



## **Ilm al-Nafs (Authentic Islāmic Psychology) Telegram**

*Prof. Dr. G. Hussein Rassool*

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### **Our Vision for Authentic Islāmic Psychology:**

We are a group of professionals with dual expertise in both Islāmic Studies and Psychology. Our journey has been deeply rooted in real-world clinical experience, as we have worked closely with a wide range of clients facing mental health challenges. What sets us apart is that our knowledge is not merely theoretical or derived from books and online courses; it has been shaped by years of practice and engagement with diverse cases.

### **Addressing the Misuse of Islāmic Psychology:**

One of our primary concerns is the increasing misuse of the term Islāmic Psychology. Unfortunately, it has become a catch-all phrase and, in some cases, a mere marketing tool. This misuse dilutes the depth and integrity of what Islāmic psychology truly represents, turning it into something that can mean anything-and thus, nothing. We believe that this field must retain its authenticity, grounded in both Islāmic scholarship and psychological science.

### **The Challenge of Social Media Misinformation:**

We have noticed a proliferation of social media groups and platforms that claim to disseminate Islāmic psychology. While some of these efforts are well-intentioned, many lack the necessary scholarly rigour or clinical experience. It is particularly concerning when individuals label ascribed themselves as "Islāmic psychologists" "psychologists" or "therapists" without having published any significant work or research in the field, or having the clinical experience. This contributes to misinformation and can mislead vulnerable individuals seeking genuine support.

### **Our Commitment to Authenticity:**

In response to these issues, we seek to create a platform for authentic Islāmic psychology. Our goal is to provide a space where scholars, clinicians, and students can share literature, insights, and books-ensuring that the material is credible and grounded in both Islāmic teachings and psychological practices. Importantly, all

materials shared on this platform will respect copyright laws, with explicit permission from the authors. We are committed to upholding the intellectual property rights of all contributors.

### **Balancing Tradition and Modernity:**

It is important to clarify that we are not anti-psychology or anti-psychiatry. On the contrary, we believe in a balanced approach that integrates the best of contemporary psychological practices with the rich spiritual and ethical traditions of Islam. Our goal is to elevate the field of Islāmic psychology to a level of scholarly and clinical respectability while ensuring that it is applied in a way that is both practical and spiritually aligned.

### **Moving Forward:**

Through our platform, we aim to foster dialogue, share meaningful resources, and create a community of like-minded professionals dedicated to maintaining the integrity of Islāmic psychology. Together, we can ensure that this field continues to grow in an authentic, ethical, and clinically sound manner.

