

Islamic psychology, made simple

References and further reading for the MindspanHQ live, recorded Sunday 4 October 2026 · Replay: [youtube.com/live/OjbFsFhleE8](https://www.youtube.com/live/OjbFsFhleE8) · Resources page: social.mindspan.com.au/mhq/episodes/islamic-psychology-live

PAPERS

- Rothman, A., & Coyle, A. (2018). Toward a framework for Islamic psychology and psychotherapy: An Islamic model of the soul. *Journal of Religion and Health*, 57(5), 1731–1744. Open access: [pmc.ncbi.nlm.nih.gov/articles/PMC6132620](https://pubmed.ncbi.nlm.nih.gov/articles/PMC6132620) · PDF: [PMC6132620 PDF](#)
- Khan, F., Keshavarzi, H., Ahmad, M., Ashai, S., & Sanders, P. (2024). Application of Traditional Islamically Integrated Psychotherapy (TIIP) and its clinical outcome on psychological distress among American Muslims in outpatient therapy. *Spirituality in Clinical Practice*. psycnet.apa.org/fulltext/2024-29380-001.html · PDF: [2024-29380-001.pdf](#) (APA access may be required)
- Keshavarzi, H., & Khan, F. (2018). Outlining a case illustration of Traditional Islamically Integrated Psychotherapy (TIIP). In C. Y. Al-Karam (Ed.), *Islamically integrated psychotherapy: Uniting faith and professional practice* (pp. 175–207). Templeton Press. psycnet.apa.org/record/2018-11424-007

MODEL FIGURE

The model shown on the stream (fitrah; ‘aql · nafs · iḥsās · rūḥ; the heart, qalb, at the centre) is a redraw of **Figure 1** in Khan, Keshavarzi et al. (2024), cited above. Credit belongs to the authors; please cite the paper, not the slide. The earlier concentric-rings diagram is not a published model and is not used.

FURTHER READING

- Cambridge Muslim College: Developing a model of Islamic psychology and psychotherapy. cambridgemuslimcollege.ac.uk/developing-a-model-of-islamic-psychology-and-psychotherapy
- Al-Ghazālī, *Iḥyā’ ‘Ulūm al-Dīn*: Book 21, *The Marvels of the Heart*, and Book 22, *On Disciplining the Soul*. English translations are available.
- The Thinking Muslim: How Islamic Psychology Heals Your Mind and Soul, with Dr Francesca Bocca-Aldaqr. [youtube.com/watch?v=VZatjk0ZNys](https://www.youtube.com/watch?v=VZatjk0ZNys)
- Mindspan reaction to that episode (watch first): youtu.be/oE9DKxcpGJM

IN THIS PACK

- Slides (PDF, 24 slides, 16:9). Cases A, B and C are fictional composites made for teaching.
- Model figure (PNG) with its credit line.
- Illustration: a bīmāristān courtyard beside a modern locked ward (AI-generated artwork, used as a talking point about care settings; not a photo and not a fair picture of all modern care).

If you are struggling: Lifeline 13 11 14 · 000 in an emergency. Education only; not therapy advice.

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