



**Peaceful**  
FAMILIES PROJECT

[peacefulfamilies.org](http://peacefulfamilies.org)

# COPING & COUNSELING AS AN IMAM/CHAPLAIN

WEBINAR #1



## COPING AND COUNSELING During COVID-19 Pandemic

Community leaders, counselors, and service providers may be experiencing increased pressures caused by social distancing and the COVID-19 pandemic. PFP has compiled self-care tips that are necessary for sustaining your ability to care for yourself and vulnerable members of our communities long-term.

### RECOGNIZE

signs of stress in yourself (Physical, emotional, cognitive, spiritual).

### REFLECT

on impact of social media on you and how you deliver your services.



### IDENTIFY

what you need for your own wellbeing.  
your coping mechanisms.  
your own support network of colleagues and peers.



### REMEMBER

that exposure to others' trauma without self-care leads to burnout and compassion fatigue.

that it is OK to say "NO" when you are not available or have reached your capacity.

### DESIGNATE

your work space. Keep it professional.  
time for yourself (spiritual practices, exercises, proper nutrition, sleep).  
time for your family.



### SET

and communicate times you are available to the community.

### KNOW

your limits and refer appropriately.



#### Mental health professionals: !

- \* SEEMA Mental Health
- \* Psychologytoday.com
- \* Coronavirus online therapy

#### Domestic violence services:

- \* National Domestic Violence Hotline
- \* Local domestic violence services through the county or local non-profits

#### Social services:

Through local masjid, local community or the county

# VIRTUAL COUNSELING

## WEBINAR #2



## VIRTUAL COUNSELING

During Covid-19 Pandemic



### TECHNOLOGY



#### Make sure the video platform is...

secure & confidential. Do not allow recording of sessions without each party's explicit agreement.

- Make sure to have alternate ways to reach the person should the connection become disrupted.
- Plan for various tools for counseling (video, phone, text, email) to ensure proper use, comfort of parties using the technology, and confidentiality.



### PROFESSIONALISM

#### Recognize that counseling from home...

leads to a more informal setting that could slide into being less professional.

- Choose your "office space" carefully.
- Consider gender issues when choosing your space, time of day (avoid late evening counseling with opposite gender), appropriate dress, manner of speaking.
- Avoid sliding into casual, informal conversations that may blur the boundaries and send a confusing message to people who are experiencing vulnerability and isolation.

### SAFETY



#### Consider the impact of the community...

member's physical space on their feeling of safety during the session.

- During couple or family sessions, attend to each person's emotional well-being.
- Offer the option of each person logging in to the video-conference from separate devices/rooms if that allows for increased emotional safety.
- Phone sessions limit the information you can gather from body language and what is happening in the room, so ask people to tell you what is happening.
- Consider using a code word that lets you know if the person needs to end session abruptly due to unsafe situation.



### COUNSELING

- Structure the session.
- Provide ground rules.
- Discuss expectations and goals.
- Practice active listening with each person.
- Attend to body language.
- Ask open-ended questions.
- Make referrals as needed.

# VIRTUAL COUNSELING

WEBINAR #2



## Peaceful Families Project

- ☐ National non-profit 501(c) 3
- ☐ Education & Training for leaders, community members & service providers
  - ☐ Domestic Violence Awareness
  - ☐ Healthy Relationships (Marital Bliss)
  - ☐ Cultural Competency
- ☐ Resource Development
- ☐ Research
- ☐ Technical Assistance



## Roles & Limits

- ☐ What is your role?
- ☐ What are the limits of your role?
- ☐ Who do you refer to for additional expertise?





# VIRTUAL COUNSELING

## WEBINAR #2



### Virtual vs In-Person Counseling

- ☐ Impact of technology on counseling
- ☐ Maintaining a professional setting
- ☐ Maintaining a safe space for each party
- ☐ Practicing good counseling skills



### Impact of Technology

- ☐ Advantages
- ☐ Disadvantages
- ☐ Things to consider:
  - ☐ Recording
  - ☐ Confidentiality
  - ☐ Different degrees of comfort using technology
  - ☐ Camera position/type of device/ device location



# VIRTUAL COUNSELING

## WEBINAR #2



### Maintaining a Professional Setting

- ☐ Inform community members that the appointment should be treated as if the meeting is in the office
- ☐ Things to consider:
  - ☐ Confidentiality
  - ☐ How to address community members
  - ☐ Impact of being at home
  - ☐ Ground rules
  - ☐ Recording



### Boundaries

#### Professional mindset:

- ☐ Choose your "office" space
- ☐ Dress professionally
- ☐ Give yourself time to shift gears from your role in the family
- ☐ Set "work" hours

#### Gender issues:

- ☐ Consider impact of space, time of day, dress, manner of speaking



# VIRTUAL COUNSELING

## WEBINAR #2



### Maintaining a Safe Space

For the community member

- ☐ Consider impact of the physical space on safety/privacy
- ☐ Attend to each person's emotional safety
- ☐ Offer option of separate rooms for each spouse

For the Imam/Chaplain/Counselor

- ☐ Identify plan if community member behaves inappropriately
- ☐ Maintain control of the session
- ☐ Avoid slipping into casual conversation



### Counseling

- ☐ Structure the session
- ☐ Provide ground rules
- ☐ Identify session goal(s) & expectations
- ☐ Assessment & accurate identification of the problem
- ☐ Give each person equal opportunity to talk
- ☐ Address each person by name



# VIRTUAL COUNSELING

WEBINAR #2



## Counseling Skills

- ☐ Attend to body language/non-verbal communication
- ☐ Ask open-ended questions
- ☐ Practice active listening
- ☐ Validate & empathize with each person
- ☐ Respond appropriately based on the identified problem & goal
- ☐ Provide referrals if needed



# PREVENTING DOMESTIC VIOLENCE & PROMOTING PEACEFUL HOMES

WEBINAR #3



## PREVENTING DOMESTIC VIOLENCE PROMOTING PEACEFUL HOMES



### DURING COVID-19 PANDEMIC



**DON'T**

- Blame or judge.
- Impose your ideas.
- Engage in couples counseling when there is active domestic violence:
  - May increase intensity of abuse.
  - May lead to victim being cut off from help.
  - May increase risk of suicide/homicide.



- Educate yourself about domestic violence (see resources below).
- Identify your role and level of expertise.
- Educate about healthy relationships.



- Remember it takes courage to disclose abuse due to fear of being shamed, judged, and not believed.



- Share your policy about confidentiality up front.

Practice & express compassion.

Offer hope.



- Assess relationship (healthy, unhealthy, abusive).

Identify forms of abuse.



- Ask if there is any experience of insults, threats, physical or verbal attacks, deprivation, neglect.

Assess level of danger.



- Share referrals and resources.
- Remind people of their strengths.

Refer to domestic violence organizations.



- Report if a child is being abused.
- Report if an elder adult is being abused.
- Report and refer if there is a clear threat of hurting self or others.

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## Preventing & Responding to DV

- ☐ In the US:
  - ☐ >50% of Muslims reported some type of family violence in lifetime (PFP/PS 2011 survey)
  - ☐ >30% of Muslims reported violence from intimate partner
  - ☐ 54% of Muslims report DV to law enforcement & 51% report to a faith leader (ISPU, 2017)
- ☐ Increased risk of domestic violence while home-bound





# PREVENTING DOMESTIC VIOLENCE & PROMOTING PEACEFUL HOMES

WEBINAR #3



## Prevention

- ☐ Convey that any kind of abuse is unacceptable regardless of circumstances
- ☐ Teach about healthy family dynamics & appropriate expectations related to gender roles
- ☐ Teach about stress management
- ☐ Teach about anger management
- ☐ Encourage people to seek appropriate help (emotional, financial, premarital counseling, etc.)



## Intervention

- ☐ What is your role?
- ☐ What are the limits of your role?
- ☐ Who do you refer to for additional expertise?
  - ☐ DV service provider, law enforcement, mental health professional, social services, crisis hot line, 911

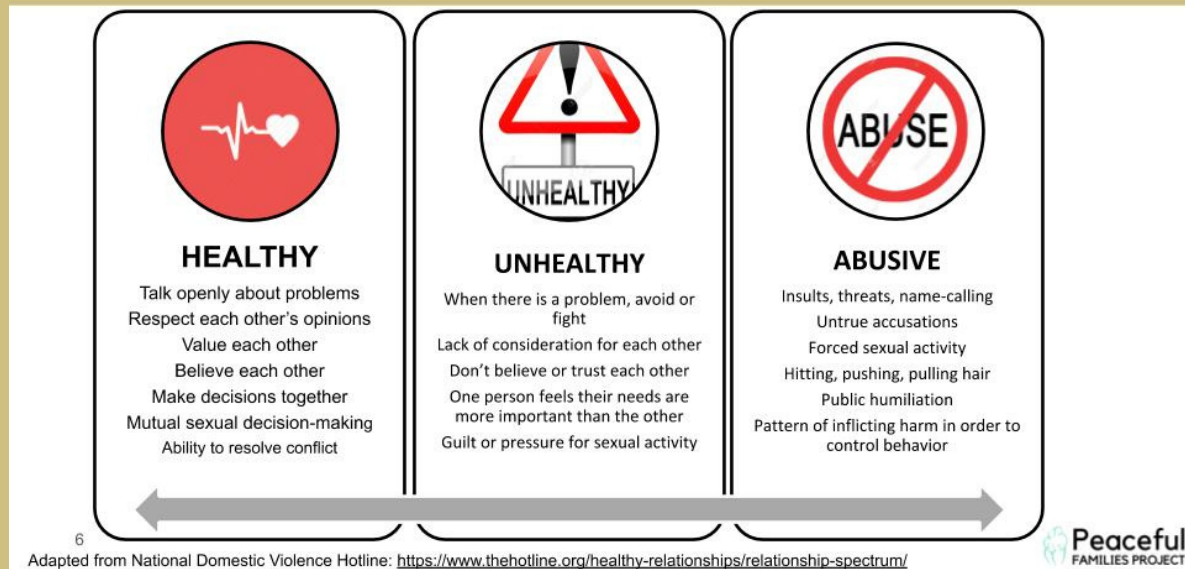


# PREVENTING DOMESTIC VIOLENCE & PROMOTING PEACEFUL HOMES

## WEBINAR #3



### Relationship Spectrum



### Types of Abuse

#### Physical

- ❖ Neglecting physical needs (food, shelter, etc)
- ❖ Pinching, hitting, pushing, slapping, kicking
- ❖ Pulling hair
- ❖ Using a weapon (knife, belt, electric cord, hanger, rod, etc)
- ❖ Throwing objects, using physical restraint
- ❖ Forced tickling (often used with children)
- ❖ Choking, strangulation (can lead to immediate or delayed death)

#### Verbal

- ❖ Insults, name-calling, mocking

#### Psychological

- ❖ Threats (to divorce, take 2nd wife, deport, ruin reputation)
- ❖ Intimidation
- ❖ Offensive jokes





# PREVENTING DOMESTIC VIOLENCE & PROMOTING PEACEFUL HOMES

WEBINAR #3



## Types of Abuse

### Financial

- ❖ Confiscating her paycheck
- ❖ Making her feel guilty that he provides for her
- ❖ No access to financial information
- ❖ Not providing for her even if he has the means
- ❖ Depriving her & children of basic needs (food, clothing, shelter)

### Sexual

- ❖ Forced sexual relations
- ❖ Sexual deprivation,
- ❖ Sex during prohibited times, or in uncomfortable manner
- ❖ Forced to watch pornography



## Invisible Forms of Abuse

### Isolation

- ❖ Instilling fear so she chooses not to go out
- ❖ "prohibiting" certain relationships

Withholding affection

Ignoring

Monitoring and/or restricting behavior



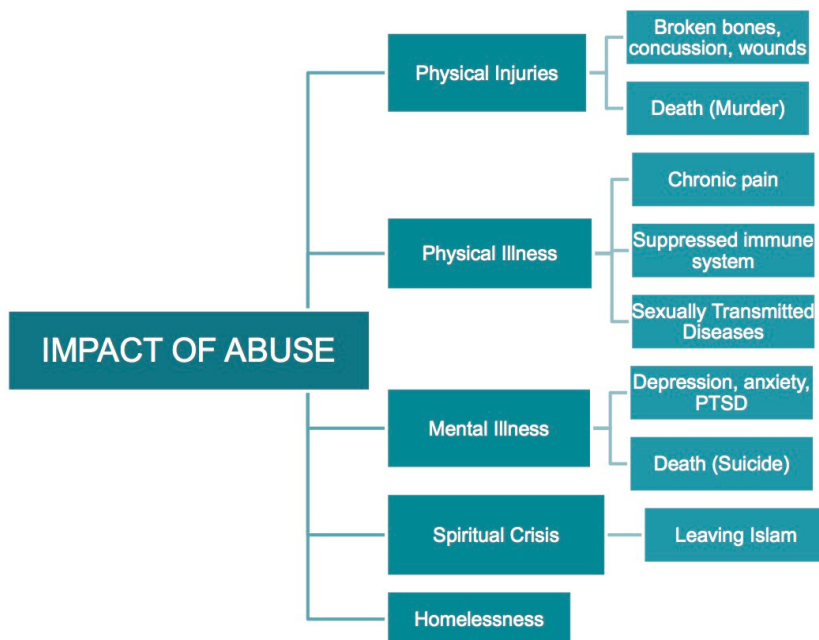
# PREVENTING DOMESTIC VIOLENCE & PROMOTING PEACEFUL HOMES

WEBINAR #3



## Spiritual Abuse in the Family

- ❖ Devastating form of emotional abuse
- ❖ Misuse of hadith or Qur'an to manipulate spouse or child
- ❖ Forcing or interfering with *`ibaadah*



# PREVENTING DOMESTIC VIOLENCE & PROMOTING PEACEFUL HOMES

WEBINAR #3



## Impact of abuse

- ☐ Can lead to fear & mistrust of others
- ☐ Can be easily triggered
- ☐ May seem demanding, anxious, depressed, fearful
- ☐ May have difficulty processing information or remembering details
- ☐ May have mixed feelings: "I love him, want the abuse to stop, don't want him to get arrested, don't feel safe with him..."



## Responding Effectively

- ☐ Maintain confidentiality
- ☐ Be a safe person yourself
  - ☐ Manage your own emotions
  - ☐ Avoid judgement & blame (verbal & non-verbal)
  - ☐ Use compassion
  - ☐ Offer choices (time of session, type of technology, taking a break, what is next step)
  - ☐ Be patient!
- ☐ Avoid re-victimization
  - ☐ Impatience, imposing your ideas, harshness



# PREVENTING DOMESTIC VIOLENCE & PROMOTING PEACEFUL HOMES

WEBINAR #3



## Remember

- ☐ It takes courage to disclose abuse
- ☐ Abuser often says:
  - ☐ "No one will believe you."
  - ☐ "No one will help you."
  - ☐ "You will lose the children if you report or try to leave."
  - ☐ "It's all your fault." or "You're bad/not worth it..."



## Counseling Skills

- ☐ Ask what would be most helpful
- ☐ Use open-ended, neutral questions: "Help me understand what happened." versus "Why did he hit you?"
- ☐ Offer suggestions, not commands
- ☐ Practice active listening: "I'm hearing you say...."
- ☐ Acknowledge complexity of situation & lack of perfect solution."



# PREVENTING DOMESTIC VIOLENCE & PROMOTING PEACEFUL HOMES

WEBINAR #3



## Couples Counseling?

- ☐ May be unsafe or extremely dangerous
- ☐ May lead to the abuser cutting the person off from further help or outside contact
- ☐ May lead to increased intensity of violence
- ☐ May lead to murder



## Reporting

Confidentiality may need to be broken when

- ☐ A child or an elder is in danger
- ☐ An adult is threatening to harm themselves or someone else



# PREVENTING DOMESTIC VIOLENCE & PROMOTING PEACEFUL HOMES

WEBINAR #3



## Refer to Specialists

- ❖ National Domestic Violence Hotline: 1-800-799-SAFE, [thehotline.org](https://thehotline.org) (chat or phone)
- ❖ Local resources: search for domestic violence services in your city or county
- ❖ Mental health professionals provide emotional support & treatment for abuse-related trauma, depression, anxiety






# SPIRITUAL COUNSELING FOR STRESS MANAGEMENT

WEBINAR # 4



## SPIRITUAL COUNSELING FOR STRESS MANAGEMENT

### DO



Listen: - Before offering advice - Without judging  
Empathize to build trust  
Meet people where they are  
Distinguish between giving fatwa vs counseling  
Remember emotional state does not always indicate spiritual state  
Remind people about hereafter dimension (ultimate reward, ultimate justice)


### DO

Teach people how to make du`a for themselves  
Encourage people and offer hope for healing without false promises  
Remind people that du`a made for the deceased will be received by the deceased

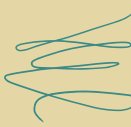
- Communication between the living and the dead does not end with death
- Remind people of the reunion in the hereafter (Akhirah reunion)

Encourage people to transform grief into something positive

- Give charity or volunteer for a cause that was important to the deceased



### DON'T



Judge people's spiritual state based on their emotional state

- They may feel fear or sadness while having strong connection to God

Tell people that more faith will resolve depression  
Expect people to be in the place we want them to be  
Tell people not to cry  
Give medical advice if you are not a doctor

### TOOLS FOR MANAGING STRESS

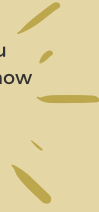
Interpret events positively

- Perhaps you hate a thing and it is good for you; and perhaps you love a thing and it is bad for you. And Allah Knows, while you know not." (2:216)


Feel the presence of God in your life. He is always with you

Put your trust in God

Remind yourself that this life is not the only life. Look through the akhirah lens to understand pain and suffering



### TOOLS FOR MANAGING STRESS



Think well of yourself. Do not think of yourself as a failure  
Remember God will give you strength when you ask Him for it  
Remember that God is aware of our emotional state, as He was aware of the Prophet Muhammad's sadness  
Make slow, intentional ablution (wudu), then prayer

### TOOLS/CONCEPTS TO ADDRESS FEAR

Patience (does not mean accepting oppression; rather it means to resist it)  
Focusing on the hereafter and the ultimate reward or justice facilitates patience

Being optimistic (does not mean no planning)

Trusting in God (does not mean being reckless)

Making du`a (share du`a of Prophets Nuh, Yunus, Moses, Muhammad)



# SPIRITUAL COUNSELING FOR STRESS MANAGEMENT

WEBINAR # 4



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## What is Spiritual Counseling?

- ☐ It is to combine the body, mind, and soul in the approach of helping people.
- ☐ The counseling is centered on spiritual well-being.
- ☐ Guiding the person to have a better relationship with God, oneself, and others





# SPIRITUAL COUNSELING FOR STRESS MANAGEMENT

WEBINAR # 4



## The Islamic Perspective of Human Soul (Nafs)

- ❑ There are different types of Nafs in the Holy Quran:
- ❑ From Surah Yusuf, we have the concept of Al Nafs Al-Ammara. The self that incites the person to do wrong. Being persistent in doing wrong.
- ❑ Nafs Lawwama, which is the Nafs that has regret. Regretting the sin that was committed.
- ❑ Nafs Mutma'inna, the soul that is at perfect peace.
- ❑ Nafs Mardiyya: soul that is pleasing to God



## What are the objectives of spiritual counseling?

- ❑ Helping people to understand themselves and increase self-awareness
  - ❑ Understanding self-capacity. The Quran says "No soul will God give it more than it can take."
- ❑ Reducing discomfort due to events that happened to the person or because of what people say about them.
- ❑ Address justification by the *nafs* of normalizing wrong-doing (addiction, abuse, etc.) and disciplining the soul to doing the right behavior instead



# SPIRITUAL COUNSELING FOR STRESS MANAGEMENT

WEBINAR # 4



## Aspect of Spiritual Counseling Dealing with Hearts

### Types of Hearts Described in Qur'an

- ☐ A heart that is not mindful or distracted
- ☐ The heart that is blind
- ☐ The heart that is arrogant
- ☐ The heart that is wholesome or sound
- ☐ Troubled heart <sup>١٥٦</sup>
- ☐ Heart that is hard
- ☐ The sick heart
- ☐ Goal is to achieve sound heart



## Dimensions of Spiritual Counseling

Three (3) dimensions:

- ☐ Relationship with God; understanding the nature of the relationship with God <sup>١٥٦</sup>
- ☐ Relationship with one self; understanding relationship with oneself by connecting the scriptural perspective with the psychological perspective
- ☐ Relationships with others; understanding our behavior toward others by understanding how others perceive us, not only our perception of our own behavior.
  - ☐ Relationships are grounded in mutuality, they are not one-sided.
- ☐ All relationships are based on expectations, including the relationship with God.



# SPIRITUAL COUNSELING FOR STRESS MANAGEMENT

WEBINAR # 4



## Qur'anic Concept of Ibtilaa' (Test)

### Surah Anbiyaa, Aya 35

Every soul shall have a taste of death; and We test you by evil and by good by way of trial. To Us must you return (Yusuf Ali)

### Surah Fajr, Aya 15

Now, as for man, when his Lord tries him, giving him honor and gifts, then says he, (puffed up), "My Lord has honored me." (Yusuf Ali)

### Surah Fajr, Aya 16

But when He tries him, restricting his subsistence for him, then says he (in despair), "My Lord has humiliated me!" (Yusuf Ali)

### Surah Baqara, Aya 155

Be sure we shall test you with something of fear and hunger, some loss in goods or lives or the fruits (of your toil), but give glad tidings to those who patiently persevere, (Yusuf Ali)



## Spiritual Counseling in Difficult Times

1. We listen before we offer any advice
2. Building trust by having and showing empathy
3. We meet people where they are, rather than asking them to be in the place we want them to be. Help them to gradually get to where they need to be.
4. Differentiate between giving *fatwa* and counseling<sup>[OBJ]</sup>
5. Be careful not to use the words "Have more faith so that you don't become depressed," or "Depression could be resolved by having more faith."<sup>[OBJ]</sup>





# SPIRITUAL COUNSELING FOR STRESS MANAGEMENT

WEBINAR # 4



## Emotional State Does Not Always Indicate Spiritual State

### **Quranic Example on Fear:**

- We will certainly test you with some fear and hunger, and some loss of possessions and lives and crops. But give good news to the steadfast.

As you can see fear is the first to be mentioned. Why?

### **Examples of fear in the story of Musa عليه السلام first fear is his mother's:**

- We inspired the mother of Moses: "Nurse him; then, when you fear for him, cast him into the river, and do not fear, nor grieve; We will return him to you, and make him one of the messengers."

### **Musa's عليه السلام Fear:**

- The next morning, he went about in the city, fearful and vigilant, 28:18
- So he left, fearful and vigilant. He said, "My Lord, deliver me from the wrongdoing people."
- "And when he came to him, and told him the story, he said, "Do not fear, you have escaped from the wrongdoing people."
- "Throw down your staff." And when he saw it wiggling, as if it were possessed, he turned his back



## Another example of Moses

He is talking to God Almighty about his fear & asking for help

- ❑ And my brother Aaron, he is more eloquent than me, so send him with me, to help me, and to confirm my words, for I fear they will reject me."
- ❑ He said, "We will strengthen your arm with your brother, and We will give you authority, so they will not touch you. By virtue of Our signs, you and those who follow you will be the triumphant."



# SPIRITUAL COUNSELING FOR STRESS MANAGEMENT

WEBINAR # 4



## Natural Fear

It is natural to have fear of death, sickness, physical harm, oppression, loss of job and wealth. Certain tools, virtues and concepts can help people navigate in difficult times:

- ☐ Concept of patience (sabr)
- ☐ Optimism
- ☐ Trust in god

But shared in a way that it does not give a wrong concept or misunderstanding, such as:

- ☐ Patience does not mean accepting oppression
- ☐ Optimism does not mean no planning
- ☐ Relying on God does not mean recklessness

Examples:

- ☐ From the life of the Prophet (SAW) the Taif story (supplication on the next slide)
- ☐ The Stories of Yunus and Mariam



## Prophet Muhammad's (SAW) Ta'if Du`a

اللهم إليك أشكو ضعف قوتي وقلة حيلتي وهواني على الناس  
يا أرحم الراحمين أنت أرحم الراحمين  
أنت رب المستضعفين وأنت ربي  
إلى من تكلني إلى عدو يتجهمني أم إلى عدو ملكته امرئ  
إن لم يكن بك غضب علي فلا أبالي ولكن عافيتك هي أوسع لي  
أعوذ بنور وجهك الذي أضاءت له السموات والأرض  
وأشرفت له الظلمات وصلح عليه أمر الدنيا والآخرة  
أن ينزل بي غضبك أو يحل علي سخطك  
لك العتبي حتى ترضى ولا حول ولا قوة إلا بك

To You, my Lord, I complain of my weakness, lack of support and the humiliation I am made to receive. Most Compassionate and Merciful! You are the Lord of the weak, and you are my Lord. To whom do You leave me? To a distant person who receives me with hostility? Or to an enemy You have given power over me? As long as you are not displeased with me, I do not care what I face. I would, however, be much happier with Your mercy. I seek refuge in the light of Your face by which all darkness is dispelled and both this life and the life to come are put in their right course against incurring your wrath or being the subject of your anger. To You I submit, until I earn Your pleasure. Everything is powerless without your support.



### Feeling of Hopelessness & Oppression

#### The prayer of Nuh عليه السلام

- رَبِّ اغْفِرْ لِي وَلِوَالِدَيَّ وَلِمَن دَخَلَ بَيْتِيَ مُؤْمِنًا وَلِلْمُؤْمِنِينَ

My Lord! Forgive me and my parents, and whoever enters my house in faith, and the faithful men and women, and do not increase the wrongdoers in anything except ruins.' (Quran 71:28)

- فَدَعَا رَبَّهُ أَنِّي مَغْلُوبٌ فَانْتَصِرْ

So he invoked his Lord, "Indeed, I am overpowered, so help." (Quran 58:10)

#### The prayer of Moses عليه السلام

- وَقَالَ مُوسَىٰ رَبَّنَا إِنَّكَ آتَيْتَ فِرْعَوْنَ وَمَلَأَهُ زِينَةً وَأَمْوَالًا فِي الْحَيَاةِ الدُّنْيَا رَبَّنَا لِيُضِلُّوَا عَنْ سَبِيلِكَ رَبَّنَا اطْمِسْ عَلَىٰ أَمْوَالِهِمْ وَاشْدُدْ عَلَىٰ قُلُوبِهِمْ فَلَا يُؤْمِنُوا حَتَّىٰ يَرَوُا الْعَذَابَ الْأَلِيمَ

Moses prayed to God: "Our Lord! Surely You have granted the Pharaoh and his chiefs splendor with riches in the life of this world, and so, our Lord, they lead people astray from Your way. Our Lord! Destroy their riches, and press upon their hearts, for they do not believe until they see the painful punishment." (Quran 10:88)



### Test In Life Does Not Mean Punishment

- ❑ Misconceptions in people's minds that God is punishing them in difficult time.
- ❑ We have to talk to them about the hereafter dimension at the time of tests.
- ❑ Prophets went through difficult times, and they are the closest people to God.





# SPIRITUAL COUNSELING FOR STRESS MANAGEMENT

WEBINAR # 4



## Counseling the Sick & their Families, Especially When Family Cannot Visit

We share with the person over the phone how to make supplications (Du`a) for themselves:

- أَذْهِبِ الْبَاسَ رَبَّ النَّاسِ وَاشْفِ أَنْتَ الشَّافِي لَا شِفَاءَ إِلَّا شِفَاؤُكَ شِفَاءً لَا يُغَادِرُ سَقَمًا

"O Lord of the people, remove this pain and cure it, You are the one who cures and there is no one besides You who can cure, grant such a cure that no illness remains".

- The family can recite surah Yasin and make the same Du`a at home even when they cannot visit them.

Giving the patients encouragement and hope for healing without giving any false confirmation regarding their sickness. Only provide spiritual guidance, do not recommend medication and/or physical remedy, leave it to the professionals.

In Islamic history they used to pay people to stand next to patients to say good things to them to boost their immune system.



## Grief

- It is natural to have grief when losing loved ones or losing something important in our lives.
- Yaqub's *عليه السلام* sadness of losing Yusuf (Sura Yusuf, Ayat 84-86)
- The sadness of Prophet Muhammad (SAW) of losing all of his children throughout his lifetime, and the loss of his son Ibrahim

### Things that help a person that's grieving

1. Listening to their pain without judging them.
2. When they cry, do not ask them to be patient, because crying does not contradict patience.
3. Remind them that Du`a will be received by the deceased. Communication between the living and the dead does not end with death.
4. Mention to them the concept of "Akhirah reunion."
5. Transform their moment into something positive, by giving charity or volunteering for something the deceased cared about.



# SPIRITUAL COUNSELING FOR STRESS MANAGEMENT

WEBINAR # 4



## 5 Stages of Grieving

- ☐ Denial
  - ☐ Avoidance, Confusion, Shock, Fear
- ☐ Anger
  - ☐ Frustration, Irritation, Anxiety
- ☐ Bargain
  - ☐ Struggling to find meaning, reaching out to others
- ☐ Depression
  - ☐ Overwhelmed, Helplessness, Hostility, Flight
- ☐ Acceptance
  - ☐ Exploring options, new plan in place, and moving on



## Cognitive Remedy for Anger: Imam Al-Ghazali

1. Think about the rewards of appeasing anger, that have come from the verses of the Quran and the sayings of the Prophet Muhammad. Your hope for getting rewards of appeasing anger will restrain you from taking revenge.
2. Fear the punishment of God. Remind yourself, If I take revenge on someone out of anger, God will take revenge upon me on the Judgement Day.
3. Take precaution about punishment of enmity and revenge. Remember that your enemy might take revenge against you in this world and in the next.
4. Think about the ugly face of the angry person, which is just like that of a ferocious beast. A person who restrains anger looks sober and learned.
5. Remember that the devil will advise by saying: " You will be weak if you do not get angry!" Do not listen to him!
6. Ask yourself, "What reason have I got to get angry? What Allah wishes has occurred!"





# SPIRITUAL COUNSELING FOR STRESS MANAGEMENT

WEBINAR # 4



## Medicine Based on Actions: Imam Al-Ghazali

1. When you get angry, say: I seek refuge in God from the accursed evil (a`ûdhû billâhi min ash-shaytân ir rajîm).
  - When Ayesha (RA) got angry, Prophet Muhammad (SAW) said: "O dear Ayesha, say: O God, you are the Lord of my prophet Muhammad, forgive my sins and remove the anger from my heart and save me from misguidance."
2. If anger does not go away by this means, sit down if you are standing, lie down if you are sitting, and come near to earth, as you have been created of earth. Thus make yourself calm like the earth. The cause of wrath is heat and its opposite is to lie down on the ground and to make the body calm and cool.
  - Prophet Muhammad (SAW) said: Anger is a burning coal. Don't you see your eyebrows wide and eyes reddish? So when one of you feels angry, let him sit down if standing, and lie down if sitting.
3. If still anger does not stop, make ablution with cold water or take a bath, as fire cannot be extinguished without water.
  - Prophet Muhammad (SAW) said : "When one of you gets angry, let him make ablution with water as anger arises out of fire." In another narration, Prophet Muhammad (SAW) said: "Anger comes from the devil and the devil is made of fire."





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