

Psychiatry Grand Rounds

WCM Department of Psychiatry
Psychology CE Announcement



**Weill Cornell
Medicine**
Psychiatry

Improving Clinician Competencies in Providing Whole-Person Care for Muslim Patients

Rania Awaad, M.D.

Clinical Professor of Psychiatry, Stanford University School of Medicine
Director of the Stanford Muslim Mental Health & Islamic Psychology Lab

Live Online, Live In-person

Wednesday, January 15th, 2025

11:00am – 12:00pm

<https://weillcornell.zoom.us/j/92812036154>

Meeting ID: 928 1203 6154

Password: 12345



1 CE credit available to WCM Department of Psychiatry full time and voluntary faculty Psychologists, Social Workers and LMHCs, who sign in with their full name, attend the majority of the lecture and complete a survey which will be emailed following the completion of the lecture. Note the survey must be completed within 30 days of the lecture. Please contact wempsychiatryce@med.cornell.edu for additional CE information

Speaker

Dr. Rania Awaad M.D., is a Clinical Professor of Psychiatry at the Stanford University School of Medicine where she is the Director of the Stanford Muslim Mental Health & Islamic Psychology Lab as well as Stanford University's Affiliate Chaplain and Affiliate Professor of Islamic Studies. In the community, she serves as the President and Co-Founder of Maristan.org, a holistic mental health nonprofit serving Muslim communities, and the Director of The Rahmah Foundation, a non-profit organization dedicated to educating Muslim women and girls. In addition, she is faculty of Islamic Psychology at Cambridge Muslim College and The Islamic Seminary of America. She is also a Senior Fellow for Yaqeen Institute and the Institute of Social Policy and Understanding. Prior to studying medicine, she pursued classical Islamic studies in Damascus, Syria, and holds certifications (ijaza) in the Qur'an, Islamic Law, and other branches of the Islamic Sciences. Follow her @Dr.RaniaAwaad

Financial Disclosure: Dr. Awaad has no relevant financial relationship(s) with ineligible companies to disclose and DOES NOT INTEND to discuss off-label or investigational use of products or services.

Abstract

Spirituality and religion can play a significant role in the promotion of health for patients from faith communities, yet these aspects of our patients' identity are often not integrated into their care. For example, many Muslim Americans believe their mental health issues may be linked to spiritual or metaphysical causes and seek clinicians to incorporate spirituality and religion into their treatment plans. However, current literature suggests that clinicians often feel inadequate at integrating religious and spiritual nuances into patient care. This workshop aims to provide clinicians with the knowledge and framework to better address the needs of their Muslim patients. To facilitate this goal, this workshop will include research-informed, key concepts in improving clinical rapport with Muslim patients. Participants will leave this training with improved competency, comfort, and skill in meaningfully providing whole-person care for their Muslim patients.

Learning Objectives

1. Describe the foundational concepts of Islamic Psychology and Muslim mental health, including an overview of the demographic characteristics of Muslim populations.
2. Identify common mental health concerns and challenges unique to Muslim individuals and communities.
3. Discuss effective counseling approaches that incorporate culturally and religiously congruent techniques in clinical settings when working with Muslim students.
4. Analyze the application of spiritual and religious practices, resources, and skills indigenous to the Islamic faith in promoting mental health and well-being.

References

1. Awaad, R., Fisher, A. J., Ali, S., & Rasgon, N. (2019). Development and Validation of the Muslims' Perceptions and Attitudes to Mental Health (M-PAMH) Scale with a Sample of American Muslim Women. *Journal of Muslim Mental Health*, 13(2). <https://doi.org/10.3998/jmmh.10381607.0013.205>
2. Awaad, R., & Ali, S. (2015). Obsessional Disorders in al-Balkhi's 9th century treatise: Sustenance of the Body and Soul. *Journal of Affective Disorders*, 180, 185–189. <https://doi.org/10.1016/j.jad.2015.03.003>
3. Awaad, R., & Ali, S. (2015b). A modern conceptualization of phobia in al-Balkhi's 9th century treatise: Sustenance of the Body and Soul. *Journal of Anxiety Disorders*, 37, 89–93. <https://doi.org/10.1016/j.janxdis.2015.11.003>
4. Padelá, A. I., & Auda, J. (2020). The moral status of organ donation and transplantation within Islamic Law: The Fiqh Council of North America's position. *Transplantation Direct*, 6(3), e536. <https://doi.org/10.1097/txd.0000000000000980>

Weill Cornell Medicine (WCM) Department of Psychiatry, 525 E 68th St. New York, NY 10065, is recognized by the New York State Education Department's State Board for Psychology as an approved provider of continuing education for licensed psychologists #PSY-0192. WCM Department of Psychiatry is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #MHC-0302. WCM is approved by the American Psychological Association to sponsor continuing education for psychologists. WCM maintains responsibility for this program and its content. The New York Presbyterian Hospital Department of Social Work is recognized by New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0155.