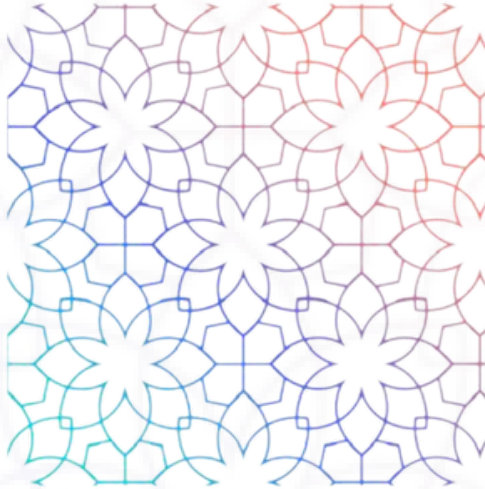


9th ANNUAL AUSTRALIAN MUSLIM MENTAL HEALTH CONFERENCE



Islamophobia, Mental Health, and the Revival of Islamic Psychology



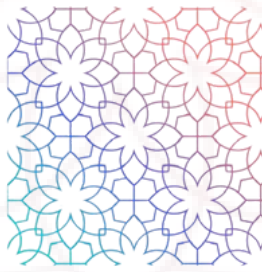
Conference partner:

LMA
LEBANESE MUSLIM ASSOCIATION

Our Community, Our Future

Acknowledgment of Country

We acknowledge the Traditional Custodians of this land on which we gather today. We pay our respects to their Elders past, present, and emerging, and recognise their ongoing connection to land, waters, and culture. We are committed to learning from the rich heritage and knowledge of Indigenous peoples and to working together towards a more inclusive and equitable society.



9th ANNUAL AUSTRALIAN MUSLIM MENTAL HEALTH CONFERENCE

The 9th Annual Australian Muslim Mental Health Conference (MMHC) is an annual national event dedicated to advancing culturally safe, faith-based approaches to mental health within Muslim and Culturally and Linguistically Diverse (CALD) communities.

Hosted by Mission of Hope, the 2025 Australian MMHC brings together Mental Health professionals psychologists, academics and researchers, community workers, community groups, and faith leaders to explore topics such as Islamophobia, Mental Health, and Islamic psychology.

It aims to strengthen community wellbeing, reduce stigma and bridge the gap between mainstream mental health care and culturally responsive practice. Through dialogue, research, and collaboration, the conference promotes holistic healing and empowers leaders to support mental health in diverse Muslim contexts across Australia.

2025 Conference Overview

Day 1: Islamophobia, Mental Health, and Collective Healing

The first day of the conference centres on the urgent need to understand and respond to the psychological and socio-political consequences of Islamophobia. Through trauma-informed, faith-aligned, and anti-oppressive approaches, sessions will explore:

- The lived experience of Islamophobia and its psychological impacts.
- Islamophobia in healthcare, law, and community settings.
- Collective trauma, youth mental health, and refugee experiences.
- Strategies of Sumud (steadfastness), resilience, and faith leadership in the face of Islamophobia.

2025 Conference Overview

Day 2: Islamic Psychology: Re-rooting the Discipline

The second day shifts towards revival and restoration, highlighting the global growth of Islamic Psychology and the renewed commitment to re-grounding the discipline in its authentic intellectual and spiritual traditions. Sessions will cover:

- Building Islamic Psychology programs and training the next generation.
- Applied Islamic Psychology in therapy, education, and spiritual care.
- Tazkiya Therapy as a framework for transformation and healing.
- Integrating Islamic Psychology into interventions, with lessons from the Islah Circle Men's Behaviour Change Program.
- Psychological Guidance in the Quran.

MISSION OF HOPE SERVICES



Hayat House

Hayat House, a Mission of Hope initiative, was established in 2003 as a drug and alcohol counselling service aiming at offering services to the, but not limited, to the wider Muslim community. Since its conception, Hayat House has provided ongoing services in the drug and alcohol space commencing with street outreach and leading into counselling, case management and information, and referral services.

Hayat House, having been one of the first ever established Australian Muslim drug and alcohol service, has built its foundation on authenticity and wholeness, integrating spirituality, trauma-informed and positive behavioural change through delivering evidence-based interventions to clients and their families.

MISSION OF HOPE SERVICES



hayat line

Hayat Line is a free and confidential support line and case management service designed for those from Muslim and culturally diverse communities in Australia who are experiencing emotional and personal distress.

1300 993 398

MISSION OF HOPE SERVICES



AUSTRALIAN MUSLIM ACHIEVEMENT AWARDS

Powered by:



The Australian Muslim Achievement Awards (AMAA) will be celebrating its 18th annual event in 2026 at the iconic Sydney Opera House.

The AMAA celebrates and raises the profile of Australian Muslim individuals and organisations, highlighting excellence, achievement, and their significant contributions to society.

MISSION OF HOPE SERVICES



Islah Circle is a culturally safe and trauma-informed Men's Behaviour Change Program (MBCP) for men who use violence in relationships.

Islah Circle aligns seamlessly with the Islamic ethos of character development and positive transformation. Within the Islamic tradition, Islah underscores personal responsibility, accountability, and ongoing self-improvement qualities that are especially pertinent in a behaviour-change context.

Including the concept of 'Circle' highlights the communal aspect of healing, reflecting a commitment to shared learning, solidarity, and mutual respect. This collective setting reinforces a sense of brotherhood and shared purpose, encouraging participants to support one another through their journey.

MISSION OF HOPE SERVICES

Mission of Hope's Women's Support Group

Mission of Hope's, Women's Support Group is a women-only therapeutic healing groups led by a qualified psychotherapist. These in-person sessions provide a culturally safe space for Muslim and CALD women to connect, share, and heal through psychosocial and emotional support.

Launched in November 2023 in response to distress from ongoing events in Gaza, the program began as a refuge for women experiencing grief and trauma. It has since evolved into a supportive community offering psychoeducation on stress regulation and holistic wellbeing.

The program also addresses issues such as social isolation, postnatal experiences, and relational trauma, expanding access to culturally responsive mental health care for CALD women who often underutilise mainstream services.

CONFERENCE PARTNER



The Lebanese Muslim Association (LMA) delivers an extensive range of programs that promote community wellbeing, inclusion, and faith-based support across New South Wales. As one of Australia's most established Muslim organisations, the LMA manages three mosques and works in partnership with a diverse network of stakeholders and sponsors to deliver vital community services, such as financial assistance, food relief, domestic violence support for CALD women, and welfare initiatives such as Share the Dignity and The Nappy Collective.

Youth empowerment is a key priority, reflected through the Youth Transition Support program, youth hubs, school partnerships, leadership workshops, and creative initiatives such as Paint & Tea. The LMA also delivers comprehensive health and wellbeing programs that promote mental health awareness, community health expos, and aged care and dementia education.

INTERNATIONAL KEYNOTE

Professor Bagus Riyono M.A, (Indonesia)

Professor Bagus Riyono, M.A., is a senior lecturer in the Faculty of Psychology at Universitas Gadjah Mada, Indonesia.



He earned his master's degree from Hofstra University (USA) and his PhD from Universitas Gadjah Mada. His expertise spans Islamic Psychology and Industrial/Organizational Psychology.

Dr. Riyono currently serves as President of the International Association of Muslim Psychologists (IAMP). He has presented internationally at universities including Charles Sturt (Australia), Moscow State (Russia), Leipzig (Germany), Groningen (Netherlands), Oberlin (Japan), Jamia Millia Islamia and Aligarh Muslim (India), and Riphah and Shifa Tameer-e-Millat (Pakistan).

His recent work, Tazkiya Therapy in Islamic Psychotherapy, provides both conceptual and practical guidance for fostering mental well-being and addressing psychological challenges.

NATIONAL KEYNOTE

Dr Yassir Morsi



Dr Yassir Morsi is a provisional psychologist and political theorist whose work bridges psychology, philosophy, and postcolonial theory. He has a PhD in political theory.

He works as a school counsellor at the Australian International Academy, and is a lecturer in Aboriginal studies at La Trobe University.

His research explores how power, race, and religion shape the emotional life of the modern subject. Trained in both political theory and clinical psychology, Morsi's interdisciplinary approach, *Politics as Therapy*, integrates critical discourse analysis with psychodynamic insight to reveal how social and historical forces become internalised as personal suffering.

Dr Morsi is the author of *Radical Skin, Moderate Masks*, a seminal text on Muslim life, whiteness, and the politics of recognition in contemporary Australia.

INTERNATIONAL SPEAKER

Dr Diana Setiyawati (Indonesia)

Dr. Diana Setiyawati is the Director of the Centre for Public Mental Health (CPMH) at the Faculty of Psychology, Universitas Gadjah Mada (UGM). She earned her Ph.D. in Mental Health from the University of Melbourne, Australia.



Her expertise includes multilevel mental health systems, clinical psychology, and culturally adapted psychological interventions such as CBT for the Indonesian context.

Beyond her academic and research roles, she actively contributes as a practitioner, policy consultant, and program developer in public mental health initiatives aimed at improving mental health literacy and access to care in Indonesia. She is the Secretary of IAMP and currently doing a project of Exploring Quran as a psychological guidance.

CONFERENCE PRESENTER

Hanan Dover

Hanan Dover is a leading Australian Muslim clinical and forensic psychologist, educator, and advocate for culturally responsive mental health care.



She is the Founder of Mission of Hope and Vice President of the International Association of Muslim Psychologists, pioneering initiatives in trauma recovery, AOD counselling, helpline services, and faith-based wellbeing.

Hanan developed a Men's Behaviour Change Program for Muslim men and co-created Australia's first university-accredited Graduate Certificate in Islamic Psychology at Charles Sturt University with ISRA, inspired by Professor Malik Badri. She also founded Afiya EAP, a faith-responsive employee assistance program supporting schools and workplaces nationwide.

Her work bridges psychology, spirituality, and social justice. She directs the Australian Muslim Achievement Awards and convenes the annual Muslim Mental Health Conference.

CONFERENCE PRESENTER

Dr Habib Bhurawala



Clinical Associate Professor Dr Habib Bhurawala is a Consultant Senior Paediatrician and Head of the Paediatric Department at a metropolitan Sydney hospital.

As a Associate Professor in Paediatrics, he has extensive experience in clinical care, teaching, research and community health, holding senior academic appointments across several Australian universities.

He has published in peer-reviewed journals, supervised research projects, and leads collaborative research and quality-improvement initiatives. His interests include child and adolescent wellbeing, culturally responsive care, and the mental health needs of diverse communities, particularly Muslim populations.

Dr Bhurawala has served as National Vice-President of the Australian Islamic Medical Association (AIMA), supporting professional development and community engagement. He continues to advocate for equity, social justice and health outreach at the intersection of culture and medicine.

CONFERENCE PRESENTER

Sharra Attai

Sharara Attai is an Afghan-Australian human rights lawyer and Co-Executive Director of the Islamophobia Register Australia.



Since her appointment as inaugural Executive Director in 2022, she has expanded the organisation's work to include education, training, and policy reform.

Under her leadership, the Register was named Community Organisation of the Year at the 2023 Australian Muslim Achievement Awards and nominated for the 2023 ZEST Awards.

Previously, Sharara served as a senior refugee lawyer, supporting countless asylum seekers and refugees. In 2023, she was a finalist for the UNHCR–SBS Les Murray Award for Refugee Recognition for her advocacy on refugee rights.

She is also a children's author, with her debut picture book *My Cousins, My World* published by Allen & Unwin in May 2025.

CONFERENCE PRESENTER

Rita Jabri Markwell

Rita Jabri Markwell is a lawyer specialising in discrimination, human rights, employment, and charity law with Birchgrove Legal. She also advises the Australian Muslim Advocacy Network (AMAN).



She has acted in matters against politicians, social media platforms, cinemas, journalists and community organisations for hate speech, as well as employers, regulators and professional bodies for political discrimination. She has published on terrorism definitions and how they impact Muslims, and contributed to the Red Lines Package, a set of Bills for the crossbench to prevent Australia funding or arming atrocities.

Rita is passionate about educating the community about recognising dehumanising material and knowing that human rights advocacy is lawful and protected in Australia.

CONFERENCE PRESENTER

Mohamed Dukuly

Mohamed Dukuly is a social worker, trainer, and psychosocial educator with extensive experience in the settlement and refugee support sector.



At STARTTS, he is part of the School Liaison Team, working in independent and faith-based schools to foster wellbeing, belonging, and positive learning outcomes for refugee students. Part of his current role involves supporting newly arrived students from Gaza.

CONFERENCE PRESENTER

Assala Sayara

Assala Sayara a Palestinian-born social worker, mental health practitioner, sessional academic, and activist based in Sydney, Australia.



Experienced in community development, child protection, and mental health across Jordan, Palestine, and Australia. Assala currently works as a primary and secondary school counsellor and tutors at the University of Sydney, where she is completing a PhD in Philosophy.

A distinguished public speaker both locally and internationally, she advocates for justice and liberation, centering Palestinian and Indigenous rights. She is the founder and Director of Haweyate, a grassroots organisation dedicated to fostering education, healing, and resistance within the Palestinian diaspora and beyond. In her role as the director, she developed the Haweyate Refugee Mental Health Program, a psychosocial education initiative that addresses mental health needs within Palestinian communities. Assala was the recipient of both the 2023 Youth of the Year Award and the 2023 People's Choice Award at the Australian Muslim Achievement Awards.

CONFERENCE PRESENTER

Ms Paz Roman



Paz Roman is a trained counsellor and community development project worker, currently supporting newly arrived Palestinian refugees from Gaza.

A former child refugee, she brings 20 years of experience in working in the community sector with a decade spent dedicated to trauma recovery, mental health, and refugee settlement.

Paz's work is grounded in decolonial, trauma-informed practice and a commitment to collective healing. She centres community-led responses to grief, displacement, and systemic violence, creating culturally safe/r spaces where survivors can reclaim agency, honour resistance, and heal through connection.

CONFERENCE PRESENTER

Sondus Sammak

Sondus Sammak is a provisional psychologist and CEO of Six Degrees, a youth-led Muslim mental health organisation.



She is completing a Master of Clinical Psychology at Deakin University. Sondus designs programs for Muslim youth and partners with schools, mosques and community groups.

Her practice is decolonial and centres faith, culture and community care, drawing on Islamic principles to make help-seeking safer and more meaningful.

She holds a Bachelor of Psychology (Honours) from Monash University and has supported children and young people at Kids Helpline and served as primary school counsellor at the Islamic College of Melbourne. Sondus is committed to normalising mental health conversations and building culturally safe pathways to care.

CONFERENCE PRESENTER

Osman Mah

Osman Mah is an entrepreneur, educator, and engineering leader. After 18 years in the corporate world, he now runs his own mentoring and coaching practice, while also consulting and teaching at university



Osman holds a Master of Islamic Studies and a Graduate Certificate in Islamic Psychology from ISRA/Charles Sturt University. He is currently pursuing a PhD focused on a spiritually grounded, culturally aligned, and meaningfully connected leadership emergence model inspired by the life of Prophet Muhammad ﷺ.

His work bridges Islamic knowledge, leadership theory, and real-world experience to help others learn, grow, and flourish as leaders in new contexts, cultures, and countries.

CONFERENCE PRESENTER

Dina Shurti

Dina Shurti is a registered psychologist and the founder of Salam Psychology, where she provides compassionate, holistic, and evidence-based psychological care.



A Muslim woman of Palestinian and Bosnian heritage, Dina brings a culturally informed and spiritually attuned perspective to her work.

She holds a Master's degree in Educational and Developmental Psychology from Monash University, where she has worked as an instructor in the Graduate Diploma in Psychology program and commenced her PhD candidature.

Dina has extensive experience supporting clients across the lifespan in both public and private mental health settings. Alongside providing general psychological services, she has a special interest in perinatal wellbeing, viewing this stage as a unique opportunity to nurture secure attachment, strengthen family bonds, and lay the foundation for long-term wellness and resilience.

CONFERENCE PRESENTER

Shaykh Wesam Cherkawi



Shaykh Wesam Charkawi is a respected Australian Muslim scholar, chaplain, and community leader dedicated to spiritual guidance, social justice, and interfaith harmony.

He is the founder and principal instructor of Abu Hanifah Institute and has over two decades of experience in community service, education, and advocacy. Trained in Islamic jurisprudence and theology by local and international scholars, Shaykh Wesam serves as a chaplain across universities, hospitals, and correctional centres, offering pastoral care and crisis support.

A sought-after speaker and media commentator, he addresses issues such as mental health, family, resilience, and moral leadership. His compassionate approach and commitment to ethical responsibility earned him recognition as the 2025 Australian Muslim Man of the Year, reflecting his embodiment of mercy, justice, and service to humanity.

CONFERENCE PRESENTER

Imam Alaa Elzokm OAM

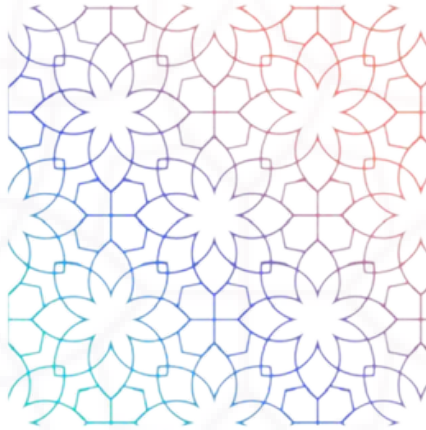
Imam Alaa Elzokm is an Egyptian-born Imam and counsellor who serves as the Imam of Elsedeaq Masjid in Heidelberg Heights, Melbourne, Australia.



He holds a degree in Islamic Studies from Al-Azhar University in Cairo.

Imam Alaa's counselling work spans adolescent and adult mental health, grief and loss, marital and premarital issues, parenting, relationships, and school-related challenges. He is also deeply involved in promoting interfaith dialogue, social cohesion, and youth engagement. At the 2025 Muslim Mental Health Conference, Imam Alaa will present on "Faith Leaders as First Responders: Navigating Compassion Fatigue."

In 2023, he received the Medal of the Order of Australia (OAM) and was named the 2022 Man of the Year at the Australian Muslim Achievement Awards.



2025 MUSLIM MENTAL HEALTH CONFERENCE



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