

**PSYCHOLOGY FROM AN ISLAMIC  
PERSPECTIVE:  
A GUIDE TO TEACHING  
AND LEARNING**

*Editor*

Noraini M. Noor



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# **THE ISLAMISATION OF PSYCHOLOGY: ITS “WHY,” ITS “WHAT,” ITS “HOW,” AND ITS “WHO”**

*Malik Badri*

This paper is based on the author’s summary of his current book “Out of the lizard’s hole” that he wrote as a response to his earlier provocative book “Dilemma of Muslim Psychologists.”

## **THE “WHY” OF THE ISLAMISATION OF WESTERN PSYCHOLOGY**

Why do we need to Islamise modern Western psychology? When I gave my first public lecture on the Islamisation of psychology in the main auditorium of the University of Jordan in 1965, I was faced with a barrage of ridiculing questions wondering about the relationship between Islam and psychology. Some mocking questions and comments were: “Islam is a religion and psychology is a science.” “Do you speak of Islamic physiology, *fāsiq* botany or *kāfir* physics? Then why talk about Islamic psychotherapy or secular psychology?” “Science struggled for many years to reach maturity and to rid itself from the captivity of philosophy and religion; do you want psychological sciences to backslide to ancient religiosity or to antiquated philosophy?” Some of my friends in the Department of Psychology, which I headed at the time, confided to me with sincerity that if I continued to force Islam into my specialisation, I might eventually lose my respect as a scholar.