



IIIT Students' Magazine



Magazine No.2 (February 2025)



Thank You IIIT

A Message from the Graduates

Healing Hearts with Faith: An Islamic Approach to Counselling Practice

The Expected Role of the Islamic Schools

China's First Mosque: Huaisheng Mosque in Guangzhou



Second Edition, 2025
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Published by

IIIT-IIUM Publications
International Institute of Islamic
Thought (IIIT-IIUM)
Jalan Gombak 53100, Gombak,
Kuala Lumpur, Malaysia

Printed in Malaysia by
Qourtuba Publisher

Editorial Message



In the Name of Allah, the Most Merciful, the Most Compassionate

Welcome to the 2nd edition of the International Institute of Islamic Thought (IIIT) Students' Magazine!

The IIIT family warmly welcomes you to explore the rich and diverse landscape of Islamic thought through our magazine. This platform is dedicated to sharing insightful reflections on Islam, emphasizing the Integration of Knowledge (IoK), Dawah, and the transformative power of education.

We believe in the profound impact of knowledge on personal and communal growth. Our mission is to offer thought-provoking content that informs, inspires, and delves into Islamic scholarship while addressing contemporary issues through the lens of faith.

We invite you to engage with the magazine, reflect on its ideas, and join the conversation. Your participation, feedback, and contributions are invaluable as we grow. Share your perspectives by submitting articles for publication.

Thank you for being part of the IIIT community. We hope this second edition enriches your understanding, inspires you, and deepens your connection to the essence of Islam. Enjoy the journey!

Warm regards,

Prof Dawood A. Al-Hidabi
Chief Editor and Team Leader

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Healing Hearts with Faith: An Islamic Approach to Counseling Practice



Mrs. Nur Syuhada Mohd Munir

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"Nobody cares for me."

*"No matter how much I prayed, made
dua, and tried to do good deeds, Allah
still tested me."*

These two quotes mentioned above reflect how frustrated a client is when they begin to share their feeling of hopelessness going through one trial after another. The client is depressed, experiencing frustration, feeling lonely, and giving up. Counsellors often encounter these scenarios when clients exhaust themselves after attempting to persevere. They thought they were strong but lost hope to keep trying and would like to give up; so, they didn't do anything. At this point, the counsellor should know these moments indicate the client's lowest moment, whereby the coping skills they have used are no longer working to cope with their current issues.

The coping strategies might have been working previously, but not this time; perhaps the issues are different and require more effort and other strategies to deal with them. However, a counsellor with wisdom should not only address the issues on a surface level. It can be beneficial to delve deeper into the underlying issues, especially those related to spiritual aspects, as this can provide the client with a fresh perspective on life's challenges and hardships.

Many times I encountered clients throughout my counselling practices disclosing how frustrated and regretful they are in themselves.

For Muslim clients, I have realised that they not only seek support and alternative ways to manage their issues but also search for inner peace that can soothe their hearts and minds. The counsellor's toughest job is to instill in the client the understanding that they should solely rely on Allah s.w.t. to regain their spiritual strength. Hope, trust, and confidence are essential elements for clients to bounce back from difficulties in life. Implementing westernised theories and techniques can always be easy at first, but the change does not last long.

Counsellors can benefit from incorporating an Islamic approach into their practice, provided they approach it with care and professionalism. Counselors need to avoid portraying ourselves as preachers, since this does not align with the nature of a therapeutic relationship. We should introduce spiritual elements in a subtle and wise manner. To ensure that counsellors can deliver an Islamic-based approach into the practice, they have to start with empathy. No labelling, no preconceived ideas about the client and their issues. Try to understand their hardship from their shoes; this is the key to a successful counselling experience. Without empathy, plus being judgmental, therapeutic relationships cannot be established, thus limiting the opportunities to utilise Islamic approaches with clients.

After all, I personally believe that the journey to integrate an Islamic approach in helping others should be for all occasions, not restricted only within counselling practices. By embracing this approach in every aspect of life, it helps to grow our spiritual consciousness and maturity and eventually enhance our professional identity.

IIIT

Leadership and Team Building

The International Institute of Islamic Thought upholds teamwork rooted in Islamic teachings, emphasizing collaboration and mutual support. Believing that true leaders inspire and nurture others. It fosters a leadership culture where leaders motivate and empower future leaders, ensuring a legacy of guidance and shared purpose.

يد الله مع الجماعة
"The hand of Allah is with the group"
(Sunan al-Tirmidhi, Hadith 2166)



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