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Muslim  
Wellbeing

“Supporting communities to flourish”

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# Islamic Mental Health

# WHAT OUR PROPHET TAUGHT US ABOUT MENTAL HEALTH (PEACE BE UPON HIM)

- Some Muslims today think that MH is a Western Problem, only needs strong Iman and that the Prophet didn't see a therapist so why do we?
- Prophet Muhammad acknowledged Mental Health, laid down the foundations for generations to come to discover, classify, diagnose and treat Mental Health

1. Our Prophet (s) taught us to **HAVE A CORRECT MINDSET**

“Whoever Allah intends a benefit, He sends them an affliction to better himself”

[Hadith: Sahih Bukhari]

2. Our Prophet (s) taught us to **EMBRACE AND ACKNOWLEDGE**

“Holding his son Ibrahim during his last breathes, the prophet said; Verily, the eyes shed tears and the heart is grieved, but we will not say anything except what is pleasing to our Lord. We are saddened by your departure, O Ibrahim”

[Hadith: Sahih Bukhari]

3. Our Prophet (s) taught us to **REGULATE EMOTIONS**

“If one of you is angry while he is standing, let him sit down so his anger will leave him; otherwise, let him lie down”

[Hadith: Sunan Abī Dāwūd]

“Prophet Muhammad's Approach to Mental Health | Holistic Healing” -Dr Rania Awaad

# WHAT OUR PROPHET TAUGHT US ABOUT MENTAL HEALTH (PEACE BE UPON HIM)

4. Our Prophet (s) taught us to **TAKE CARE OF PHYSICAL HEALTH**

“Salman said; Your Lord has a right on you; and your soul has a right on you; and your family has a right on you; so you should give the rights of all those who have a right on you. The Prophet (s) then said, Salman has spoken the truth”

[Hadith: Sahih al-Bukhari]

5. Our Prophet (s) taught us to **NOT TO BEAR IN SILENCE**

“Indeed, Allah created disease and also its cure. Hence, seek medication.”

[Hadith: Musnad Ahmad]

6. Our Prophet (s) taught us how **PHYSICAL REMEDIES CAN BE USED TO TREAT EMOTIONAL AILMENTS**

“Aisha (r) used to treat people with Talbeena (made from barley, milk and honey) When asked about it she said the Prophet used to say; Talbeena helps the ailing heart cope and find rest, relieves sorrow and grief”

[Hadith: Sahih Bukhari]

7. Our Prophet (s) taught us to **REDUCE ANXIETY THROUGH PRAYER, DHIKR AND SUPPLICATION**

“The prophet used to focus on psycho-spiritual healing with prayer.

He would say to Bilal, “Relieve us with it Oh Bilal” referring to the adhan

And when he would read Quran he would pause to internalise the meanings within it.”

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# MUSLIM SCHOLARS WHO WERE PIONEERS IN MENTAL HEALTH

Al Kindi (801-873)

“Repelling the Sorrows”

Described cognitive strategies for fighting depression.

Al Balkhi (850-934)

“First to diagnose OCD & Phobias”

“Sustenance of the Body and Soul” purposefully to focus on the mind body connection.

Abu Bakr Al Rasi (854-932)

“First instance in history of psychiatric after care”

Directed the largest hospital in Baghdad including its psychiatric ward.

Ibn Miskaway (932-1030)

“Moral Equilibrium”

Encouraged people to eliminate their unwanted habits by engaging in the opposite positive behaviour.

Ibn Sina (980-1037)

“Discussed the motivational powers of physical, cognitive and virtuous desires”

Imam Ghazali (1058-1111)

“Treating the illnesses of the heart”

Cognitive and behavioral strategies for addressing illnesses of the heart.

Ibn AlQayim (1292-1350)

“Sequential Stage Theory”

Today this is called the cycle of change which is unfortunately attributed to others.

# MODERN DAY WORK ON MENTAL HEALTH THROUGH ISLAMIC SCHOLARSHIP

DR ABDALLAH ROTHMAN MUSLIM CAMBRIDGE COLLEGE

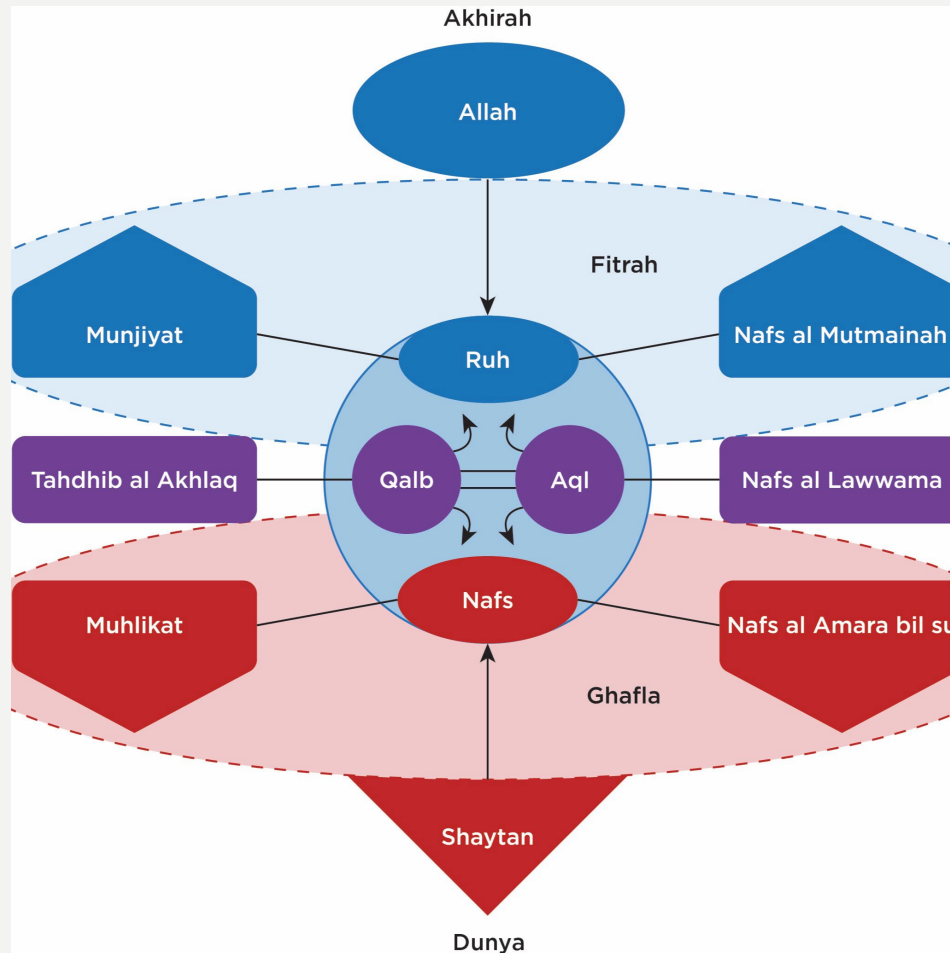


Fig 1: An Islamic Model of the Soul – Dr Rothman

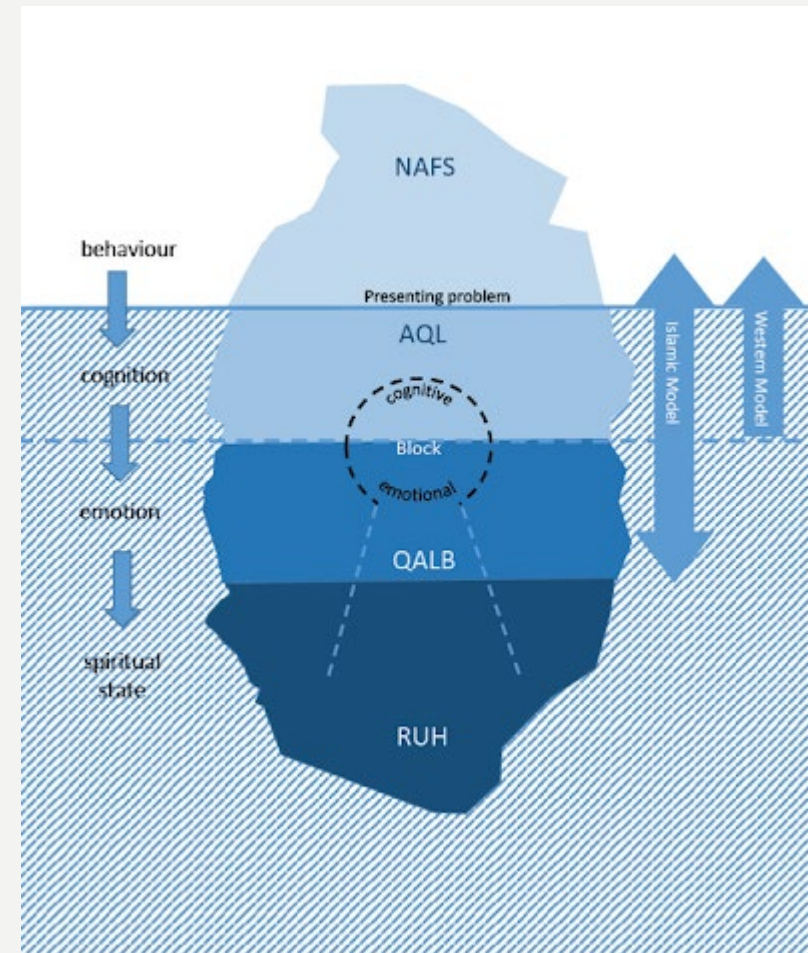


Fig 2: The iceberg model of Islamic Psychotherapy – Dr Rothman

# WHAT THIS MEANS IN THE MUSLIM COMMUNITY

- Wellbeing is not just about mental health that lives in our brain. It encompasses all aspects of us; our soul, heart, mind and desires.
- Focusing on our mental health is not for when things go wrong, it is a way of life so that we keep improving the best version of ourselves
- We need to remove the stigma because everyone needs to work on themselves. Going to a therapist is within our religion.
- We need to educate the community in that Islam and psychology go together because working on the self is a worship if done with a scholarly method - Spirituality and Psychology intersect