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The concept of hope: Islamic perception and implication for practice

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Appreciation of religion and spirituality is considered a fundamental source of insight into human beings coping with challenges related to mental health problems. For the majority of Muslims, religious beliefs are essential in their ways of coping with various psychological problems. Islamic texts provide a rich context within which to cope with difficulties. This paper aims to discuss the concept of hope and change in relation to religious and spiritual healing in the Islamic texts the Qur'an and the Hadith. Content analysis is the method applied in this research. Hope and the changing of the self are considered important values of the journey of people with individuals with mental health problems. The paper will provide some implication for practice.

Biography

Nada Eltaiba has a PhD in Social Work and Social Policy, a Master's degree in Counseling and a BA in Social Work. She has an extensive experience as a social work practitioner, researcher and as an educator. She worked as an academic at The University of Western Australia, Curtin University of Technology in Australia and at Al-Balqa Applied University in Jordan. She also worked as a practitioner in various settings in mental health, cross-cultural practices, families, and refugees. Her main research interest is in mental health, cross-cultural practice, ethics and refugees.

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