



International
Open University

Department of
**Islamic
Psychology**



About

The International Open University (IOU) is a pioneer in online education founded in 2001 by the world renowned Islamic scholar, Dr. Abu Ameenah Bilal Philips. IOU provides accredited undergraduate and postgraduate certificates, diplomas and degrees in Islamic Studies, Arabic, and Islamized modern subjects, like psychology, economics, business and education. Its mission is to make authentic Islamic and Islamized modern education readily available and affordable to the world. Its vision is to be the global beacon of authentic Islamic and Islamized education, nurturing leaders who inspire positive change in diverse communities worldwide.





- **Online eLearning:** Leveraging digital technology makes knowledge accessible to all in every corner of the globe, rather than just to a limited few.
- **Study Anytime:** With 3 study plans and the choice of how many courses to study, you can go at your own pace and also study at any time of the day.
- **Learn Anywhere:** Whether at home or work, on a bus or plane, or anywhere else, you can learn on any device - computer, laptop, TV, tablet or mobile.
- **Islamized Education:** In addition to Islamic Studies, IOU offers a unique approach of combining authentic Islamic knowledge into modern subjects.
- **Affordable Fees:** It is comparatively low and affordable, as fees are on a sliding scale based on the development score of a student's country.
- **Accredited Degrees:** IOU is a licensed online university and has both institutional and program accreditation for its degrees and certificates.

Accreditation



Ministry of Higher Education, The Gambia

The Ministry of Higher Education, Research, Science and Technology in the Republic of The Gambia granted the International Open University a license to operate an online university in 2014.



National Accreditation and Quality Assurance Authority, The Gambia

The National Accreditation and Quality Assurance Authority (NAQAA) granted the International Open University institutional and program accreditation for its Bachelor's and Master's degrees starting in 2019.



INTERNATIONAL
OPEN UNIVERSITY
www.iou.edu.gm

Acceptance

The International Open University's undergraduate and postgraduate degrees and certificates have been recognized by universities, evaluation services and governmental accrediting bodies in the various countries listed below.

AMERICA



Canada



United States

EUROPE



Switzerland



United Kingdom

ASIA



Indonesia



Pakistan



Malaysia



Philippines

AFRICA



Ghana



Sierra Leone



Kenya



Tanzania



Nigeria



Zambia

Overview - Psychology

In today's social climate, it has become imperative to provide psycho-social support for Muslims. However, this support must be offered from a perspective that is compatible with religious principles. Islam teaches that the heart has an impact on the psyche and *nafs* (soul). Consequently, psychology taught from an Islamic perspective focuses on the Quranic view of controlling one's inward desires. As Allah (swt) stated, "... **We have created humankind and know what their nafs whispers to them ..**" (Surah 50:16). Studying psychology from an Islamic point of view equips you to help others with diseases of the heart and soul.

Career Prospects

- Public and private health care
- Mental health support
- Social welfare work
- Therapy and counseling
- Neuropsychiatry hospital
- Prisons or rehabilitation centers

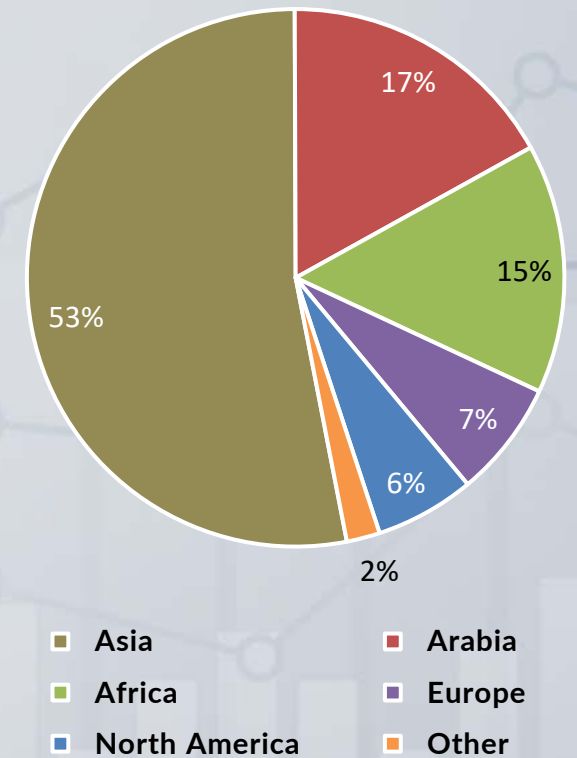
History of IOU - Psychology

- **2001:** Launched as the Islamic Online University with paid baccalaureate courses
- **2007:** Relaunched with 22 free Islamic Studies diploma courses
- **2010:** Began reoffering bachelors-level courses in Islamic Studies
- **2014:** Established the headquarter in the Gambia, received a university license, and started offering a certificate, associate, and bachelors in Psychology
- **2019:** Received institutional accreditation from NAQAA in the Gambia
- **2020:** Changed its name to the International Open University
- **2021:** NAQAA accredited the Bachelor's degree in Psychology
- **2022:** NAQAA accredited the Master's degree in Psychology
- **2023:** Began offering the Master's in Psychology in Fall 2023 semester
- **2024:** Began offering the Bachelor's and Master's degrees in Bahasa Indonesia

Statistics - Psychology

- **4,650+ enrolled students** since 2014 in **120 countries**
- **3,050+ students completed** at least **one semester**
- **380+ graduates** in **46 countries**
- **4 academic programs** in **psychology**
- **15+ faculty and instructors** in **department**
- **1,630+ students** for the **2023-2024 academic year**
- **1,240+ students** in the **Spring 2024 semester**
 - **27%** on **scholarship**
 - **78%** are **female**

Students by Region
2023-2024



Head of Department - Psychology

"Psychology is a field of immense importance and broad application. It helps us understand the complexities of human behavior, emotions, and thought processes, offering insights that are crucial in various domains such as mental health, education, organizational behavior, and personal development. Our unique approach integrates the rich heritage of Islamic psychology, providing a comprehensive perspective that bridges both worldly and spiritual well-being – what we call 'ilm un-Nafai' (beneficial knowledge)."



Doctor Sobia Ikram holds a Doctoral degree in Clinical Psychology from the University of Management and Technology, Pakistan. She has over 8 years of experience as both a practitioner and an academician, being registered in Australia as a provisional psychologist and completing more than 100 training programs with esteemed international organizations. She joined the International Open University (IOU) in 2024 as the head of the psychology department and is a senior lecturer.

Staff, Faculty and Instructors - Psychology



Bilal Philips
Chancellor
and Founder
Jamaica
Ph.D.



Muhammad Ahsan
Deputy VC
of Academics
Pakistan
Ph.D.



Mufutau Raufu
Dean of
the Faculty
Nigeria
Ph.D.



Dr. Sobia Ikram
Head of
Department
Pakistan
Ph.D.



G. Hussein Rasool
Health
Psychology
Mauritius
Ph.D.



Francesca Bocca
Child
Psychology
Italy
Ph.D.



Tajuddeen Sa'ad
Lifespan Devel-
opment Psychology
Nigeria
Ph.D.



Bela Khan
Positive
Psychology
Pakistan
Ph.D. Candidate



Hannah Morris
Approaches
to Disability
United Kingdom
Ph.D. Candidate



Zarina Hassem
Psychology
of Adolescence
South Africa
MA



Hooman Keshavarzi
Islamic
Counseling
Canada
MA



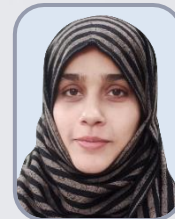
Kashmala Qasim
Psych Testing
& Assessment
Canada
Ph.D. Candidate



Usman Mughni
Family
Dynamics
United States
MA



Saba Sajjad
Research
Methodology
Pakistan
Ph.D. Candidate



Amna Asghar
Cognitive
Psychology
Pakistan
MSc



Wajeeha Khan
Social
Psychology
Pakistan
MSc

Programs in Islamic Psychology

	Type	Semesters	Courses	Duration
C.Psy	Certificate	2	12	1 to 3 years
A.Psy	Associate	4	24	2 to 6 years
Bsc Psy	Bachelor	8	40	4 to 9 years
MSc PIC	Masters	4	5	2 to 4 years

Certificate in Psychology (C.Psy)

This one-year program is designed to provide students with a foundation in both conventional and Islamic Psychology, instilling understanding of the heart (*qalb*), soul (*nafs*), the influence of the unseen on humans, and more.

Courses in Semesters 1 and 2

- Islamic Psychology
- Perspectives on Psychology
- Lifespan Developmental Psychology
- Child Psychology
- English Language Studies
- Islamic Studies 1
- History & Philosophy of Islamic Psychology
- Psychology of Adolescence
- Psychology of Personality
- Etiquette of Seeking Knowledge
- Introduction to Computers
- Islamic Studies 2



Associate Degree in Psychology (A.Psy)

This two-year program delves deeper into the subfield of human psychology. It provides advanced courses and practical applications that help students develop a profound understanding of holistic well-being.

Courses in Semesters 3 and 4

- Islamic Psychotherapy & Counselling 1
- Abnormal Psychology
- Health Psychology
- Psychology of Human Communication
- Social Psychology & Human Relations
- Biological Bases of Behaviour
- Cognitive Psychology
- Research Methodology and Statistics
- Stress and Coping
- Positive Psychology



Bachelor of Science in Psychology (BSc Psy)

This four-year program provides an in-depth and practical exploration of psychology. It integrates Islamic principles with modern psychological theories to offer a comprehensive view of human behavior and nature (*fitrah*).

Courses in Semesters 5 to 8

- Islamic Psychotherapy & Counselling 2
- Psychology of Addictive Behaviours
- Psychological Testing and Assessment
- Clinical Placement
- Psychology of Education
- Guidance and Counselling
- Models & Approaches to Disability
- Islamic Studies 3 & 4
- Behavioral Approaches to Mood Disorders
- Family Dynamics and Therapy
- Client-Centered Therapy
- Understanding Sexual & Reproductive Health
- Work and Organizational Psychology
- Psychology of Emotions



Master in Psychology and Islamic Counselling (MSc PIC)

This two-year program has been designed to give students a firm grasp of counseling theory and practice. Its curriculum consists of theoretical and practical coursework and research methodology during the first year, while the second year is for a dissertation.

Courses in Semesters 1 to 3

- Psychological Interventions
- Islamic Psychology and Psychotherapy
- Psychological Testing and Assessment
- Research Methodology
- Research Proposal



Study Plans

	Part time	Full time
Courses	1 to 3	4 to 6
Credits	24 to 40	40 to 60
Commitment per week	6 to 18 hours	24 to 36 hours
Duration of Certificates	2 to 3 years	1 to 1.5 years
Duration of Associates	4 to 6 years	2 to 3 years
Duration of Bachelors	6 to 9 years	4 to 6 years
Duration of Masters	4 to 6 years ¹	2 to 4 years

¹ Some masters degrees do not have a part-time study option

Semester Fees

Tuition fees are based on three factors: a student's study plan, country of residence, and program level. A sliding scale fee system is used, where countries are grouped into 4 development levels.

	Undergraduate	Masters
Low Developed (ex. Gambia, India, Philippines)	\$135	\$370
Medium Developed (ex. South Africa, Egypt, Indonesia)	\$185	\$505
High Developed (ex. Saudi Arabia, Russia, Malaysia)	\$375	\$675
Very High Developed (ex. United States, UAE, Japan)	\$525	\$925

Tuition fees above are for full-time study plans and are subject to change without notice. Visit www.iou.edu.gm/fees for more details.

Important Dates

	Spring Semester	Fall Semester
Early Registration	1st week of October to February 28th	1st week of April to August 31st
Registration	March 1st to 30th	September 1st to 30th
Classes (start)	1st week of March	1st week of September
Midterm Examinations	2nd week of May	2nd week of November
Assignment Deadline	June 1st	December 1st
Classes (end)	4th week of July	4th week of January
Final Examination	First two weeks of August	First two weeks of February





**DURING EARLY
REGISTRATION FOR
NEW STUDENTS**

Requirements for eLearning - Language and Time

Studying online is challenging. Before you get started, here are some points to consider:

Language Requirements

Students are required to possess proficiency in English, as it is the primary medium of instruction. Students may be asked to take an English placement test to assess their language abilities. Students with lower scores will be encouraged to enroll in short English courses designed to enhance their language skills.

Time Management

Students need to allocate the necessary amount of time per week for them to complete their courses and be punctual in meeting deadlines for the module tests, assignments, and exams. IOU offers a time management course to help students.

Requirements for eLearning - Education and Exams

Educational Requirements

A high school diploma that is at ISCED level 3 is needed for undergraduate programs, while different countries have different credit requirements that must be met. Students who do not possess one can opt for the Audit Course of bachelor's and master's degrees.

Examination Center Accessibility

Students are required to take exams at IOU approved exam centers, so the nearest one should be located, or a request for a closer one to be established should be made.

Computer Literacy

Students should possess basic computer skills, including the ability to use the internet for research, use of a desktop or online word processor, sending and receiving emails, as well as how to open, save, download and upload files.

Graduate Testimonials - Psychology

"I am incredibly grateful of Allah (swt) that He chose IOU where I had the privilege to complete my Bachelor's degree in Psychology. The academic environment at IOU is exceptional, fostering both personal and spiritual growth. The faculty's dedication plays a crucial part in students' success. I am confident that my time here will continue to prepare me for a successful and fulfilling career."

Saba Bashir, Pakistan, Bachelor's Degree Graduate of 2021

"As a student at IOU since 2013, I can confidently say that it provides an education that truly meets international standards. The level of academic rigor is exceptional, and I am incredibly grateful for the opportunity to pursue my studies from the comfort of my home. This flexibility is particularly valuable for female students who may face challenges in attending traditional universities. It has been a transformative experience, and I couldn't be more pleased with the education I've received."

Nimra Farrukh, Pakistan, Bachelor's Degree Graduate of 2023



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Q&A



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