

17th Annual Muslim Mental Health Conference

Building Resilience Through Resistance and Collective Care

Dear Community:

Welcome to this year's Muslim Mental Health Conference! We are so grateful to gather with a community dedicated to healing, resilience, and care.

Through inspiring keynotes, heartfelt discussions, and collaborative workshops, we hope you leave feeling empowered, connected, and renewed.

Your presence makes this space a community. Thank you for being here.

This Year's Theme

The Muslim Mental Health Conference is excited to announce its 2025 conference, centered on, "Building Resilience Through Resistance and Collective Care." This conference will delve into the powerful ways in which social-political, psychological, and/or cultural resistance and collective care intersect to cultivate resilience within Muslim communities. We aim to honor and center the historical and present-day work of resistance in the Muslim community. This year conference highlights Black, Latino, Arab, and other cultural mental health workers and advocates who use their cultural theoretical and practical traditions in their research, clinical, or advocacy work.

MICHIGAN STATE
UNIVERSITY

Friday & Saturday
April 11-12, 2025

SoHo Banquet Hall
Metro Detroit, MI

Visit for more info:

<https://muslimmentalhealth.psychiatry.msu.edu>

Follow us on Instagram:
[@muslimmentalhealth_](https://www.instagram.com/muslimmentalhealth_)

Electronic Conference
Program
(with more details)



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APRIL 11, 2025 | FRIDAY SCHEDULE

TIME	ROOM	TITLE
8:00 AM - 9:15 AM	Main Lobby	REGISTRATION Continental Breakfast Provided
9:15 AM - 10:15 AM	Magnolia Ballroom	OPENING CEREMONY WHOVA Tutorial & Housekeeping
10:15 AM - 11:30 AM	Magnolia Ballroom	ANNUAL LEGACY PANEL “Your journey to Islam made all the difference for us”: Lessons from the Black Muslim American Experience on Resistance, Resilience, and Collective Care” <i>Speakers: Imam Amin Nathari, Sr. Iola Ameenah Corbett, Br. Mitchell Shamsud-Din, Sr. Catherine Ziyad Discussant: Dr. Aneesah Nadir</i>
11:30 AM -12:30 PM	Grand North Grand South Lobby Virtual Lobby	POSTER PRESENTATIONS LIBERATION CAVE - ART EXHIBIT EXHIBITOR TOUR VIRTUAL NETWORKING SPACE To access information about poster presentations and artists/artwork, please refer to the Electronic Conference Program: 
12:30 PM - 1:30 PM	Magnolia Ballroom	LUNCH BREAK Family style lunch
1:30 PM - 2:00 PM	Grand North	FRIDAY PRAYER AND REFLECTION <i>Imam Mika'il Stewart Saadiq</i>
2:00 PM - 2:15 PM	BREAK	--
2:15 PM - 3:45 PM	Magnolia Ballroom	RESILIENCY THROUGH FAITH Resilience Behind Bars: Experiences of Formerly Incarcerated Muslim Americans <i>Mohammad, Ibrahim; Shagan, Jennah; Awaad, Rania</i> Cultivating Compassion: Utilizing Principles of Spiritual Excellence (Ihsan) to Enhance Collective Care Strategies for Addressing Mental Health and Addiction Challenges within Muslim American Communities <i>Zahir, Tabari</i> A Traditional Inventory of Islamic Virtues (TIIV) for Character Development & Psychological Well-Being <i>Keshavarzi, Hooman, Yanik, M., Selman, S. B., Sanders, P., Top, D. & Khan, F.</i> I am at Peace: A Standpoint Feminist Inquiry into Collective Empowerment, Identity, and Mental Well-being among Canadian Muslim Women Studying the Qur'ān <i>Qasim, Kashmala</i>
2:15 PM - 3:45 PM	Grand South	RESPONSE TO COLLECTIVE VIOLENCE Normalization of Violence' in Public Discourses: Implications for the Vulnerable Population in Khyber Pakhtunkhwa, Pakistan <i>Ahmed, Shakeel</i> Character development and mental health: How are youth responding to genocide in Palestine? <i>Tahseen, Madiha. & Balkaya-Ince, Merve</i> Resilience in the Face of Conflict: Exploring Adaptive Processes Among Arab and Muslim College Students in the Current Geopolitical Climate <i>Alkhayat, Loubna; Charara, Fatima; Hissy, Elaria; Khachab, Noor</i>
2:15 PM - 3:45 PM	Grand North	IMMIGRATION & REFUGEE ADVOCACY The Psychosocial, and Family Effects of War: The Case of the Syrian Adolescent Refugees in Jordan <i>Al-Krenawi, Alean</i> Community Trauma and Pain: Next Steps for the Syrian Population <i>Katranji, Abdalmajid</i> Lessons from an Immigrant & Refugee Resource Collaborative <i>Kamban, Shirin</i>

APRIL 11, 2025 | FRIDAY SCHEDULE

TIME	ROOM	TITLE
2:15 PM - 3:45 PM	Qahwah House Cafe <i>In-person Only</i>	COMMUNITY CONVERSATIONS Building a Rapid-response Coalition for Trauma Healing and Resilience in Palestine and Lebanon <i>Olweean, Steve</i> Representing Neighbor, Home, and Family in a Muslim-led Intentional Community: A Deeper Dive at Community Organizing Around Housing in Detroit <i>Gomez, Hazel</i>
2:15 PM - 3:45 PM	Great Lakes <i>In-person Only</i>	WORKSHOP Healing the Heart: A Soul-Centered Therapeutic Approach for Pornography Addiction <i>Qureshi, Sameera</i>
3:45 PM - 4:00 PM	BREAK	--
4:00 PM - 5:30 PM	Magnolia Ballroom	CULTURALLY ADAPTED INTERVENTIONS Exploring Accessibility and Cultural Adaptability of CBT in Iraq through Interview with Iraqi Psychiatrists delivering Psychological Therapies <i>Shamsi Annie; Syeda Tatheer Zahra; Salter, Daniel; Jones, Fergal; Naeem, Farooq</i> An Islamically Integrated Cognitive Behavior Therapy Community Approach <i>Zaeem, Lubna; Amjad-Minhas, Naheed</i> Inclusive Belonging for LGBTQIA Muslims: Using Narrative Therapy to Privilege Lived Experiences (Online) <i>Mostafa, Tamer Said</i>
4:00 PM - 5:30 PM	Grand South	MUSLIM YOUTH: IDENTITY, RESISTANCE, AND FAITH Religious Strengths and Struggles: Are Our Youth Leaving the Deen or Thriving in It? <i>Tahseen, Madiha; Iqbal, Saad; Hijazi, Hannan; Husain, Altaf; Ross, Samuel</i> Canadian Muslim Youth Narratives – Identity & Resistance in the Context of Islamophobia <i>Qureshi, Maryam</i> The Predictive Power of Religiosity and Psychological Flexibility in Posttraumatic Growth of Young Adults with Parental Loss (Online) <i>Rehan, Fatima; Zahra, Taskeen</i>
4:00 PM - 5:30 PM	Grand North	GENOCIDE AND HEALING "Being Muslim means standing up for Palestinian liberation:" A Mixed-Methods Study of Muslim Collective Action in the US (Online) <i>Gulamhussein, Quratulain</i> Outpatient Psychiatry During Active Genocide in Gaza <i>Abu Arar et al. (see electronic program for full authorship list)</i>
4:00 PM - 5:30 PM	Qahwah House Cafe <i>In-person Only</i>	COMMUNITY CONVERSATION Addressing Autism Stigma in (Somali) Refugee Communities through Collective Dialogue and Cultural Advocacy <i>Hassan, Sirad; Abdullahi, Asha</i> Cultural Competence in Autism Care: Muslim Community Perspectives <i>Soofi, Sara; Ateyah, Wafaa</i>
4:00 PM - 5:30 PM	<i>Virtual Only</i>	WORKSHOP In Order To Be Whole: Uprooting Internalized Oppression As A Path To Collective Care and Healing Justice <i>Mu'Min Oseguera, Kameelah</i>
5:30 PM - 5:45 PM	BREAK	--
5:45 PM - 6:00 PM	Magnolia Ballroom	DAY 1 CLOSING REMARKS
7:00 PM - 9:00 PM	Magnolia Ballroom	NARRATIVES OF PAIN

APRIL 12, 2025 | SATURDAY SCHEDULE

<u>TIME</u>	<u>ROOM</u>	<u>TITLE</u>
7:45 AM - 8:30 AM	Main Lobby	CONTINENTAL BREAKFAST PROVIDED
8:30 AM - 12:00 AM	Grand North	IMAM TRAINING Beyond Shelters: Islamic Perspectives and Responses to Family-Based Violence <i>Peaceful Families Project</i>
8:30 AM - 10:00 AM	Magnolia Ballroom	GRASSROOT COMMUNITY ACTION Zabiha Halal Soup Kitchen Collaborative: A Model for Building Community Resilience and Mental Health Support in Chicago's Latino and Muslim Neighborhoods <i>Chaudhry, Khanan; Pavlíček, Christopher; Khan, Aamna</i> Building Resilience Through Community Networks: A Model for Healthy Aging Among Michigan Muslims in Canton, MI <i>Humayun, Fizza; Ahmed, Sameera; Yilmaz, Zeynep</i> Rhode Island Community Khayr (RICK): Collective Care via Community-based Non-profit Organization <u>(Online)</u> <i>Elanani, Sophia; Qureshi, Saira; Wilson, Katherine; Hameed, Asma</i>
8:30 AM -10:00 AM	Grand South	FAMILY VIOLENCE AND INTERVENTIONS Child Abuse in Pakistan: Building Resilience Through Collective Care <u>(Online)</u> <i>Asad, Zohra; Khaja, Khadija; Alhajri, Wafa</i> Wafa House: Strengthening Survivors' Resilience Through Culturally Responsive, Holistic, and Collective Care <i>Mokhtar, Hasnaa; Mustafa, Elian</i> Delivering mental health services within a collective care framework in a domestic violence agency for Muslim women and families <u>(Online)</u> <i>Khan, Umaira; Hamdan, Ketam; Khan, B.</i>
8:30 AM -10:00 AM	Qahwah House Cafe <i>In-person Only</i>	COMMUNITY CONVERSATIONS Healing Student Activists: Counseling Center Support on the Ground <i>Minty, Sodah</i> Promoting Attachment and Resilience in Muslim Mothers: Navigating Collective Trauma through Collective Care, Faith, and Neuroscience <i>Haque, Nabila; Mahbub, Ayesha</i>
8:30 AM -10:00 AM	Great Lakes <i>In-person Only</i>	WORKSHOP Empowering Voices and Cultivating Resilience: A Workshop on Becoming an Effective Youth Advocate <i>Haggag, Duaa; Ateyah, Wafaa; Tahseen, Madiha; Ahmed, Sameera</i>
8:30 AM -10:00 AM	<i>Virtual Only</i>	WORKSHOP "To Thrive is to Resist": Cultivating Healing Practices to Combat Oppression Fatigue <u>(Online)</u> <i>Gharbi, Vannessa</i>
10:00AM -10:15AM	BREAK	--
10:15AM -11:45AM	<i>Virtual Only</i>	IDENTITY, BELONGING, HEALING Acculturation, Belongingness, and Interpersonal Suicide Risk in a Pilot Sample of U.S. Muslim Adults: Augmenting the Suicide Behaviors Questionnaire-Revised (SBQ-R) <u>(Online)</u> <i>Noor-Oshiro, Amelia</i> "I don't see anything wrong with a Muslim coming for therapy: Exploring Ghanaian Muslim perspectives on psychological support <u>(Online)</u> <i>Fuseini, Luqman; Osei-Tutu, Annabella; Darkwah, Ernest</i> Art as Resistance, Solidarity and Collective Hope <u>(Online)</u> <i>Chapra, Aisha</i>

APRIL 12, 2025 | SATURDAY SCHEDULE

<u>TIME</u>	<u>ROOM</u>	<u>TITLE</u>
10:15AM -11:45AM	Magnolia Ballroom	ACCESSIBILITY IN HEALTH AND CARE SYSTEMS Access to Healthcare Among Minoritized Muslims in Southeast Michigan (Online) <i>Hyder, Ayaz; Ikramullah, Erum; Qatu, Zaynab; Muntakim, Mohammad</i> Cultural Brokers in Mental Health <i>Shen, Gordon; Hussain, Syed; Basha, Shoaeb; Wajid, Arshia; Adam, Atif; Ahmed, Shafiq</i> From Coping to Healing: Implementing a Healing Centered Approach in Complex Systems <i>Sukera, Javeed</i>
10:15AM -11:45AM	Grand South	WORKSHOP Lessons from Gaza: Fostering and Sustaining Resilience Using Islamically-Indigenous Care <i>Khan, Shahd Fulath</i>
10:15AM -11:45AM	Qahwah House Cafe <i>In-person Only</i>	COMMUNITY CONVERSATION Community Care for Muslim Women in Academia <i>Humam, Fairuziana; Muhsen, Rima; Saiakbaeva, Kanyshai; McBryde-Redzovic, Aminah; Pugh, Anse Kiashe; Nayfeh, Fadwa; Awaad, Rania</i> Surviving and Thriving in School and Early Career Amid Today's Contentious Climate <i>Ateyah, Wafaa; Tahseen, Madiha; Ahmed, Sameera</i>
10:15AM -11:45AM	Great Lakes <i>In-person Only</i>	WORKSHOP Culturally Responsive Care: Supporting Muslim Children in Schools for Mental Health Professionals <i>Boussi, Zaynab K.; Berry, Mona; Rizk, Haoura; Nasser, Faizah</i>
11:45AM -12:00PM	BREAK	--
12:00 PM -1:00 PM	Magnolia Ballroom	KEYNOTE SPEAKER <i>Dr. Su'ad Abdul Khabeer</i> CARE AS A REVOLUTIONARY ACT
1:00 PM - 2:15 PM	Magnolia Ballroom	LUNCH BREAK Family style lunch
2:00 PM - 2:15 PM	Grand South	PRAYER BREAK
2:15 PM - 3:15 PM	Magnolia Ballroom	FAMILY AND MARRIAGE Building Resilient Marriages Through Collective Marriage Preparation <i>Imam, Shaema; Nadir; Zarinah</i> Lasting Love: Mosque-Based Approaches to Marital Preparation <i>Ahmed, Sameera</i>
2:15 PM - 3:15 PM	Grand South	PERINATAL MENTAL HEALTH Postpartum Depression and Resilience in Muslim Women: A Culturally Sensitive Analysis Using the EPDS <i>Mahmoodi, Venus</i> Muslim Women's Perinatal Mental Health and the Role of Doulas <i>Green, Khalifah</i>
2:15 PM - 3:15 PM	Qahwah House Cafe <i>In-person Only</i>	BOOK RELEASE Islamic Liberation Psychology <i>Mohr, Sarah</i>

APRIL 12, 2025 | SATURDAY SCHEDULE

<u>TIME</u>	<u>ROOM</u>	<u>TITLE</u>
2:15 PM - 3:15 PM	Great Lakes <i>In-person Only</i>	COMMUNITY CONVERSATION Community Ruptures: Abuse from Spiritual Leaders – Addressing the Impact and Promoting Healing in Muslim Communities <i>Mohamad, Alaa; Shareef, Omar</i>
3:15 PM - 3:30 PM	BREAK	--
3:30 PM - 4:30 PM	Magnolia Ballroom	COMMUNITY CONVERSATION Listening Session for Muslim Mental Health Conference Community <i>MMHC Board and Advisors</i>
3:30 PM - 4:30 PM	Grand South	COMMUNITY CONVERSATION Re-entry and Recovery for the Incarcerated <i>Zahir, Tabari, Anderson, Amin</i>
3:30 PM - 4:30 PM	Qahwah House Cafe <i>In-person Only</i>	COMMUNITY CONVERSATION Interfaith Panel: How We Heal Through Crisis <i>Reda, Omar; Alberty, Jermine; English, Que</i>
3:30 PM - 4:30 PM	Great Lakes <i>In-person Only</i>	COMMUNITY CONVERSATION Reconciling Islamic Values and Professional Ethics in Caring for LGBTQ Patients <i>Elzamzamy, Khalid</i>
4:30 PM - 4:45 PM	BREAK	--
4:45 PM - 5:30 PM	Magnolia Ballroom	AWARD CEREMONY & CONFERENCE CLOSING REMARKS
7:00 PM - 9:00 PM	Magnolia Ballroom	ARTIST DECLARATIONS GALA Artist Declarations in Mental Health: Liberating Our Communities Through Honest Expression <i>Sarah Mohr, Alison Kysia, Alberta Sinani, Jannah Sellars, Heba Khan</i>

[Purchase Tickets Here:](#)



Over a family-style dinner, we'll come together in community, sharing more than just a meal.

Six talented artists will share their powerful work—honest expressions of liberation that inspire and connect.

Bring a friend for an evening of art, resistance, and collective healing.

We extend our heartfelt thanks to the speakers, facilitators, volunteers, sponsors, and organizers who made this year's Muslim Mental Health Conference possible. Your insights, generosity, and commitment are shaping the future of Muslim mental health and empowering our communities with tools for healing and growth. To our attendees, thank you for showing up with passion and purpose; we hope you leave inspired to continue building and advocating for resilience within our community.

*With gratitude,
The Muslim Mental Health Conference Team*

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Whova

For a deeper look into this year's Muslim Mental Health Conference and connect with the community, please connect to the Whova App. Download the Whova App on any device!



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Abstracts

Curious to explore this year's presentation abstracts? Simply scan the QR code below to dive in!



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Biographies

Scan the QR code below to view the biographies of our Muslim Mental Health Community!



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