



Dear colleagues,

Welcome to the first Working with Muslims bulletin from The Reflection Project (previously Reflection Network). We are a registered charity (1208641) with a vision for

**every Muslim child in the UK to feel heard and healed
through timely access to faith-sensitive therapy**

Our mission is to help Muslim children and young people access faith- and culture-sensitive therapy by:

- collaborating with community partners to deliver mental health support
- and by training therapists in the importance of an appropriately tailored approach

Find out about our activities at our new website thereflexionproject.com

EVENTS

MMC: Dealing with National Challenges Within Third Sector Mental Health Service Provision

Wednesday 2nd October

Facilitated by Dr Rahmanara Chowdhury, Nottingham Trent University, this online workshop offers a safe space for third sector organisations supporting Muslim communities to discuss national challenges, particularly in light of recent UK riots and grassroots research. Organised by Muslim Mind Collaborative <https://muslimmindcollaborative.co.uk/>

Although too late to attend, readers might be interested in arranging similar events. Contact Muslim Mind Collaborative: info@muslimmindcollaborative.co.uk

The Lantern Initiative: Healing Minds

Sunday 3rd November, 2:00pm - 6:30pm

Brockholes Nature Reserve, PR5 0AG

Wajeeha Amin, Psychotherapist & Relationship Coach: *Love, Emotions & Communication*
Abedi Ahmad, Relationship Therapist & Founder, Amanah Counselling: *Addiction: a Spiritual Approach*

Safura Houghton, Mindfulness Practitioner & Director, The Lantern Initiative: *Boundaries & Self-care: an Islamic Perspective*

<https://www.tickettailor.com/events/lantern/1410030>



Islamophobia Awareness Month: November 2024

For more details: <https://www.islamophobia-awareness.org/>

Talk by Dr Rahmanara Chowdhury: Navigating the Research Landscape as Muslim Researchers

Saturday 7th December, 11am - 12:30pm, online

Muslim Researchers' Network: Psychology & Mental Health Stream. Dr Rahmanara will draw on some of her research on what happens to reporting of offences such as domestic abuse within Muslim communities within Western contexts; reflect on what we might learn from this in terms of how we navigate research as Muslim Researchers and conclude with how can we better support each other as Muslim researchers.

The link to the online meeting will be shared in the group closer to the date. For more information and to join the group:

<https://www.muslimresearchersnetwork.org/psychology--mental-health.html>

MRN Annual Conference 2025: The Muslim Voice

With political analyst Sami Hamdi, Managing Director, International Interest. Join Muslim Researchers Network to explore the 'Muslim Voice' with the latest in academic research, interactive workshops and networking opportunities.

Saturday 4th January 2025 at 10am-6pm

Venue: Mathematical Institute, University of Oxford

Tickets: <https://www.tickettailor.com/events/muslimresearchersnetwork/1396318>

RESOURCES

Community Trauma Conference list

List of mental health organisations and services for People of Colour, Migrants, Refugees, Asylum Seekers and Muslim communities affected by the racist riots, rhetoric and violence in the UK. Available to view or download on the Community Trauma Conference website: <https://www.communitytraumaconf.com/news/list-of-mental-health-organisations-and-services>

Muslim Mental Health in UK Communities: a Call to Action

Policy briefing by Muslim Mind Collaborative:

The Reflection project



<https://muslimmindcollaborative.co.uk/wp-content/uploads/2024/09/Mental-Health-in-UK-Muslim-Communities-A-Call-to-Action.pdf>

Nafsiyat: Group Empowerment Project

Nafsiyat is an intercultural therapy centre committed to providing effective and accessible psychotherapy and counselling services to people from diverse religious, cultural and ethnic communities in London.

This project provides accessible, culturally sensitive mental health support to marginalised and racialised communities in North London. It consists of offers regular, professionally-led group sessions that create safe spaces for participants to explore mental health challenges, connect with others, and build resilience. Programme highlights include: Arabic, Amharic, and Tigrinya Women's Group; Arabic-speaking Men's Group; Turkish-speaking Men's Group; Mixed Gender Mental Health Group Therapy.

Referral Criteria: residing in Islington, Camden, Haringey, Enfield, or Barnet; aged 18+

Further information: Email: admin@nafsiyat.org.uk Tel: 020 7263 6947
Nafsiyat Intercultural Therapy Centre <https://www.nafsiyat.org.uk/>

The Muslim Lived Experience Network: Women's Peer Support Group

A confidential, non-judgemental and uplifting space for Muslim women with lived experience of mental health-related distress. Fortnightly sessions (Thursdays 7.30pm - 9.00pm) delivered by Lived Experience practitioners.

Further information: sara.alshamari1@nhs.net

TRAINING

Valuing Every Mind Toolkits: training and workshops for schools

Muslim Mind Collaborative is offering training and workshops for schools using the Valuing Every Mind toolkit. This could be linked with Islamophobia Awareness month (November) and Everyday Muslim archive and oral history project. Muslim Mental Health in Schools report and toolkit and toolkits can be downloaded from: <https://muslimmindcollaborative.co.uk/edu/>

Contact: Sabah Gilani info@muslimmindcollaborative.co.uk

Perinatal Mental Health: Creating Culturally Safe and Faith-Sensitive Care for Better Outcomes for Families and Communities

This training, delivered by Dr Aaliyah Shaikh, merges lived experience with academic insights and empirical research. Dr Aaliyah is a keen advocate for raising awareness of the

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long-term implications of birth trauma, and a lived experience practitioner-researcher and educator who was born through a traumatic birth to a young migrant mother. She will be drawing on her knowledge including her PhD thesis findings on perinatal experiences of British Muslims.

Masterclass: Wednesday 9th Oct 2024 at 11am-1pm
Online via Zoom <https://buytickets.at/lantern/1371628>

This training is for professionals and across various healthcare roles, particularly those involved in the care of pregnant women. By integrating the principles of cultural safety and faith sensitivity into professional practice, organisations can ensure that their services are more inclusive, respectful, and effective.

RESEARCH

Equi: UK Arts and Culture and the Role of British Muslims

Dr M G Khan, September 2024

British Muslims are in transition. Energy, creativity and courage is coming from a youthful Muslim demographic with increasing awareness and access to histories, traditions and innovations, generating new possibilities, new thinking and new collaborations. British Muslims are transitioning from cultural consumers to cultural producers in a global marketplace in which the global halal food and Muslim lifestyle market is at least \$3.7 trillion dollars (OIC, 2019). There is also a transition required in the perceptions of a community that is the most giving to charitable causes, irrespective of socioeconomic positioning.

Full report: <https://equi.org.uk/wp-content/uploads/2024/09/Equi-Arts-Culture-Report-FINAL.pdf>

RESEARCH IN PROGRESS

The Inspired Minds - Adapted Project: A Feasibility Study Evaluating A Mental Health Programme For Young Muslim Women

Mental health challenges are a significant concern across diverse communities, and young Muslim women can face unique stressors that affect their well-being. The Inspired Minds Adapted Intervention (IM-Adapted) study recognises the importance of addressing these concerns in a culturally sensitive and empowering manner.

This feasibility study takes a groundbreaking approach by investigating a faith-based, culturally adapted intervention specifically designed to support the mental health and overall well-being of young Muslim women. Current research underscores the potential positive role faith can play in mental health care and the need to tailor interventions to specific cultural and religious backgrounds for greater effectiveness.

Further information: <https://im-adaptedstudy.co.uk/>

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Experiences of Children of Forcibly Displaced Iraqis in the UK

Stress and trauma experienced by parents or grandparents can have an impact on future generations, even though they have not been directly exposed to the same stressful or traumatic events. In this study, we would like to explore whether this is the case for the British Iraqi community, particularly those whose families were forcibly displaced from Iraq. We would like to interview second-generation British Iraqis about their experiences.

Further information: ayaat.ati.15@ucl.ac.uk

'Out of Reach' to Outreach: an exploration of the range of services that Child and Adolescent Psychotherapists offer in an outreach setting.

The study seeks to understand what happens to the psychoanalytic frame when applied outside clinical settings and to learn how different interventions can help address the barriers to accessing traditional Child and Adolescent psychotherapy models. This study aims to explore various outreach projects and interventions facilitated by Child Psychotherapists. The study will evaluate four to six therapeutic outreach projects that work with children and young people aged 3-25, using psychodynamic or psychoanalytic approaches.

For further information please contact Batseba Asefaw, Child and Adolescent Psychotherapist in Doctoral Training, BAsefaw@tavi-port.nhs.uk

HELP CREATE THE NEXT WWM BULLETIN

Please send information about relevant activities in your area, resources of research to contact@thereflectionproject.org so that we can share it in the next WWM bulletin (December 2024).

With best wishes,

Dr Rachel Abedi
Child & Adolescent Psychotherapist
Director, The Reflection Project

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W: thereflectionproject.org

GDPR

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