



MENTAL HEALTH CONFERENCE 2022

EXPLORING THE NEEDS OF MUSLIMS AND CULTURALLY DIVERSE COMMUNITIES

Mission of Hope welcomes you to a two-day conference focusing on the mental health experiences and needs of Muslims and culturally diverse people living in Australia. The conference theme reflects that Muslims in Australia are predominantly from culturally diverse backgrounds and culture is a significant factor to consider. The learnings of cultural considerations may be transferable more broadly, irrespective of faith.

The conference will bring together international and local presenters, mental health professionals, researchers and clinicians. Our conference partner for 2022 will be ISRA Academy.

The conference will explore the challenges and pathways of mental health and its connections to migration, acculturation, refugee issues, socio-political challenges, and synergies between mental health, culture, spirituality, community, and professional practice.

MISSION OF HOPE ORGANISATION



Established in 2003, Mission of Hope is a not-for-profit charity organisation with a focus on health and community development in Muslim and other culturally and linguistically diverse (CALD) communities in Australia.

Feature programs



Hayat House, being one of the first established Australian Muslim drug and alcohol service, has built its foundation on authenticity and wholeness, integrating spirituality and positive behavioural change through delivering evidence-based interventions to clients and their families.

Hayat House offers drug and alcohol counselling, outreach, case management and family support services through in-house clinicians.



Hayat Line is a free and confidential support line and case management service designed for those from Muslim and culturally diverse communities in Australia who are experiencing personal distress. This involves phone case support and/or case management for people experiencing family relationships issues, domestic and family violence, and mental health challenges.

Australian Muslim Achievement Awards

The AMAAs raise the profile of Australian Muslim individuals and organisations, promoting their contributions to society, and includes representation for non-Muslims and the broader community to acknowledge the rich cross community collaborations and partnerships.

The 2022 AMAA will be hosted at the Sydney Opera House. Nominations now open.





Established 16 November 2009, ISRA Academy (Islamic Sciences and Research Academy) is a product of the dialogue movement in Australia and the evolution of the Muslim community in its integration to Australian society. It is a platform for cooperation between Australian Muslims and educational institutions in Australia. While ISRA has a strong educational and research emphasis, it focuses on community service and development in religious, intellectual, social, environmental and other major areas for Australia and the global society.

Since its establishment in 2009, ISRA signed an agreement with Charles Sturt University (CSU) to jointly provide Islamic Studies and Arabic courses. Centre for Islamic Studies and Civilisation within CSU was established in 2011 where the first courses in Islamic studies began to be offered. The accredited Islamic Studies courses at undergraduate and postgraduate level has been put together with the advice and assistance of ISRA's advisory committee which includes some of the most respected Muslim scholars from the wider Australian Muslim community.

Due to overwhelming demand from students, ISRA established a centre in Melbourne in 2015. ISRA continues to operate from Sydney and Melbourne centres as well as in the online space, particularly since 2020.

CONFERENCE OBJECTIVES

- 1** Share knowledge on multicultural mental health as it relates to Australian Muslims.
- 2** Increase awareness of the mental health issues facing Muslims and CALD clients, and the need for culturally and faith appropriate mental health and wellbeing resources and/or services.
 - ✓ To help raise the profile of mental wellbeing in this population group.
 - ✓ To decrease the stigma of mental illness within this population group.
 - ✓ To share and support evidence-based research.
 - ✓ To provide a platform for learning, discussion, support and facilitation.
 - ✓ To provide psychoeducation to the general public on mental health topics in the context of spirituality and Islam.
- 3** To decrease the stigma of mental illness within Muslim and CALD communities.
- 4** To increase access to culturally and spiritually appropriate mental health resources to Muslim and CALD communities.



Registration 8.15am–9.00am

Conference Opening Address 9.00am–9.15am

International Keynote Speaker 9.15am–10.00am

Dr Rania Awaad (Psychiatrist)

Maristans: Islamic Psychology and Practice

Workshop 1 10.00am–11.45am (15 min break within workshop)

Hend Saab (Psychologist)

Mindfulness in Culturally and Linguistically Diverse Communities

Workshop 2 11.45am–12.30pm

Nooria Mehraby (Senior Clinician)

Crisis in Afghanistan: STARTTS' Response to Support Traumatized Afghans Refugees

Lunch 12.30pm–1.30pm

Workshop 3 1.30pm– 2.45pm

Hanan Dover (Clinical and Forensic Psychologist)

The Impact of Vicarious Trauma Among Multicultural Workers and Community Volunteers, and Mitigating Risk for Service Providers

Afternoon Tea 2.45pm–3.00pm

Workshop 4 3.00pm–4.15pm

Tareq Ahmed (Provisional Psychologist) and Ziyad Serhan (Educator)

Youth Suicide Intervention in Faith Based Communities`

Workshop 5 4.15pm–5.30pm

Teguh Syahbahar (AOD Clinician)

Culturally Responsive Drug and Alcohol Counselling for Muslim Clients

Registration 8.15am–9.00am

Introduction 9.00am–9.15am

National Keynote Speaker 9.15am–10.00am

Associate Professor Salih Yucel (Muslim Chaplain)

Islamic Chaplaincy in Australia: Challenges and Opportunities

Workshop 1 10.00am–11.45am (15 min break within workshop)

Sheikh Bilal Dannoun (Marriage Celebrant)

Integrating Islamic Teachings and Modern-day Research When Counselling: A Holistic Approach

Workshop 2 11.45am–12.30pm

Mostafa El-Gashingi (Psychologist)

How Does Islamic Law View Mental Illness?

Lunch 12.30pm–1.30pm

Workshop 3 1.30pm– 2.45pm

Mariam Ardati (Muslim Chaplain and Funeral Director)

The Other Side of the COVID Death Wave: A Case of Complicated Grieving in the Muslim Community

Afternoon Tea 2.45pm–3.00pm

Workshop 4 3.00pm–4.00pm

Wael Ibrahim (Educator)

Effects of Pornography on Mental and Emotional Health

Workshop 5 4.00pm–5.00pm

Ratih Arruum Listiyandini (Clinician and Educator)

Culturally Adapting an Evidence-based Mental Health Intervention for Muslims and Culturally Diverse Groups: Insights and Best Practices from Indonesia

Close 5.00pm

International Keynote Speaker

Dr Rania Awaad

Executive Director, Co-Founder of Maristan

Rania Awaad, M.D. is a Clinical Associate 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 Stanford University's Affiliate Chaplain. She also serves as the Associate Division Chief for Public Mental Health and Population Sciences as well as the Section Co-Chief of Diversity and Cultural Mental Health. In addition, she is a faculty member of the Abbasi Program in Islamic Studies at Stanford University. She pursued her psychiatric residency training at Stanford where she also completed a postdoctoral clinical research fellowship with the National Institute of Mental Health (NIMH).



As a nationally recognised leader in Muslim mental health, Dr. Awaad has been invited by Presidents Obama and Biden, the CDC, HHS and SAMHSA to present her work at national convenings in DC. She has pioneered by establishing the first Muslim Mental Health Community Advisory Board (BAMMH CAB) in the US. Dr. Awaad has also established multiple Muslim mental health clinics as well as custom-tailored clinical and educational training programs for clinicians, religious and community leaders to address the mental health needs of Muslim communities.

Through community partnerships established by the Stanford Department of Psychiatry, Dr. Awaad is currently the Psychiatric Director of the El Camino Women's Medical Group where she pursues her interest in women's mental health. Additionally, she serves as the Executive Director of Maristan, a holistic mental health nonprofit serving Muslim communities. Previously, she served as the founding Clinical Director of the Bay Area branch of the Khalil Center.

Her courses at Stanford range from teaching a pioneering course on Islamic psychology (PSYC 144/244), to instructing medical students, psychiatry residents and clinical psychology trainees on implicit bias and integrating culture and religion into medical care (PAU's CLDV 700 and Stanford's PGY-3 "Culture and Religion in Psychiatry"), to teaching undergraduate and graduate students the psychology of xenophobia (PSYC 86Q). Some of her recent academic publications include an edited volume on "Islamophobia and Psychiatry" (Springer, 2019), "Applying Islamic Principles to Clinical Mental Health" (Routledge, 2020) and an upcoming clinical textbook on Muslim mental health for the American Psychiatric Association. She has also produced a toolkit, fact sheet, and CME course on Muslim mental health for the APA.



Australian Keynote Speaker

Dr Salih Yucel

*Associate Professor in Islamic Studies,
Centre for Islamic Studies and Civilisation,
Charles Sturt University*

Salih Yucel obtained his Bachelor of Islamic Theology from the University of Ankara and Master of Theology from the University of Sydney. He completed his doctorate at Boston University in 2007. His doctoral research was about "The Effect of Prayer on Muslim Patients' Well-being." Dr Yucel worked as a lecturer and senior lecturer at the Centre for Religious Studies at Monash University between 2008-2014. Currently, he teaches at the Centre for Islamic Studies and Civilisation at Charles Sturt University. He also is a part-time lecturer at Australian Catholic University. He is the author of four books, co-author of one book, as well as being an author of a number of articles and book chapters. Dr Yucel is the first accredited Muslim Clinical and Pastoral Supervisor in Australia.



Conference Speaker

Hend Saab

Psychologist

Multicultural Health SESLHD

Hend Saab is a senior psychologist with over 25 years of industry experience. She ran her private practise from 1997 to 2015. In addition, she is the Senior Psychologist and Clinical Lead of the CALD mindfulness project.

Conference Speaker

Nooria Mehraby

Senior Clinician and Clinical Trainer

Nooria Mehraby MD is a senior clinician and clinical trainer at STARTTS. A former refugee, Nooria has more than 35 years' experience working with refugees overseas and here in Australia. This includes 27 years at STARTTS. Nooria first trained as a medical doctor in her native Afghanistan and later obtained a Master of Counselling with Distinction in Australia. She is an experienced national and international conference speaker and is the author of multiple publications (including textbook contributions) on refugee trauma, cross-cultural approaches and working with children. Nooria has lectured in various universities in NSW and has facilitated clinical workshops across Australia.

Nooria was formerly the editor of Refugee Trauma and Cross-Cultural Approaches sections of the Owl Talks online journal, and the Interface Column in Psychotherapy in Australia. Her particular interest is in developing cross-cultural therapeutic interventions with refugees, especially Muslim clients. Nooria is trained and experienced in a variety of therapeutic modalities such as short-term psychodynamic psychotherapy, EMDR, NET, ACT and CBT. She has developed expertise in trauma focus therapy in working with torture and refugee trauma survivors, including adults, adolescent and children, and provides ongoing clinical consultation to other clinicians.

In her current position as STARTTS' Senior Clinician/ Trainer, she brings clinical expertise to STARTTS' wide range of training programs and regularly delivers workshops to service providers. She has trained hundreds of clinicians working in trauma assessment and interventions. In 2015, she was the recipient of the Australian Muslim Professional of the Year Award.



Conference Speaker

Hanan Dover

Clinical and Forensic Psychologist

Hanan Dover is the founder and vice president of Mission of Hope. She is a Clinical and Forensic Psychologist and has completed four degrees in psychology at Western Sydney University.

She is currently the Vice President of the International Association of Muslim Psychologists.

She directs the Muslim mental health conferences and projects, and the Australian Muslim Achievement Awards for Mission of Hope.

Hanan is the Islamic Psychology Lecturer and the pioneer behind the Graduate Certificate in Islamic Psychology run by Charles Sturt University and ISRA.



Conference Speaker

Tareq Ahmed

Provisional Psychologist

Tareq is currently completing his Master of Professional Psychology at WSU. He has a strong passion in working with adolescents and adults from diverse backgrounds and providing culturally appropriate care to assist in improving their overall wellbeing and quality of life. Tareq has key interests in working with a range of mental health concerns including mood disorders, anxiety disorders, substance use disorders, suicidal ideation and neurodevelopmental disorders. He is currently completing his placement at Psychcentral. Also, Tareq is a co-founder of Educaid AU, a NFP that focuses on destigmatizing the topic of mental health and suicide in CALD communities. Tareq is also currently completing work coordinating suicide intervention training across Western Sydney with Living Works Australia.





Conference Speaker

Sheikh Bilal Dannoun

*Authorised Marriage Celebrant
Islamic Consultant*

Sheikh Bilal Dannoun has been in the space of marriage-related issues for the past 22 years. The main work he does in the local Muslim community of Sydney includes :

- ✓ Marriage Celebrant
- ✓ Marriage counselling
- ✓ Pre marriage counselling by way of a mini course
- ✓ Divorce facilitation
- ✓ Islamic guidance
- ✓ Friday sermon khateeb at different masjids
- ✓ Public lectures about Islamic topics, especially marriage-related topics
- ✓ Management of the Islamic directory of Australia called Daleel

Achievements include :

- ✓ University degree in languages from Macquaire University.
- ✓ Author of *Arabic Reading Made Easy*
- ✓ Developed a comprehensive marriage course consisting of 112 short videos (approx. 17 hours) about the major contributors of a healthy marriage and will be released soon. The course covers the most important considerations that lead to a quality marriage, incorporating modern day research, insights and proven strategies that complement the teachings of Islam.



Conference Speaker

Mostafa El-Gashingi

Psychologist

Ei Graduated from a B. Psychology in 2010 and is a registered psychologist with over 10 years experience working in various capacities as a psychologist. Mostafa also has a Grad. Diploma of Islamic Studies and is undertaking a PhD in Islamic Studies – the focus of his research is Islamic law and mental health. He has also undertaken traditional Islamic study with scholars from around the world with a specific focus on Shafi'i fiqh and Ash'ari theology (in which he also possesses an *ijaza*). He is an EMDR practitioner, trained in Schema Therapy and a Board-Approved Supervisor.



Conference Speaker

Teguh Syahbahar

AOD Clinician

Teguh Syahbahar is a Rehabilitation Counsellor, Behaviour Support Practitioner and an Alcohol and other Drugs Clinician (AOD). Teguh works with adults and children presenting highly complex issues such as substance use disorders, addictive behaviours, behavioural disorders, learning difficulties and disabilities.

Teguh works as a Rehabilitation Counsellor and Behaviour Support Practitioner in the disability sector, as well as an AOD Clinician at Hayat House. he facilitates educational workshops on AOD with a particular focus on youth aimed at creating awareness and prevention.

Teguh provides support for his clients by helping them develop a better understanding of addictive behaviours so they can make more informed decisions and create healthier habits along their journey of recovery.

Teguh is passionate about his work and believes he can make an impact of empowering those struggling with substance use disorders to seek treatment and lift the stigma attached to addiction.

Teguh obtained his Master's qualification at Sydney University, a Bachelor of Physical Activity and Health Science at Australian Catholic University and is completing a Master of Addictive Behaviours at Monash University.



Conference Speaker

Mariam Ardati

Muslim Chaplain and Funeral Director

Mariam Ardati is a Funeral Director, Consultant and Educator based in Sydney. Following an information management pathway and many years working in health-related industries, Mariam has a keen interest in the death-care sector. For over 15 years, she has dedicated her time as a volunteer and care consultant for several funeral services, performing the final rites in accordance with Islamic tradition, providing spiritual and practical care to the grieving, and assisting families through the coroner's court and its processes. As a death-literacy advocate, Mariam also runs Death Cafes and workshops on death and dying from an Islamic perspective. These workshops were created to assist health professionals and support staff in government and non-government organisations develop more informed approaches to culturally appropriate therapy models and coping strategies for Muslim patients and their families.



Conference Speaker
Ziyad Serhan
Educator, Mental Health Advocate

With a strong background in education and an active member of his local community, Ziyad is passionate about working with Culturally Linguistically Diverse (CALD) and faith communities. His experience includes being a high school teacher in a South-West Sydney High school, as well as co-founding Educaid Australia which focuses on delivering mental health education and suicide intervention training amongst CALD and faith communities. He is currently an accredited suicide intervention trainer and a Master Instructor in the mental health first aid course, delivering over fifty courses to school, community and work-place settings in the last few years.

Ziyad currently works as a mental health consultant with Australia's largest youth mental health organisation across schools in Western Sydney. He works with leaders across whole school communities to improve their approach to mental health and wellbeing, as well as provide suicide postvention support using an evidence based-approach. He is currently undertaking his second postgraduate studies in Masters of Counselling at Torrens University.

Conference Speaker
Wael Ibrahim
Educator

Wael Ibrahim is the founder of Aware Academy, which is a platform dedicated to helping those who are struggling with pornography addiction. He is the author of several books, *CHANGE: A motivational system to break free from undesirable habits especially pornography. Beat it. 50 plus shades of hope* and his latest work *AWARE, find out who you are without porn*. Wael is a certified Master LifeCoach is the student counsellor at the Australian Islamic College in Perth/Australia and a holder of a bachelor degree in Islamic studies.



Conference Speaker
Ratih Arruum Listiyandini
Clinician and Educator

Ratih Listiyandini is a clinician, educator, and researcher in the field of clinical psychology and positive mental health. She graduated from the undergraduate and master's programs in clinical psychology from the University of Indonesia, and later served as a lecturer at YARSI University, Indonesia. Ratih actively conveys ideas related to promotion prevention, and treatment of mental health problems in various discussion forums, news media, publications on journal articles and book chapters, as well as community service programs in Australia, Indonesia, and overseas. Her primary interest is in the study of resilience and the development of positive strengths in individuals, particularly among culturally diverse and under-represented group. She is now pursuing a PhD degree at the School of Psychology, UNSW Sydney, Australia on research topics about cultural adaptation of an online mindfulness program for university students in Indonesia.