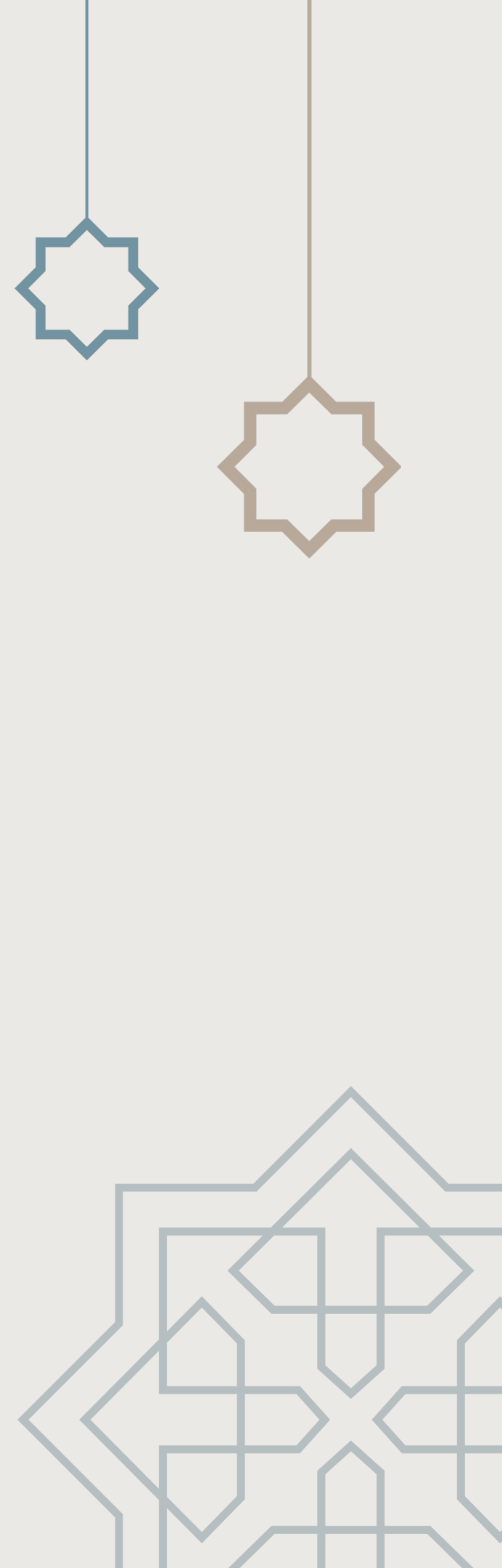
Consider lifestyle factors as foundational for all clients

- Dietary changes
- Sleep
- Nature
- Physical activity



A focus on the therapist

- Self awareness/self care
- Relational element of care
- Holding hope
- Supervision
- Interdisciplinary approach





Where to from here?

The progression of psychology

- Born out of Philosophy
- “First-wave” (e.g. Behaviourism)
- “Second-wave” (e.g. Cognitive model)
- “Third-wave”: (e.g. Acceptance and Commitment Therapy)

....moving towards Integrated health, and Indigenous approaches





Changing your thoughts and behaviour

Clark - CBT



Resolving 'Dialects' and gaining 'synthesis'

Linehan - DBT



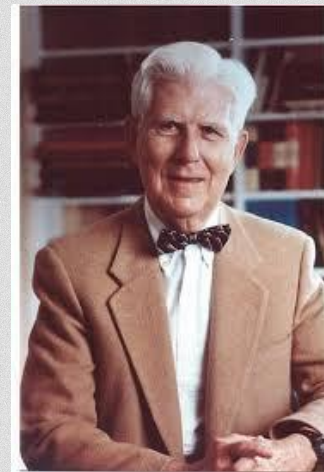
Learning to be present & follow your values

Hayes - ACT



Changing environmental reinforcers

Skinner - Behaviourism



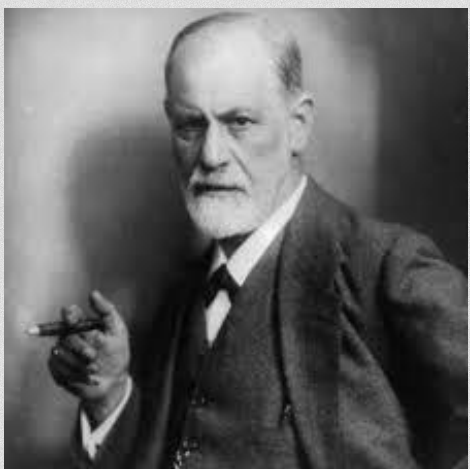
Changing your thoughts

Beck – Cognitive Therapy



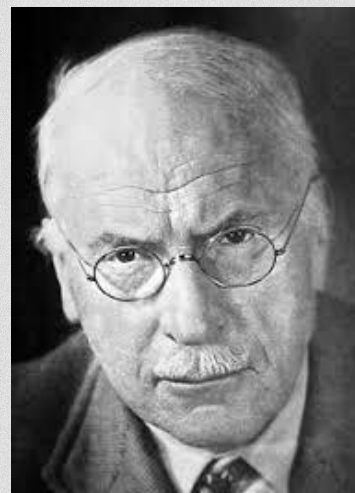
Changing the 'story'

White – Narrative Therapy



Releasing repressed feelings

Freud - Psychoanalysis



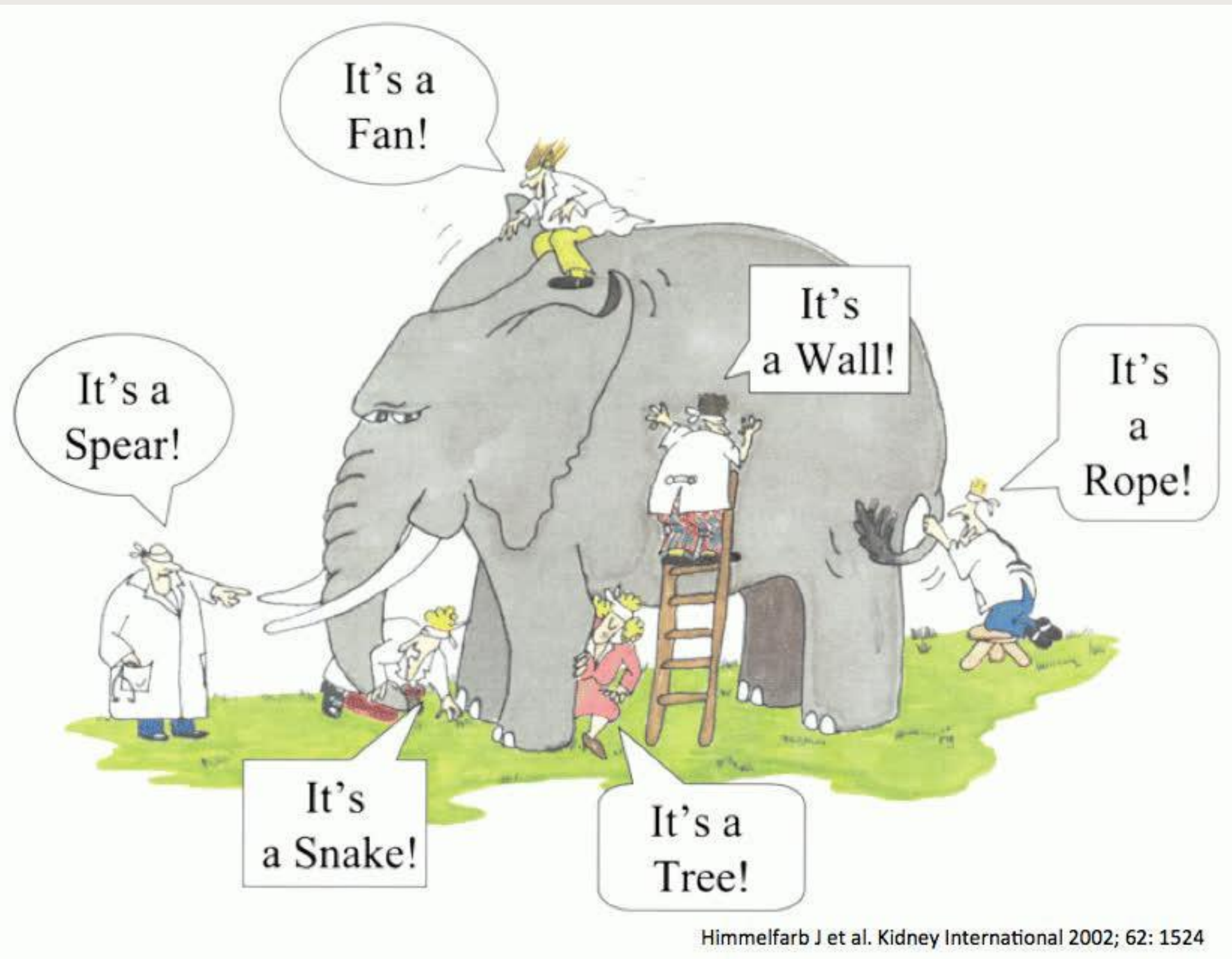
Resolving unconscious conflicts



Jung - Psychoanalysis



Releasing human potential

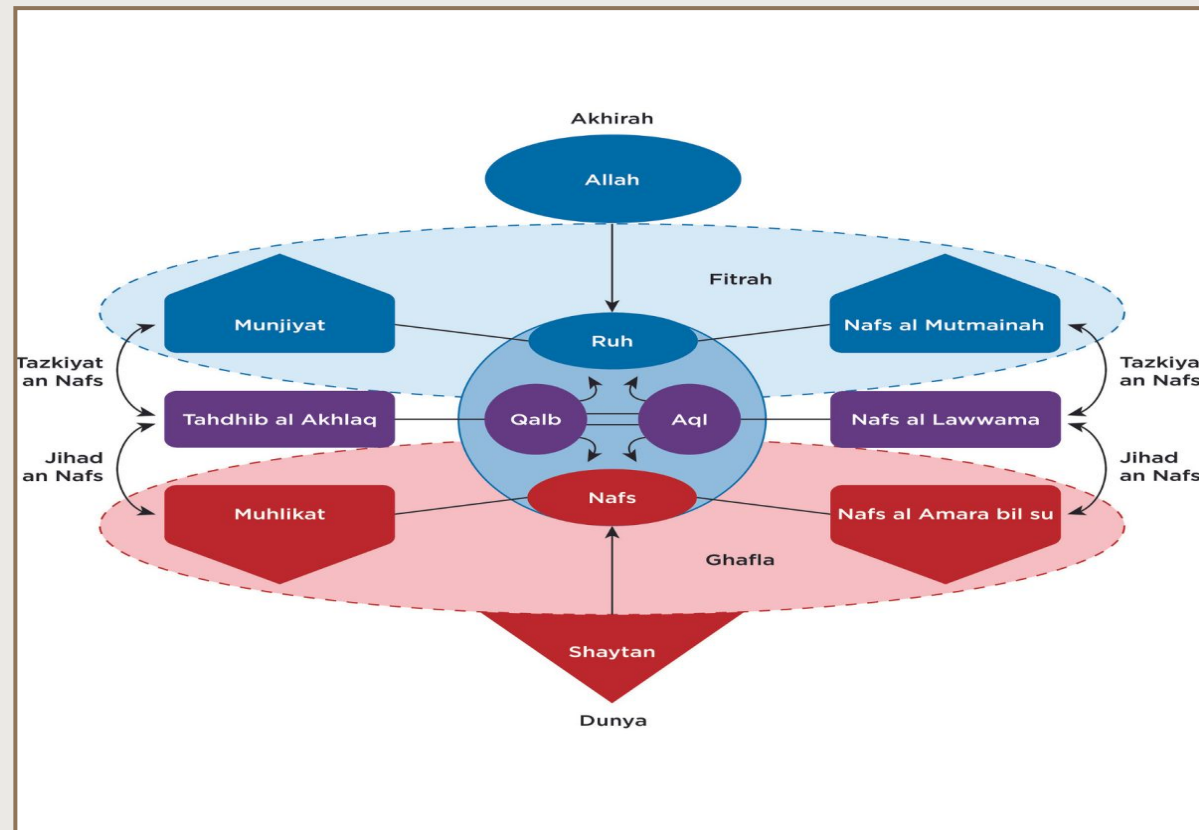
Rogers - Humanistic



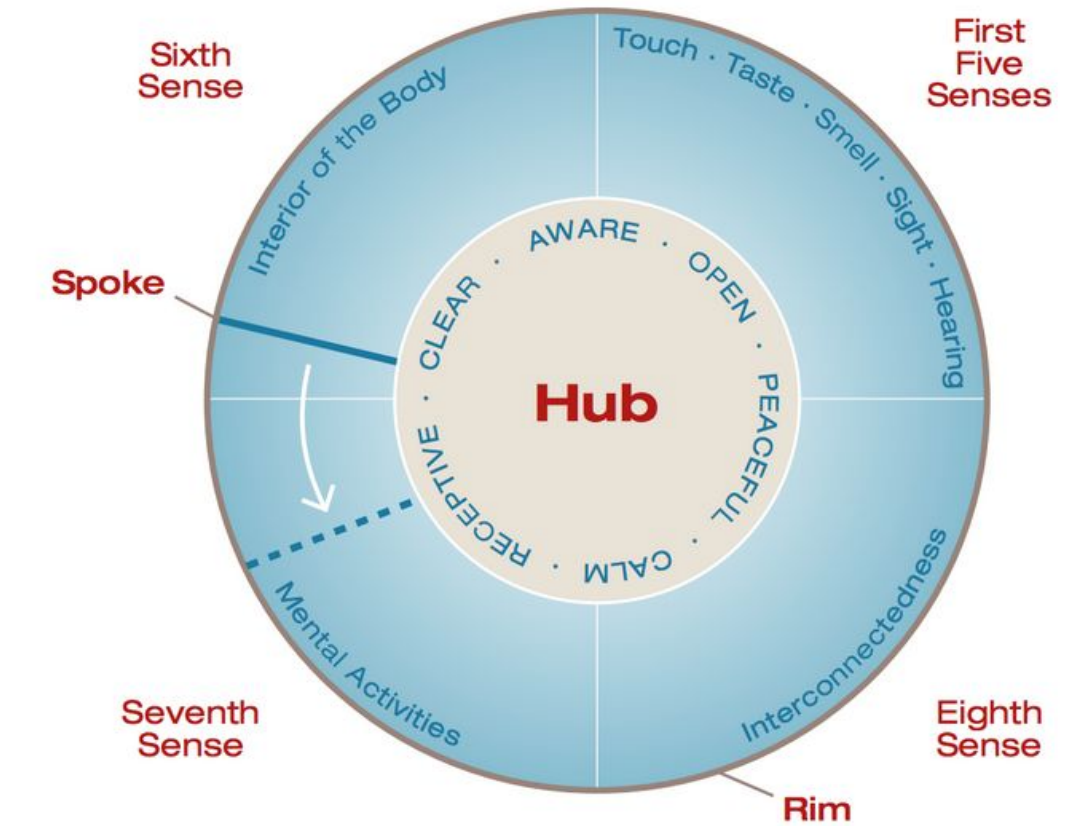


Integrated Health
Interconnectedness
Indigenous

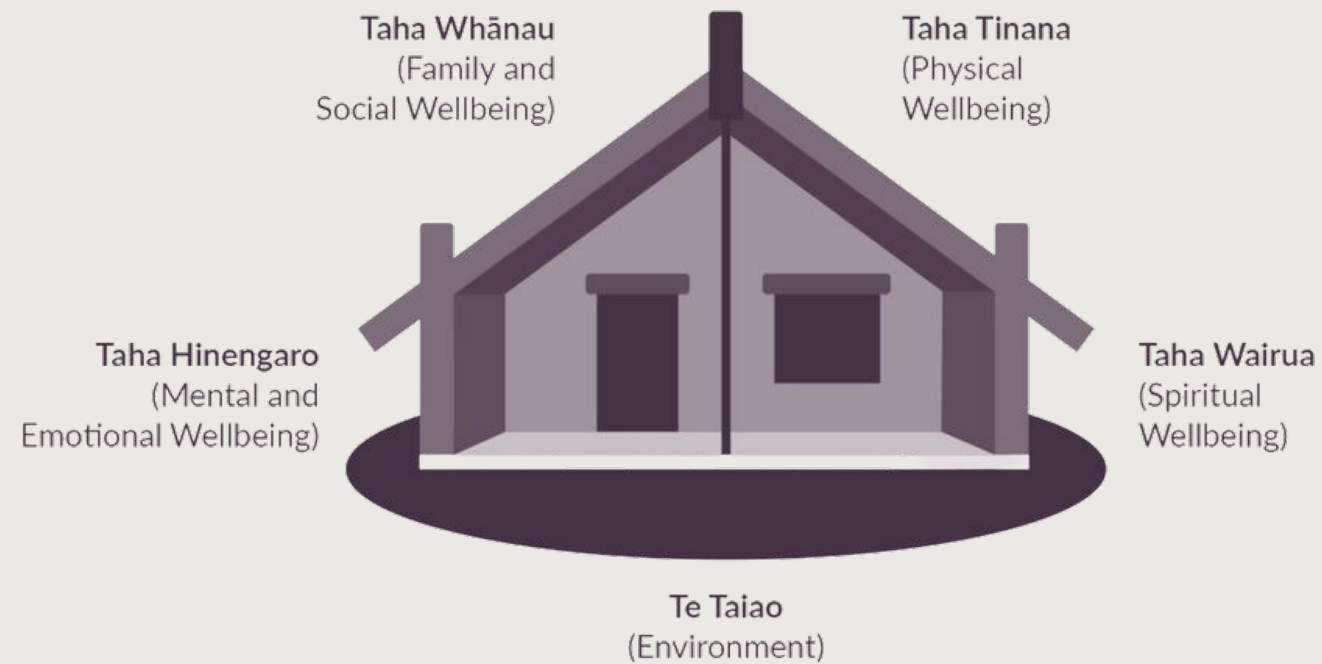
“Health is Integration”



Wheel of Awareness



© 2007, 2014 Mind Your Brain, Inc.

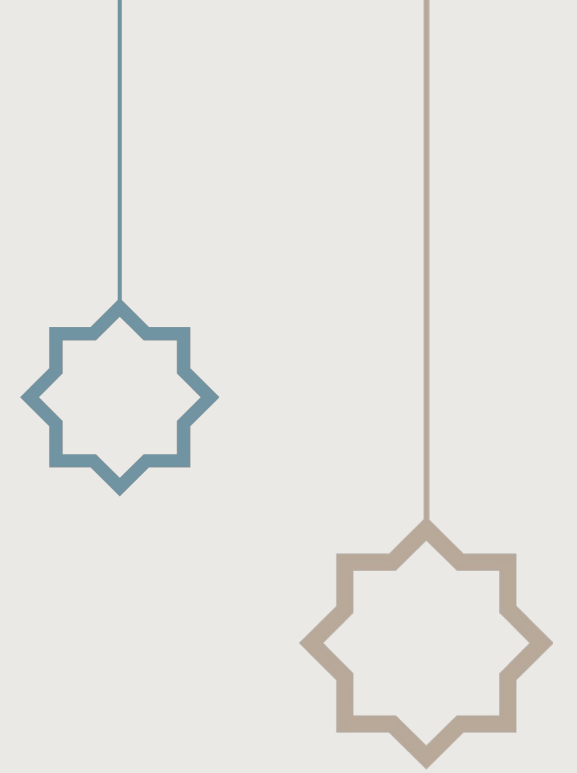


Siegel, D. J. (2019). The mind in psychotherapy: An interpersonal neurobiology framework for understanding and cultivating mental health. *Psychology and Psychotherapy: Theory, Research and Practice*, 92(2), 224-237.

Islamic Psychology

- Grounded in an Islamic understanding of the self
- Ontological continuity
- Centrality of the soul and heart ('psyche')
- Distinct from cultural adaptations of psychotherapy

Aql - Qalb - Nafs - Ruh

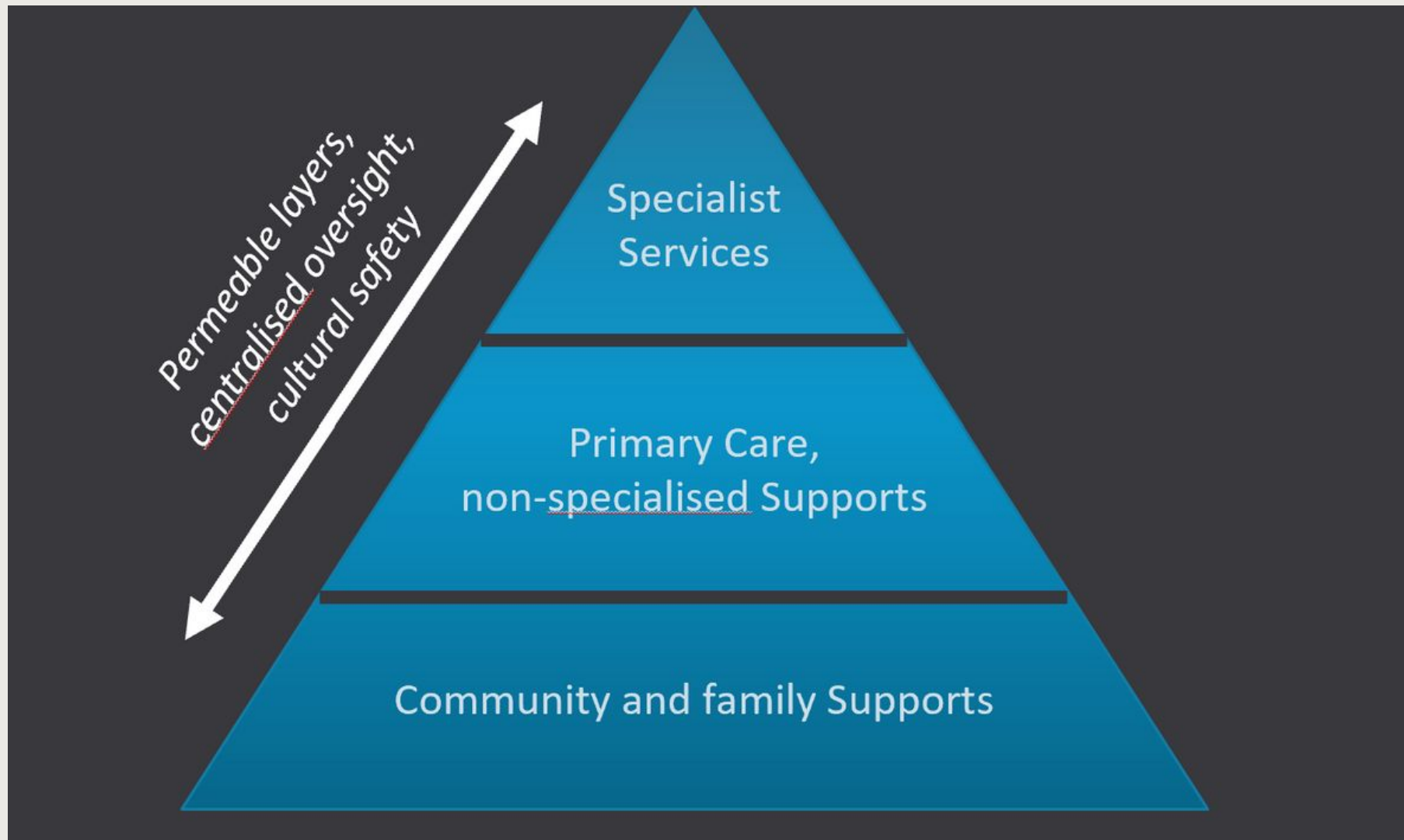




15 March 2019

Reflections on healthcare

access



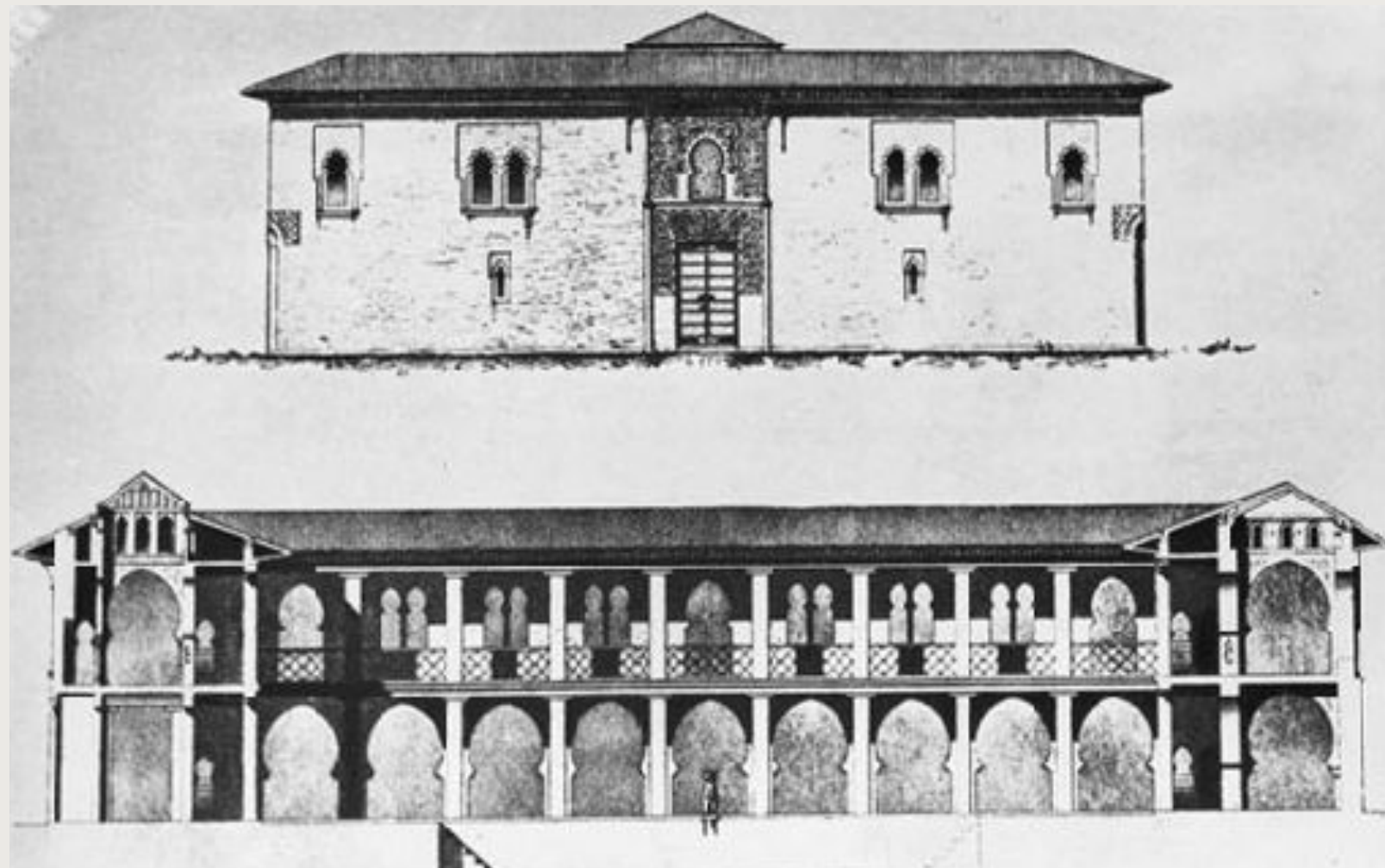
Mental Health Stigma

Somatic complaints

Reliance on Imams

Centrality of faith

Islamic Psychology: An emerging field



> Harv Rev Psychiatry. 2022 Sep-Oct;30(5):323-326. doi: 10.1097/HRP.0000000000000347.

From Alchemy to Psychiatry: A Glimpse into the Ethics and Mental Health Practices of Tenth-Century Muslim Physician Abū Bakr al-Rāzī

Rania Awaad ¹, Yusif Salaam Conn, Nahlah Kolkailah, Heba El-Haddad, Sara Ali, Soraya Fereydooni

> J Affect Disord. 2015 Jul 15;180:185-9. doi: 10.1016/j.jad.2015.03.003. Epub 2015 Mar 19.

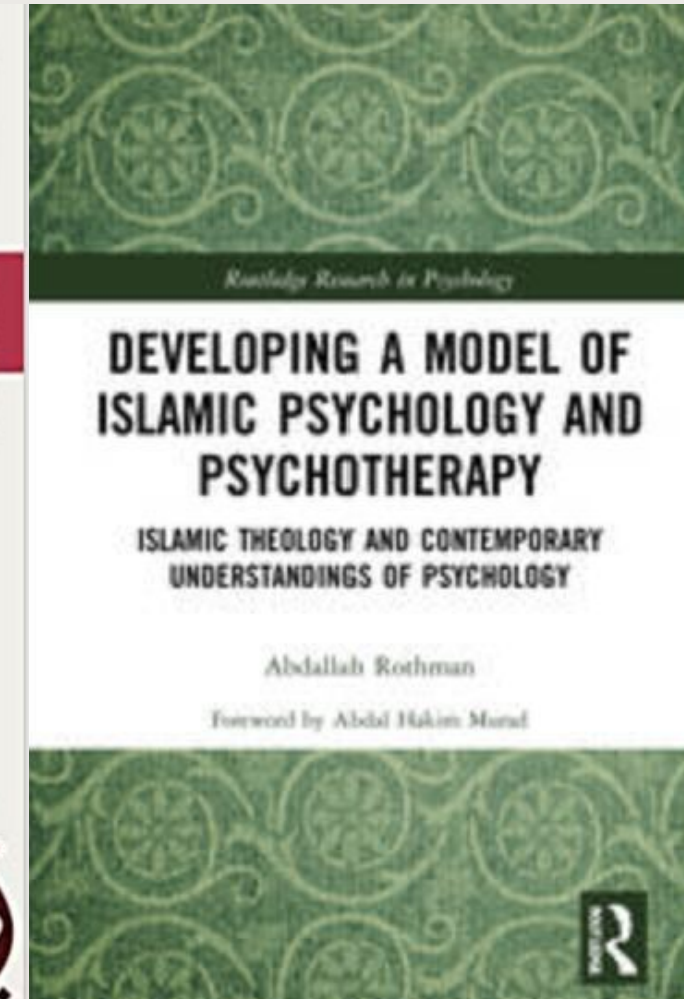
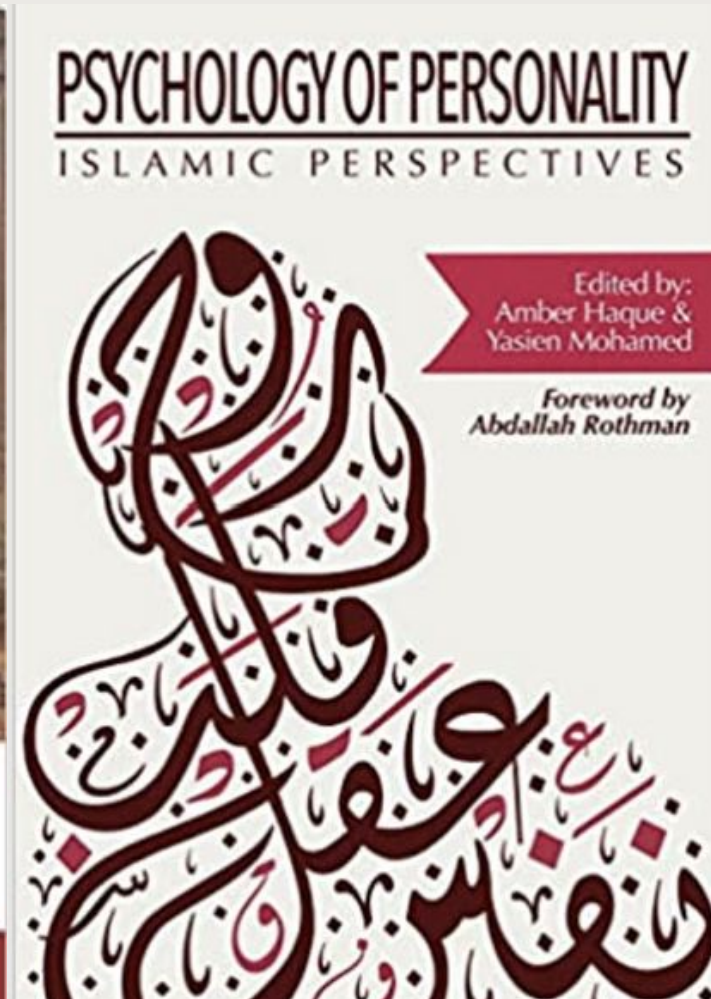
Obsessional Disorders in al-Balkhi's 9th century treatise: Sustenance of the Body and Soul

Rania Awaad ¹, Sara Ali ²



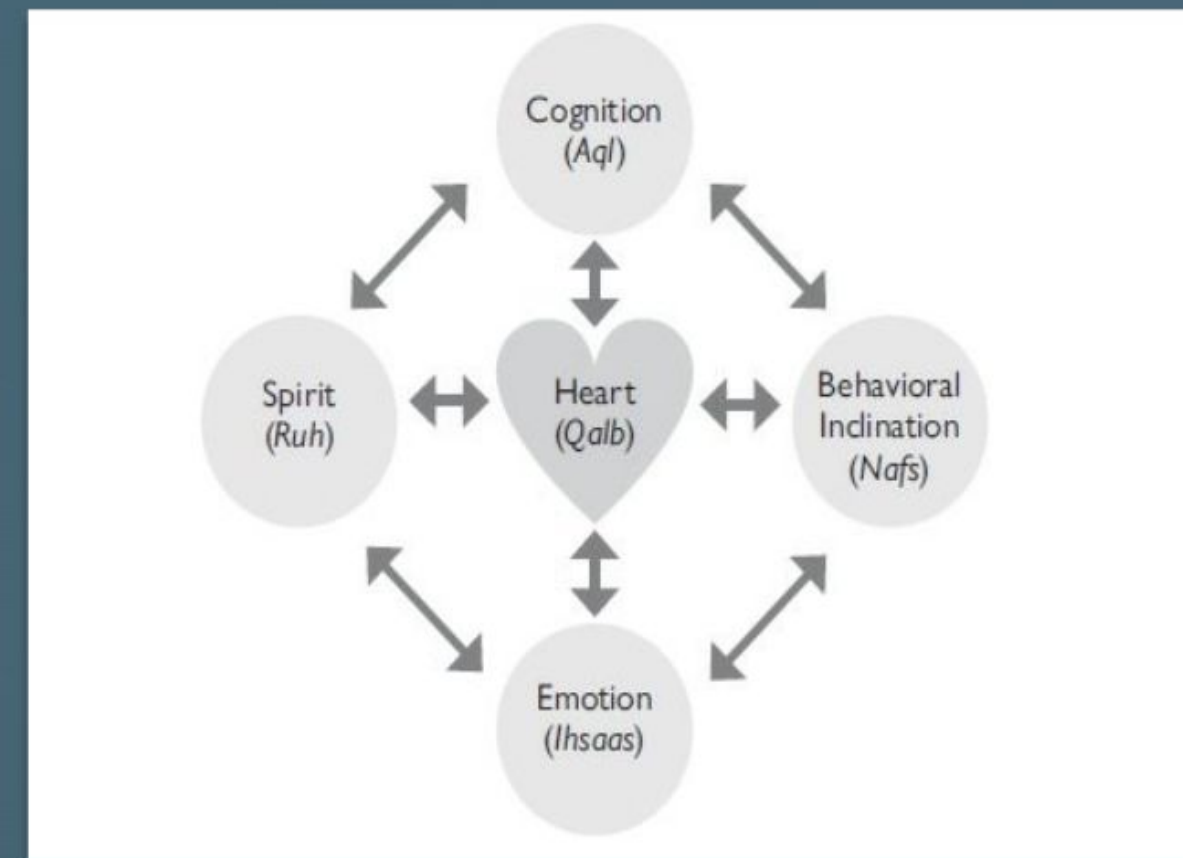
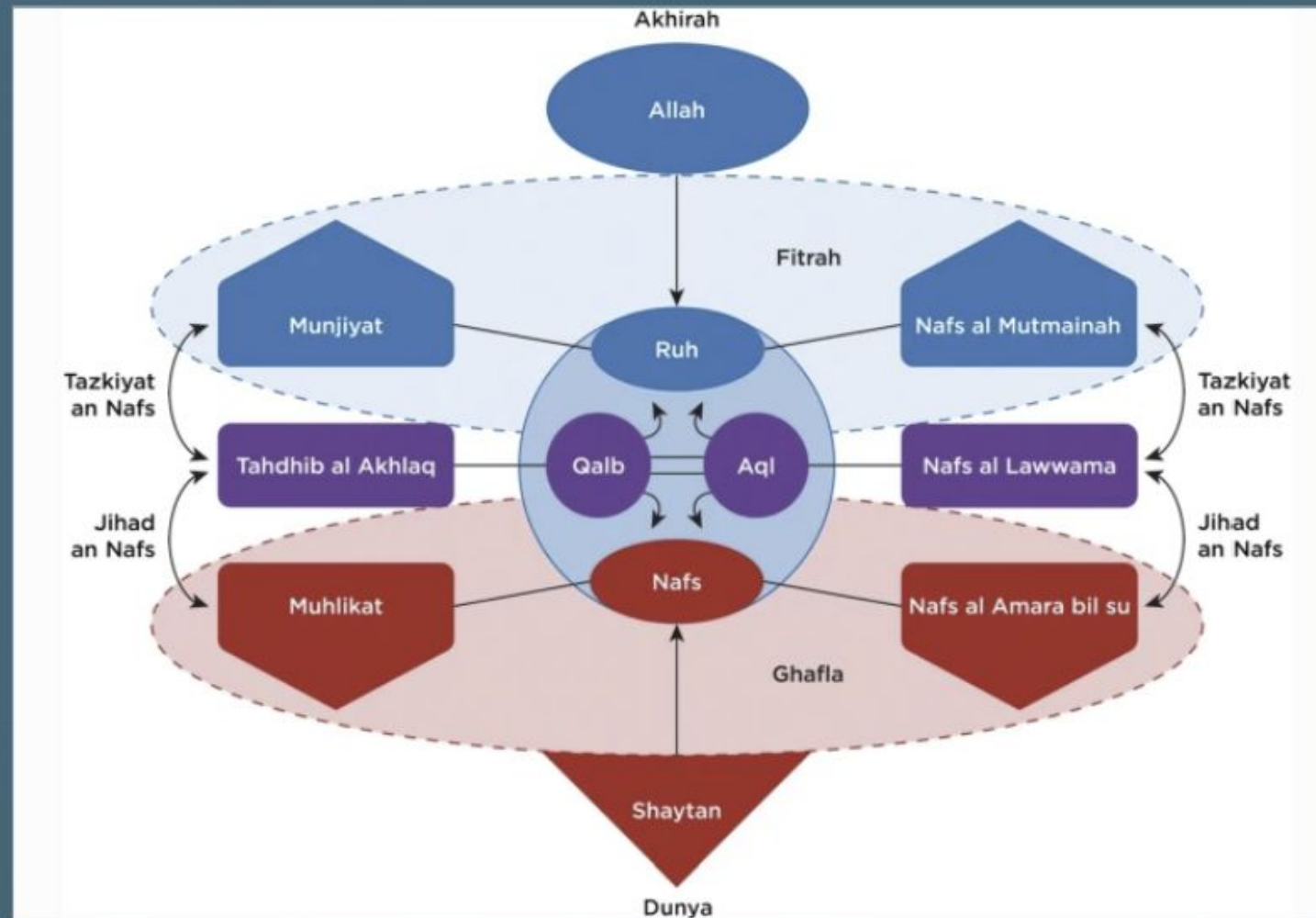
Abū Zayd al-Balkhī's
SUSTENANCE OF THE SOUL
THE COGNITIVE BEHAVIOR THERAPY OF A NINTH CENTURY PHYSICIAN

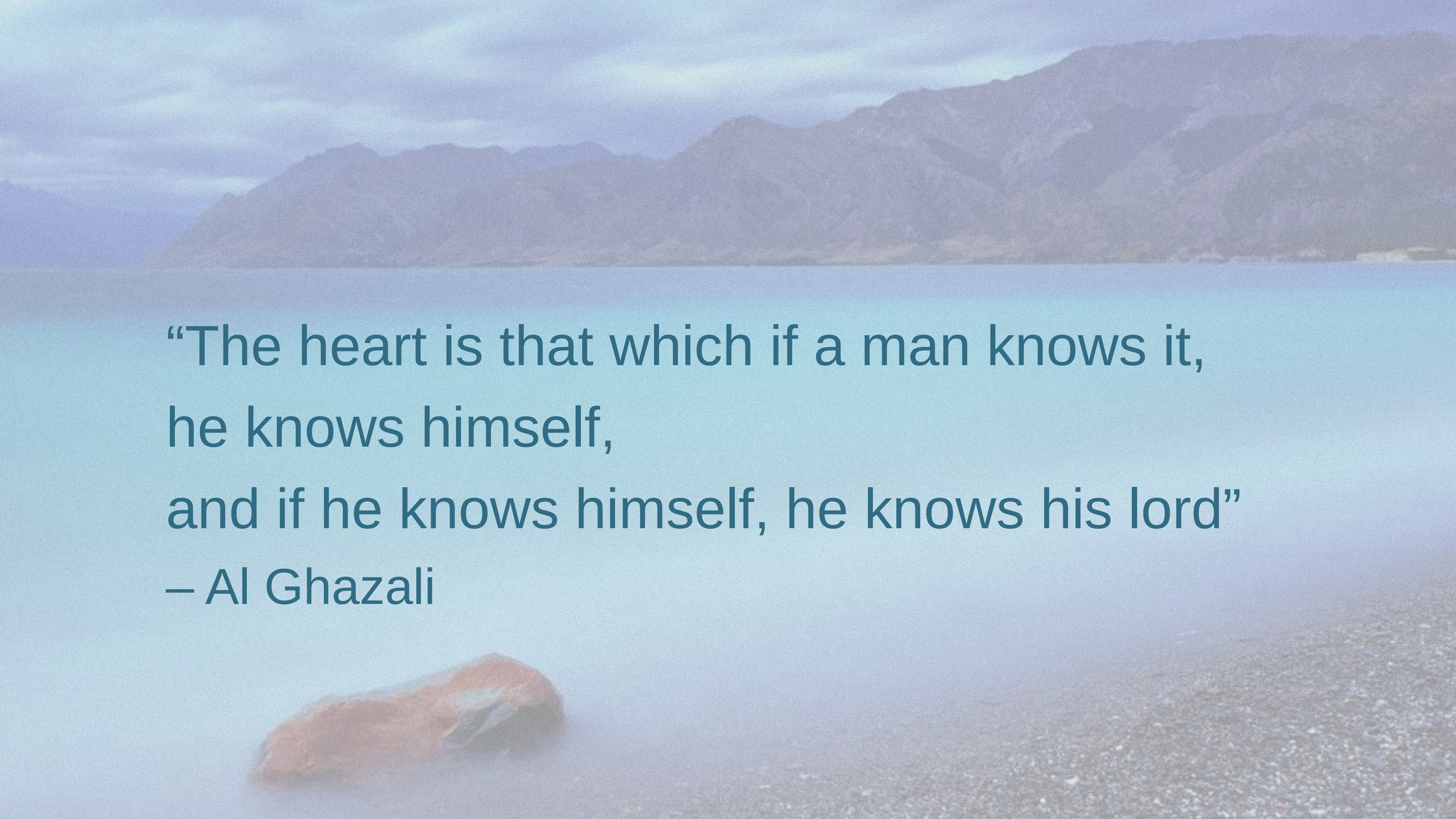
MALIK BADRI



What is an Indigenous Islamic Psychology?

Models of the self and psychospiritual functioning



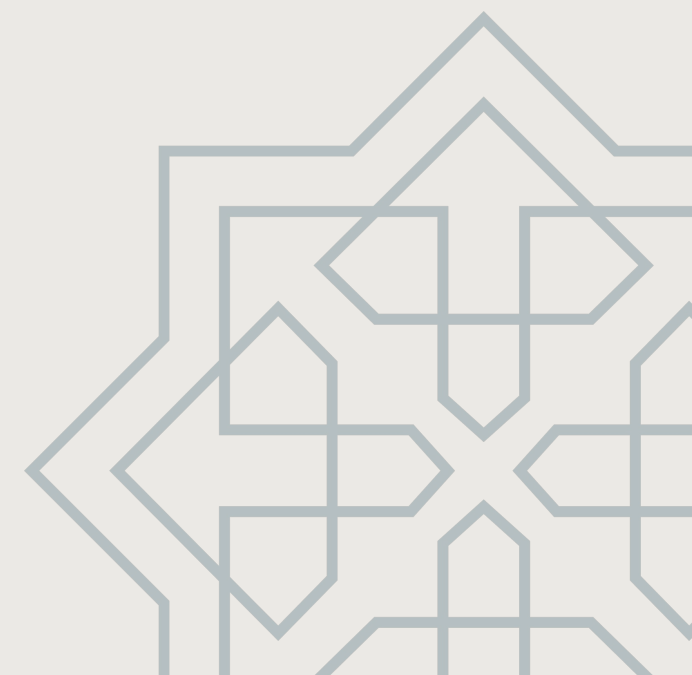
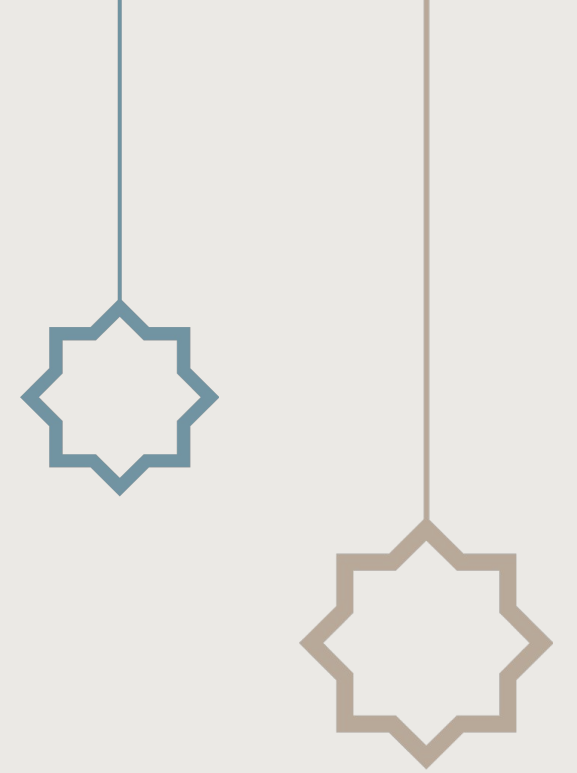


“The heart is that which if a man knows it,
he knows himself,
and if he knows himself, he knows his lord”

– Al Ghazali

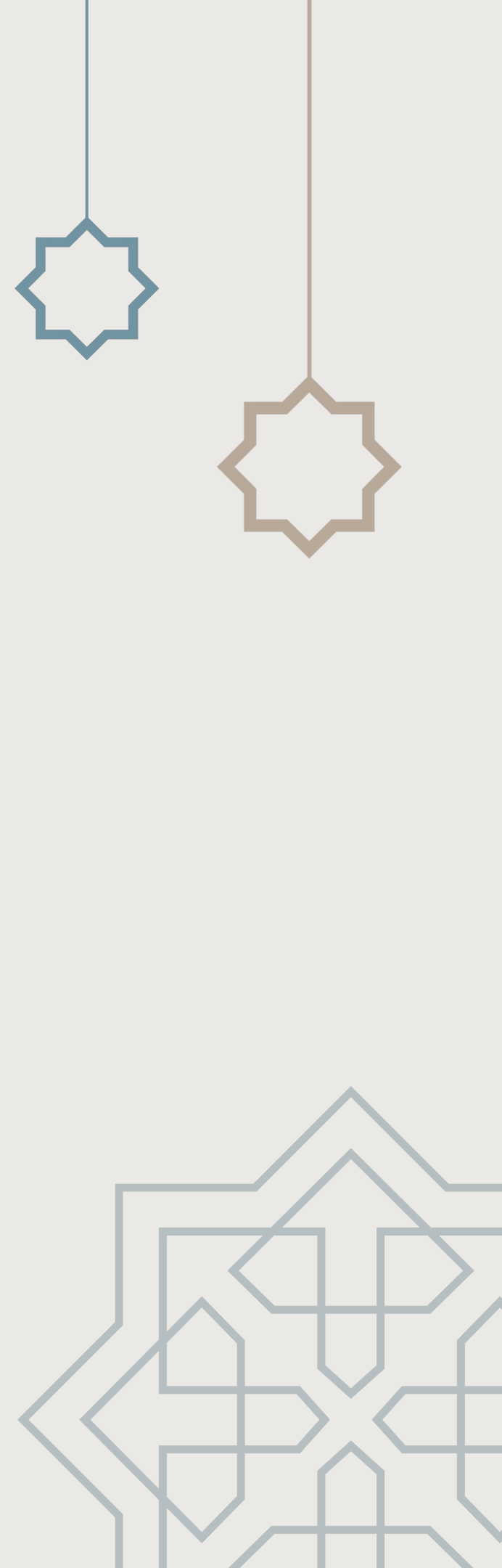
Implications of and LP approaches

- A rich tradition of healing and therapeutic techniques
- An integrated approach to mental health
(mind-body-soul)
- Provides theoretical grounding for evidence-based practice
- Cultural relevance = enhanced access to care
- Addresses spiritual bypassing
- State of the therapist



Research in the pipeline

- An integrated transdiagnostic group intervention to support wellbeing in adolescents impacted by March 15 attacks: a pilot randomized waitlist-controlled trial
 - (University of Otago, Christchurch)
- Spiritual integration of an indigenous Islamic Psychology with acceptance and commitment therapy (ACT)
 - (Queen Mary University of London)






“A rights-based approach to mental calls for equal access to quality care, and support that is holistic and person-centred”.

United Nations Guidance on Human Rights in Mental Health, October 2023



A vibrant turquoise river with white rapids flowing through a lush green forest. The water is turbulent and foamy, cascading over rocks. The surrounding vegetation is dense and green, with some trees leaning over the water. The scene is captured from an elevated perspective, looking down the length of the river.

**Te rongo ā tūturu o ngā
tūpuna i te kōrero**

“The original medicine of our ancestors
is to share our experiences with one
another.”

References

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