

**Professor Akbar Husain (Retired), Department of Psychology, Aligarh Muslim University, Aligarh-202002 (U.P) India**

**Adjunct Professor, Faculty of Humanities and Social Sciences, Integral University, Lucknow (U.P)**

### **Field of Specialization: Islamic Psychology and Counselling**

#### **Brief History of Islamic Psychology and Counselling in India**

During the 21st century, the development of Islamic Psychology and Counselling in India was spearheaded by Muslim psychologists, with Professor Akbar Husain from the Department of Psychology, Aligarh Muslim University, Aligarh, making significant contributions. He made his foray into this field in 2002 through publications and article presentations at national-level conferences.

In 2016, the Islamic Psychology movement gained momentum with the establishment and growth of the Indian Council on Islamic Perspective in Psychology (ICIPP), operating under the aegis of the Centre for Study and Research in Hyderabad. Professor Husain, Aligarh Muslim University, was appointed as the Chief Patron of ICIPP.

Collaboratively, ICIPP, along with the Department of Psychology, Aligarh Muslim University and Jamia Millia Islamia in New Delhi, organized a multitude of National and International Seminars, Conferences, Workshops, and Discussions between 2016 and 2020. The primary focus of these events revolved around fostering dialogue between Islamic and Western perspectives in psychology. Distinguished faculty members and research scholars from both Indian and overseas universities actively participated and presented their research in these conferences. Additionally, the Institute of Objective Studies in New Delhi played a pivotal role in encouraging psychologists to advance the field of Islamic Psychology.

In 2016, Professor Husain, a UGC Expert Member on committee related to curriculum development in psychology introduced four theory courses and one practicum course on Islamic Psychology as a specialization field at the Master's level within the University Grants Commission's purview in New Delhi, India.

## PUBLICATIONS

### Books:

Husain, A. (2006). **Islamic Psychology: Emergence of a New Field**. New Delhi: Global Vision Publishing House. ISBN: 81-8220-139-X.

Husain, A. (2017). (Ed.). **Contemporary Trends in Islamic Psychology**. Hyderabad: Centre for Study and Research. ISBN: 935258909-2.

Husain, A. (2018). **Applied Islamic Psychology: A Fresh Interpretation**. New Delhi: Global Vision Publishing House. ISBN: 978-93-.86603-40-1.

Husain, A., Nazam, F., & Khatoon, Z. (2018). **Manual: Islamic Counselling**. New Delhi: Global Vision Publishing House. ISBN: 978-93-.86603-47-0.

Husain, A. (2021). **Quranic Guidance, Therapy & Islamic Counselling Interventions**. New Delhi: Qazi Publishers & Distributors. ISBN: 978-93-84973-97-1

Husain, A., Anas, M., & Ab. Majeed, N. A. (2021). **Introduction to Muslim Chaplaincy**. Aligarh Muslim University: Publications Division. ISBN: 978-81-951710-4-0

Husain, A., Khan, A., Kirmani, M. N., & Khatoon, Z. (2021). **Psychological Perspectives in Islam and Sufism**. New Delhi: Global Vision Publishing House. ISBN: 978-81-.947716-6-1.

Husain, A., Nazam, F., & Khan, A. (2022). **Empirical Studies in Islamic Psychology: Annotated Bibliography**. New Delhi: Institute of Objective Studies. Genuine Publications & Media Pvt. Ltd. ISBN 978-93-91659-25-7

Husain, A., & Fakhr, R. (2023). **Religious and Spiritual Counselling**. New Delhi: Global Vision Publishing House. ISBN: 978-93-.90423-10-1.

Husain, A. (2024). **Quranic Virtues for the Development of Idyllic Personality**. New Delhi: Institute of Objective Studies. Genuine Publications & Media Pvt. Ltd. ISBN: 9789391659523

## EMPIRICAL PAPERS PUBLISHED IN NATIONAL, INTERNATIONAL JOURNALS (WEB OF SCIENCES)

1. Nazam, F., Husain, A., & Gull, M. (2022). Standardization of *Taqwa* (Piety) scale for Muslims: An exploratory study. *Islamic Guidance and Counseling Journal*, 5(1), 30-39. E-ISSN 2614- 1566 <https://doi.org/10.25217/igcj.v5i.1662>.
2. Gull, M., & Husain, A. (2021). Religious coping among caregivers of differently-abled children. *Life Span and Disability- An Interdisciplinary Journal*, XXIV, 133-147. ISSN: 2035-5963
3. Gull, M., & Husain, A. (2020d). Reliability, validity and factor structure of religious coping scale. *Iranian Rehabilitation Journal*, 18(3), 1-10.

SCOPUS Q3, Impact Factor: .27 Doi [http://dx. doi.org/ 10.32598/irj/18.3.942.1](http://dx.doi.org/10.32598/irj/18.3.942.1)

ISSN: 1735-3602, E-ISSN: 1735-3610

4. Gull, M., & Husain, A. (2018). Relationship between Islamic personality and spiritual practices among Muslim students. *Asian Journal of Multidimensional Research*, (AJMR), 7(6), ISSN: 2278-4853. Impact Factor: SJIF 2017 = 5.443

## THEORETICAL ARTICLES PUBLISHED IN NATIONAL, INTERNATIONAL JOURNALS (WEB OF SCIENCES) AND PROCEEDINGS OF THE CONFERENCES/SEMINARS

1. Husain, A. (2021). Spiritual experiences of Islamic seekers. *Mind and Society*, 10, (III & IV), ISSN: 2277-6907.
2. Husain, A., & Qayoom, S. (2020). Sehat: (Health): Islamic perspective. *Journal of Indian Health Psychology*, 14(20), 1-8. ISSN: 0973-5755.
3. Khatoon, Z., & Husain, A. (2019). Alleviating Mental Health Problems through Islamic Practices, Counselling and Cultivation of Values. *IAHRW International Journal of Social Sciences Review*, 7(5-11), 1403-1405. ISSN-2347-3797. UGC Journal No. 41948.
4. Singh, R., & Husain, A. (2019). Reading scriptures and prayer: Paths towards developing inner strength. *IAHRW International Journal of Social Sciences Review*, 7(2), 292-299. ISSN-23473797 UGC Journal No. 41948 and NAAS Rating 2.72.
5. Husain, A. (2016). Islamic spirituality in practice. In N. A. Ab. Majeed (Ed.) *Proceedings of the Two-day International Conference on Social and Spiritual Teachings of the Quran in Contemporary Perspective* (pp. 222-230). New Delhi: Excel India Publishers.

6. Husain, A., & Qayoom, S. (2016). The power of prayer in enhancing well-being. *Remarking, IIXI*, 98-103. P: ISSN No.: 2394-0344; E: ISSN No.: 2455-0817. Impact Factor: GIF = 0.543, SJIF = 4.473.
7. Husain, A. (2011). Prevention of environmental pollution through Islamic Lifestyles. Proceedings of UGC National Seminar on Psychosocial Antecedents and Moderators of Environment. Department of Psychology, Banwari Lal Jindal Suiwala PG College, Tosham (Bhiwani) Haryana, pp. 73-77.
8. Husain, A. (2010). Prophetic ways for coping with behavioural disorders. *Indian Journal of Positive Psychology*, 1(1-2), 27-29. ISSN: 2249-4937.
9. Husain, A. (2008). What is good for parents for the development of moral behavior of children? The spiritual virtues! *The Preston Journal of Social Sciences*, 1(1), 1-10. ISSN: 0092-91-5845540-1
10. Kirmani, M. N., & Husain, A. (2002). Islamic approaches for the psychological help of AIDS patients. *PRASAR: Contemporary Journal of Population and Adult Education*, 1, 89-93.

### **Chapters in Book and Edited Books:**

Rassool, G.H. & Luqman, M. M. (2023). Foundations of Islamic Psychology -- From Classical Scholars to Contemporary Thinkers. Section III 19-21st Century Scholars, Academics, and Clinicians. **Chapter 20 Akbar Husain (India)**, pp. 172-176. New York, NY: Routledge Taylor & Francis Group. ISBN: 978-1-032—00546-1 (pbk). DOI: 10.4324/9781003181415.

1. Husain, A. (2021). Islamic perspectives of psychology in India. In A. Haque and A. Rothman (Eds.) *Islamic psychology around the globe* (Chapter 4, pp. 73-91). Washington: International Association of Islamic Psychology.
2. Husain, A., & Kirmani, M. N. (2017). Contributions of Arab Muslim scholars to psychology. In A. Husain (Ed.) *Contemporary trends in Islamic psychology* (pp. 13-25). Hyderabad: Centre for Study and Research. ISBN 935258909-2.
3. Husain, A. (2017). Muslim chaplaincy and healing of trauma. In A. Husain (Ed.) *Contemporary trends in Islamic psychology* (pp. 26-36). Hyderabad: Centre for Study and Research. ISBN 935258909-2.
4. Nazam, F., & Husain, A. (2017). Spiritual development of adolescents. In A. Husain (Ed.) *Contemporary trends in Islamic psychology* (pp. 82-95). Hyderabad: Centre for Study and Research. ISBN 935258909-2.

5. Husain, A., & Jahan, F. (2017). Prayer and recitation of the Holy Qur'an: Evidence based Islamic Practices. In A. Husain (Ed.) *Contemporary trends in Islamic psychology* (pp. 135-156). Hyderabad: Centre for Study and Research. ISBN 935258909-2.
6. Husain, A. (2016). Preservation of health: Al-Tibb and the Quranic perspective. In S. Aleem and N. Iqbal (Eds.) *Positive vistas on health and well-being* (pp. 1-9). New Delhi: Excel India Publishers. ISBN: 978-93-85777-34-9.
7. Husain, A., & Khan, S. R., & Meraj, T. (2015). Spiritual education for the personality development of Muslim youths. In A. Husain, A. Khan, S. R., Khan, A.R., Hamdan, R., Ahmad, & M. S. Mustafa (Eds.) *Advances in Applied Psychology and Education* (pp. 149-158), New Delhi: Research India Press. ISBN: 978-81-89131-88-3.
8. Husain, A., & Zafar, S. (2015). Training programme for Madaris Teachers' skill development. In A. Husain, A. Khan, S. R., Khan, A.R., Hamdan, R., Ahmad, & M. S. Mustafa (Eds.) *Advances in Applied Psychology and Education* (pp. 353-366). New Delhi: Research India Press. ISBN: 978-81-89131-88-3.
9. Husain, A., Masood, A., Parveen, S., Ikram, S., Rahman, S., & Ahmed, W. A. (2014). Identifying positive behaviour among Tasbeeh meditators. In S. Saini (Ed.), *Positive Psychology in the light of Indian traditions* (pp. 656-672). Haryana: Indian Association of Health, Research and Welfare. ISBN: 13: 978-81-920053-9-3.
10. Husain, A., & Singh, R. (2014). Religious/Spiritual practices and well-being. In R.C. Sobti, J. Mohan, M. Sehgal, V. Sobti and S. Sharma (Eds.), *Biopsychological impacts in the era of science and technology* (pp. 243-262). Delhi: Narendra Publishing House. ISBN: 978-93-82471-82-0.
11. Husain, A., Khan, S., Krippner, S., Fracasso, C., & Friedman, H. (2013). Muslim attitudes, toward near-death experiences, death, and the afterlife. In J. H. Ellens (Ed.) *Volume Three – End time and after life in Islamic, Buddhist, and indigenous cultures* (pp. 41-52). Santa Barbara, California: Praeger. ISBN: 978-1-4408-0183-9
12. Husain, A. (2010). Religious education for human and societal development. In A. Husain & N. Idris (Eds.) *Dimensions of Education*, (pp. 19-30). New Delhi: Gyan Publishing House. ISBN: 978-81-212-1031-7.
13. Husain, A. (2009). Contribution of Maulana Ashraf Ali Thanvi in the field of psychopathology and psychotherapy. In M. Rafique (Ed.) *Development of Islamic Religion and Philosophy in India. Volume VII Part 5* (pp. 219-230). New Delhi: Project of History of Indian Science, Philosophy and Culture (PHISPC), Centre for Studies in Civilizations (CSC). ISBN: 81-87586-37-0
14. Husain, A. (2005). Islamic lifestyles: The right path for the maintenance of health. In R. Singh, A. Yadava., & N. R. Sharma (Eds.) *Health Psychology*. (pp. 329-340). New Delhi: Global Vision Publishing House. ISBN: 81-8220-109-08

## **PAPERS PRESENTED IN INTERNATIONAL CONFERENCES/SEMINARS/ SYMPOSIUM**

Islamic spirituality in practice. Two-day International Conference on Social and Spiritual Teachings of the Quran in Contemporary Perspective. K. A. Nizami Centre for Quranic Studies, Aligarh Muslim University, Aligarh, India, April 4-5, 2016.

Role of spiritual chaplains in the healing of trauma victims. International Seminar on Psychology of Trauma: Women and Children in Violent Conflict. Department of Psychology, Jamia Millia Islamia, New Delhi, March 13-14, 2013.

Identifying positive behaviour among Tasbih meditators. International Conference on Positive Psychology: A New Approach to Mental Health. Amity Institute of Behavioural & Allied Sciences, Amity University Rajasthan, Jaipur, India, 6<sup>th</sup>-8<sup>th</sup> August, 2010.

Relevance of spiritual and religious traditions in business. The 17<sup>th</sup> International Transpersonal Conference on Consciousness Revolution: Transpersonal Discoveries that are changing the world. Alpha Hotel, Moscow, June 23-27, 2010.

Cultivation of Islamic virtues for holistic human development. The 7<sup>th</sup> World Conference on Muslim Education (WORLD-COME 2009). Blue Wave Hotel, Shah Alam, Selangor, Malaysia 21<sup>st</sup>-23<sup>rd</sup> December, 2009.

Spiritual Virtues: The pride of Islam and Humanity. International Conference on the Concept of Psyche in Islam. Jointly organized by the Department of Psychology, Aligarh Muslim University, Aligarh, India and Institute of Objective Studies, New Delhi, India. 26-28 October, 2009.

Early childhood education for children's well-being. International Conference on Education for All. Jointly Organized by University of Malaya and Malaysian National Commission for UNESCO. The Legend Hotel, Kuala Lumpur, 17-19 August, 2009.

What is good for parents for the development of moral behavior of children? Spiritual Virtues. International Seminar on Educational Management, Faculty of Education, University of Malaya, Kuala Lumpur, 27-29, November, 2007.

Islamic lifestyles: The right path for the maintenance of health. International Seminar on Hifzane Sehat Aur Mahauliyat (Hygiene and environment). Ajmal Khan Tibbiya College, A.M.U., Aligarh, March 2005.

## **PAPERS PRESENTED IN NATIONAL CONFERENCES AND SEMINARS**

Contribution of Maulana Ashraf Ali Thanvi in the fields of Psychopathology and Psychotherapy. National Seminar on Religious Philosophy, Indian History and Culture, Aligarh, June 2003.

Quranic commands on alcohol abuse. National Seminar on Quran and Science. Department of Islamic Studies, Aligarh, January 8-10, 2003.

Ashraf Ali Thanvi: A Psychotherapist in the orient. National Seminar on Religious Philosophy, Indian History and Culture, Aligarh, June 2003.

Psycho-spiritual concept in the Shah Waliullah's doctrine. Shah Waliullah Dehalvi's Tasawwuf, Aligarh-2002.

### **Ph.D. Thesis Supervised:**

Name of the Candidate: **Zohra Khatoon**

Topic of Thesis: **Alleviating Mental Health Problems through Counselling Interventions.**

### **Psychological Tests Standardized**

1. Nazam, F., Husain, A., & Gull, M. (2022). Standardization of Taqwa (Piety) scale for Muslims: An exploratory study. *Islamic Guidance & Counseling Journal*, 5(1), 30-39. E-ISSN 2614- 1566 <https://doi.org/10.25217/igcj.v5i.1662>.
2. Husain, A., Khan, S. M., & Khan, A. Manual Prayer Scale. New Delhi: Prasad Psycho Corporation, 2019.
3. Gull, M., & Husain, A. Religious Coping Scale. New Delhi: Psychomatrix, 2019.
4. Gull, M., & Husain, A. Mental Health Scale. New Delhi: Prasad Psycho Corporation, 2019.

### **Analytical Models related to Islamic Psychology**

**NAFSIAT:** Human nature can be understood by *Nafs* (Self), *Al -Aql* (The Intellect), *Fitrah* (National Disposition), *Spirit (Rūh)*, *Ilm* (Knowledge), *Al-Qalb* (The Heart) and *Taqwa* (Piety) (Husain, 2018).

**RELIGION** is Ritualistic, Ethical, Legal, Immanence, God connectedness, Ideology, Organized, and Nihilism (Husain, 2018).

**ISLAM:** Ways for Self-development based on 'ISLAM' are -- Intentions and Actions, Submission/Surrender to God, Love, Legitimate Livelihood, Accountability to God and Morality (Husain, 2018).

**QUR'AN:** Elements of QUR'AN are --Quest for entering into Paradise, Universality, Revelations, Attributes of Allah and No Compulsion in Religion (Husain, 2018).

### ***Islamic Practices***

**PRAYER:** Why we offer Prayer? Purification, Recovery, Attention, Yearning, Eternal consciousness and Remembrance of God (Husain, 2018).

**FASTING:** Elements of Fasting--Fundamental faith, Abstinence, Self-purification, Tolerance, Invocation, Night of Destiny and Gratitude (Husain, 2018).

**CHARITY:** Essentials of Charity—Compassion, Help to the needy, Almsgiving, Religious practice, Intention, Thankfulness and You (Husain, 2018).

**HAJJ:** House of Allah (Mecca), Allah's Blessing, Journey and Jannat (Paradise) (Husain, 2018).

**JIHAD:** Dimensions of *Jihad* based on acronym are -- justice, inner struggle, harmony and humanness, action and Divine Unity and *Da'wah* (Husain, 2018).

**PERSONALITY:** Spiritual Qualities Linked with Islamic 'PERSONALITY' are -- Patience and Piety, Excellence and Emotional Stability, Righteousness and Remembrance of Allah, Sincerity and Self-control, Obedience and Organized, Needs and Nobility, Altruism and Acts of Giving, Love and Luminous, Intuition and Intelligence, Truthful and Trustworthy, and Yearning and Yielding (Husain, 2018).

### **Model on Counselling based on 'ISLAM'**

There are fifteen important aspects of Islam i.e., *Iman, Ibadah* and *Ikhlas; Sulook, Salahiyat* and *Sabr; Liaqat, Lihaaz* and *Lagao; Akhlaq, Adaab* and *Awrad; and Mohabbat, Murabbi* and *Muntahi* which are important in Islamic counselling (Husain, 2021).

## INTERNATIONAL CONFERENCES ORGANIZED AS THE DIRECTOR

1. **Islamic Psychology & Counselling.** A.M.U., Aligarh. July 16-29, 2018.
2. International Conference on **Islamic Psychology: Theory, Research and Application.** Organized by the Department of Psychology, Aligarh Muslim University, Aligarh, in collaboration with International Association of Muslim Psychologists and Centre for Study and Research, November 10-12, 2018.
3. AMU Centenary International Conference on **Psychology of Religion & Spirituality.** Organized by the Department of Psychology, Aligarh Muslim University, Aligarh, in collaboration with Centre for Study and Research, Hyderabad and Institute of Objective Studies, New Delhi. February 24-26, 2020.
4. Two-day Online International Conference on **Islamic-Spiritual Psychology in South-East Asia.** Organised by Institute of Objective Studies, New Delhi, India *in* Collaboration with International Institute of Islamic Thought (East and South East Asia) International Association of Muslim Psychologists, & Jamia Hamdard, New Delhi, India. October 14-15, 2023.

## Invited as a Resource Person in the Orientation Programmes and Short-Term Courses

1. **Islamic Psychology.** Jamat-e- Islami Hind, New Delhi, July 4, 2013.
1. **Non-violence in the Qur'an: The Message for Masses.** First National Conference organized by Indian Council on Islamic Perspective in Psychology and Centre for Study and Research, New Delhi November 14, 2016.
2. **Psychospiritual Dimensions of JIHAD.** Refresher Course in Behavioural Sciences (ID). Organized by UGC-HRD Centre, University of Kashmir, Srinagar. 20-01-2017.
3. **Islamic Spiritual Practices as the Forms of Divine Therapy.** International Conference on Health and Well-being: An Interdisciplinary Inquiry. Department of Psychology, Jamia Millia Islamia, New Delhi. 22-23 March 2017.

4. **Islamic Psychology.** One Day Orientation Program on Islamic Psychology. Organized by Centre for Study and Research, Hyderabad and Indian Council on Islamic Perspective in Psychology, 6<sup>th</sup> August, 2017.
5. **Islamic Psychology: Brief History and Definitions.** Two Day International Conference on Islamic Psychology: Nature, Methods and Applications. Organized by Centre for Study and Research, Hyderabad and Indian Council on Islamic Perspective in Psychology, November 25-26, 2017.
6. **NAFSIAT: An Analytical Model Based on Quranic Concepts.** Orientation Programme on Research Methodology: Islamic Perspective. Organized by Faculty of Social Sciences, A.M.U., Aligarh and Institute of Objective Studies, New Delhi. February 02, 2018.
7. **Islamic Personality Traits as Indicator of Personality Development, Short Term Course on *Personality Development* for the training of Madrasa Teachers.** Organized by School of Education Project of Pandit Madan Mohan Malaviya National Mission on Teachers and Training (PMMMNTT) scheme of the MHRD at the Department of Education, AMU, Aligarh.

**March 3, 2018, March 22, 2018, December 30, 2018. March 3, 2019, February 10, 2020**

8. **Delivered 12 Lectures in one week Orientation Programme on Counselling Interventions (Islamic Counselling)** organized by the Malappuram Centre and Department of Psychology, Aligarh Muslim University. February 4-7, 2019.
9. **Lectures on Islamic Counselling** in the International Course on Islamic Psychology: From Knowledge and Research to Practices. Faculty of Psychology and Social Cultural Sciences, Universitas Islam Indonesia, December 16, 2019.
10. Orientation Programme on Islamic Counselling and Psychotherapy Organized by Institute of Objective Studies, Aligarh Chapter, September 16-22, 2020.
11. **Islamic Counselling for the Prevention and Management of Coronavirus Discussion Pandemic.** The 2<sup>nd</sup> International Intensive Course on Islamic Psychology. Department of Psychology, Islamic University of Indonesia, November 14, 2020.

12. **Islamic view of Human Nature and Personality.** SIO Headquarters, Delhi, 28<sup>th</sup> May, 2022.

13. **Islamic Counselling Intervention.** SIO Headquarters, Delhi, 28<sup>th</sup> May, 2022.

14. **Islamic Practices in Clinical Setting.** The 7th IAMP conference continuing the legacy of Prof. Malik Badri: The founding father of modern Islamic Psychology (5-8 February, 2022)

15. **Islamic Practices and Psychotherapy in Clinical Setting.** Institute of Objective Studies Aligarh Chapter, February 21, 2022.

16. **Islamic Counselling.** Shobai Islami Maashra, Markaz Jamat Islami Hind, New Delhi. February 19, 2022.

**Patent/Copyright:**

**Title of Contribution:** Contribution of Maulana Ashraf Ali Thanvi in the field of Psychopathology and Psychotherapy. 2009.

**Author:** Professor Akbar Husain

**Title of Work:** Religious Systems on India (Islam)

**Editor:** Professor Mohammad Rafique  
No. F. 3-2/2008/PHISPC/309