



**KHALIL CENTER**  
A ZAKAT FOUNDATION PROJECT

# Cultivating Strength and Resilience

*With Hardship Comes Ease [94:5]*



## Cultivating Strength and Resilience: A letter from the Executive Director

It is only through the will of Allah and by following the guidance of our beloved Prophet Muhammad (peace and blessings be upon him) that we humbly celebrate another year with our valued stakeholders, supporters, and beneficiaries. For 14 years, Khalil Center has been honored to provide mental health services and advance Islamic psychology as the largest Muslim mental health provider in North America. Our commitment to serving the Ummah continues to strengthen by the grace of Allah. In recent times, we have collectively felt the immense pain of the ongoing genocide against our Palestinian brothers and sisters, as well as the heartbreaking tragedies in Lebanon, Sudan, Congo, East Turkistan and all lands where our fellow Muslims endure oppression and hardship. In response to these trials, we spent the year focused on offering support groups, conducting research, and delivering trainings, all with the intention of alleviating the suffering of our brothers and sisters and equipping our community to continue on the path forward with strength and resilience.

Today, Khalil Center stands not just as an institution but as a larger movement, composed of dedicated service providers, employees, advisors, donors, supporters, and beneficiaries. All of whom have played a crucial role in shaping the vision and mission of our organization, crafting an invaluable movement that empowers our communities to be impactful. With your continued support, we are able to provide more workshops, serve more patients, offer multiple support groups, and train more students.

The mental health conversations have evolved significantly over the past 14 years, with an unprecedented interest in mental health internationally, which has allowed us to continue the conversation globally. In 2024, we were able to provide our Traditional Islamically Integrated Psychotherapy (TIIP) training in Australia for the very first time and host an interdisciplinary Academic Symposium on curriculum development for Islamic Psychology programs at Hamad Bin Khalifa University (HBKU) in Doha, Qatar. Additionally, we partnered with HBKU to launch the first ever Islamic Psychology Masters program in Doha, with 10 new students from all over the world. It is essential that we continue to guide the direction of this movement, ensuring that spiritual health remains an essential and instrumental part of mental health treatment.

We ask Allah to grant victory to our brothers and sisters in Palestine and all places where they suffer from oppression and injustice. We ask Allah to be their helper and protector, to preserve them with His protection, and shield them from the harm of aggressors. May He heal their wounded, have mercy on their deceased, strengthen their resolve, soothe their hearts, relieve their suffering and distress, and grant them triumph over their oppressors. We ask Allah to deal with the unjust, for they are not beyond His power. O Lord of all the worlds, we ask Allah to lift all tribulations from the Ummah of Islam and restore peace and security to them in every land.

May Allah accept our prayers and bring relief to all those suffering.

Sincerely, Your Servant-Leader,

*Dr. Hossain Keshavarzi*

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# About Khalil Center

## About Khalil Center

Khalil Center is a psychological and spiritual community wellness center advancing the professional practice of psychology rooted in Islamic principles. Khalil Center is an initiative designed to address the widespread prevalence of social, psychological, familial, relational, and spiritual issues of Muslim communities.

Our Work Is Divided Into 3 Areas:

### 1 Clinical Services



### 2 Community Education



### 3 School of Islamic Psychology & Research



## 2024 Clinical Services

### Scheduled Appointments

19,316 

### Financial Assistance Sessions Delivered



1,156

### Pre-marital Sessions

643 

## 2024 Demographics

### Marital Sessions

1,699 

### Family Therapy Sessions

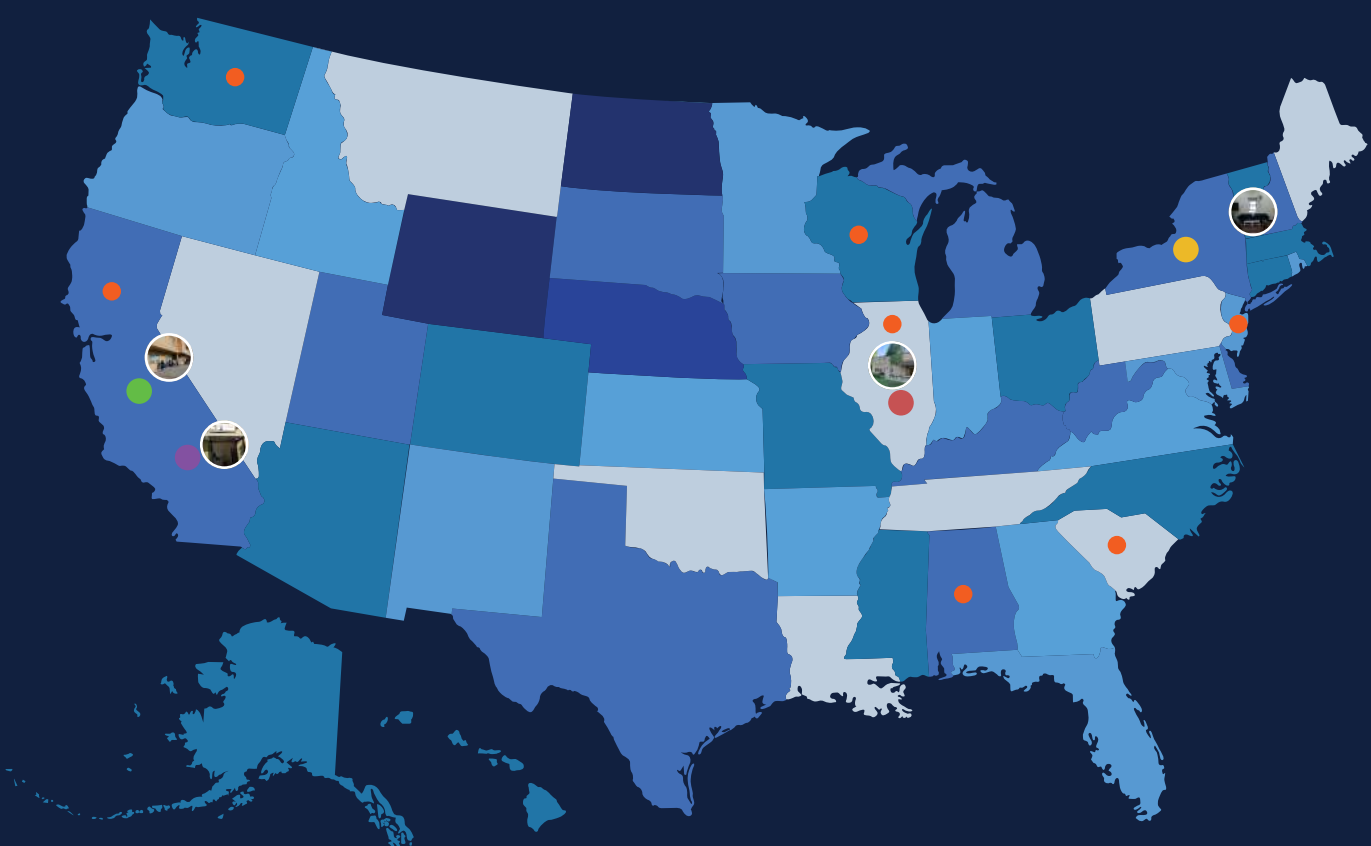


172

### Child Therapy Sessions

1,552 

# Our Impact



## Our National Impact

Illinois, South Carolina, New Jersey, California, Washington, Alabama, and Wisconsin

## Our Global Impact



Turkey



Qatar



Australia



Pakistan



England



Canada Ontario

## Our Offices



**CHICAGO (NATIONAL HEADQUARTERS)**  
998 N Lombard Rd. Lombard, IL 60148



**LOS ANGELES**  
9836 White Oak Ave., Suite 101  
Northridge, CA 91325



**NEW YORK**  
4 W. 43rd St., Suite 510/520  
New York, NY 10036



**BAY AREA**  
3003 Scott Blvd,  
Santa Clara, CA 95054

We offer the following services inspired by  
the Quran, Sunnah, & our tradition of the spiritual sciences



**Islamically Integrated  
Psychotherapy**



**Marriage Counseling**



**Premarital Coaching**



**Psychiatry/Medication  
Management**



**Religious  
Consultation**



**Psychological  
Evaluations**



**Cognitive Assessments**



**Career Counseling**

# Community Education

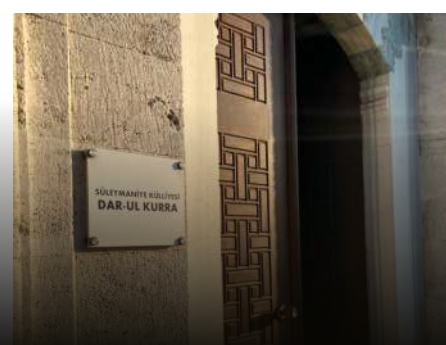
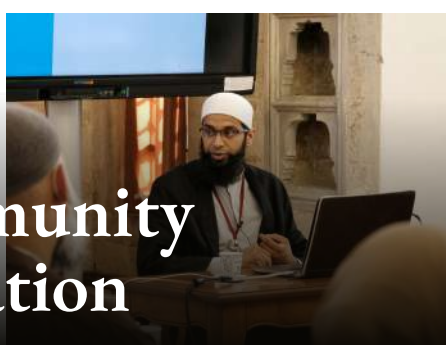
## Khalil Center: Reaching New Heights in Community Education

Khalil Center, a leading organization dedicated to psychological and spiritual well-being, is soaring to new heights in community education. With a remarkable track record of 90 events held both online and in person across 31 cities and 6 countries, their impact on individuals and communities is undeniable.

Through this impressive outreach, Khalil Center has made significant strides:

- 
**1. Expanding Reach:** By venturing beyond physical boundaries and utilizing online platforms, Khalil Center has connected with individuals across diverse locations, facilitating access to valuable knowledge and resources regardless of geographical constraints.
- 
**2. Diversifying Audiences:** Reaching 31 cities and 6 countries demonstrating their ability to engage with a wide range of communities, promoting inclusivity and fostering a sense of belonging.
- 
**3. Addressing Diverse Needs:** With 90 events covering a variety of topics, Khalil Center has catered to a multitude of needs and interests. This tailored approach ensures individuals can access knowledge and support relevant to their specific challenges and aspirations.
- 
**4. Utilizing Technology:** Leveraging online platforms has enabled Khalil Center to reach a wider audience, overcome geographical limitations, and provide real-time access to information and resources.
- 
**5. Creating a Global Community:** By fostering connections across borders and cultures, Khalil Center is building a global community united by shared values and a commitment to personal and spiritual growth.

Khalil Center's dedication to community education is truly commendable. As they continue to reach new heights, their impact on individuals and communities will undoubtedly continue to grow, leaving a lasting legacy of well-being and positive change.



# Community Education

Khalil Center values the education of the greater Muslim community as we build a movement of psycho-spiritual integration beyond our walls. Our community education strives to strengthen the following:



**Parenting**



**Family Cohesion**



**Marriages**



**Pre-Marital Awareness**



**Character Development + Growth**



**Socio-Emotional Well-Being for Children**



**Youth Development**



**Individual Resilience**



# School of Islamic Psychology & Research

## School of Islamic Psychology & Research

Khalil Center is devoted to the advancement of the professional practice of psychology rooted in Islamic principles. We focus on the production of intersectional research between the Islamic and behavioral sciences. Our mission is to further the development, dissemination, training and practice of Islamically integrated mental healthcare - otherwise known as "Traditional Islamically Integrated Psychotherapy (TIIP)"

We strive to actualize this vision through the following areas:

# 1

## Publications



# 2

## Clinical Training



# 3

## Professional Clinical Education



## Khalil Center Publishes First Issue in the Journal of Muslim Mental Health in Partnership with the University of Michigan

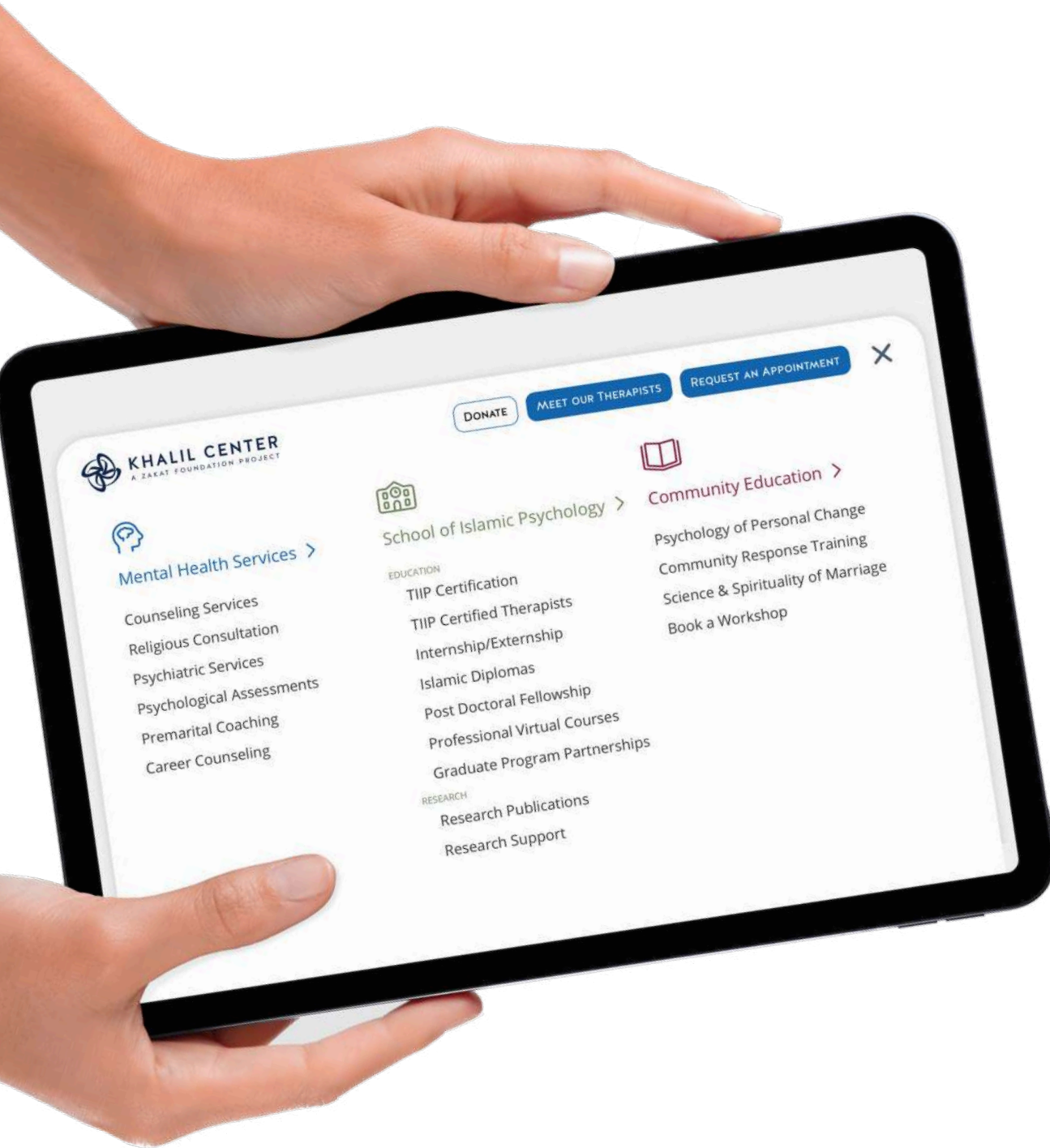
Volume 18 • Issue 1 • Thematic Issue: Islamic Psychology

The Journal of Muslim Mental Health is an interdisciplinary peer-reviewed academic journal and publishes articles exploring social, cultural, medical, theological, historical, and psychological factors affecting the mental health of Muslims in the United States and globally. The journal publishes research and clinical material, including research articles, reviews, and reflections on clinical practice.

*“This special issue came together to capture some of the notable paper presentations that came out of an international symposium held in the summer of 2022 in Istanbul, Turkiye,”* said Dr. Hooman Keshavarzi in his Guest Editor’s Introduction.

*“The rationale and motivation to have such a symposium was to try to expand the available literature on psychology in the Islamic tradition in the English language. Such literature would be important to help provide greater resources and expand the nascent and new field of Islamic psychology...”*

The latest issue opens with a comprehensive scoping review that examines the work of contemporary Muslim scholars over the past fifty years, all of whom have sought to highlight the relevance and depth of classical Islamic traditions in the study of human psychology. The authors meticulously reviewed articles and books across three languages—English, Arabic, and Turkish—to survey the existing literature that explores classical Islamic scholarship on psychology. This review offers valuable insights into how these traditions continue to inform modern understandings of the human mind.



### Additional Key Publications

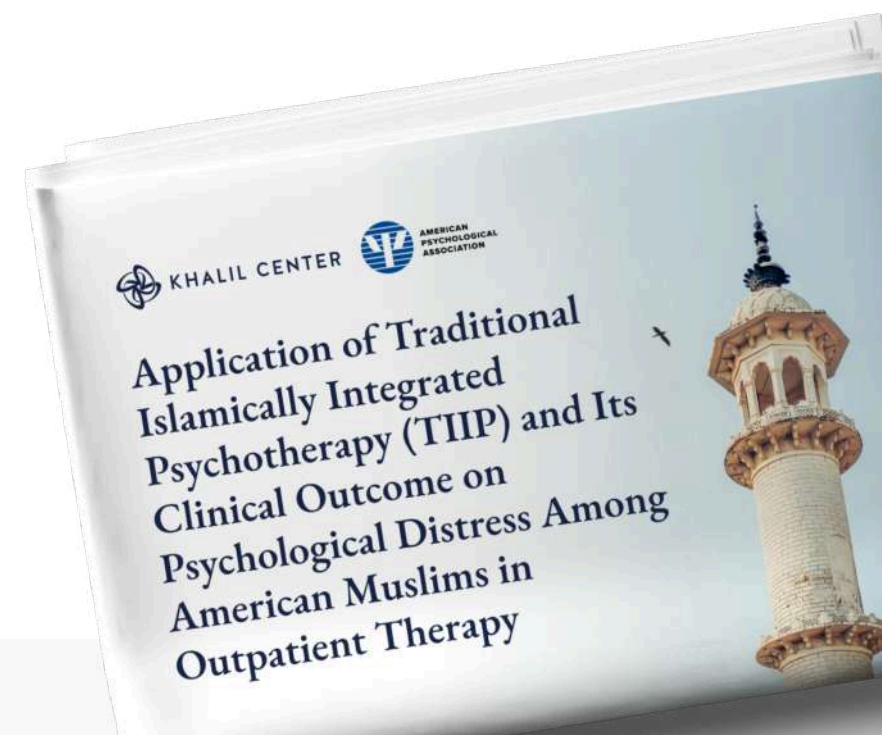
Nisa, A., Siddiqui, S., Ametaj, A. A., & Khan, F. (2024). Adaptation of unified protocol treatment for transdiagnostic disorders in Pakistan: A heuristic framework. *PLOS One*, 19(9), e0308981.

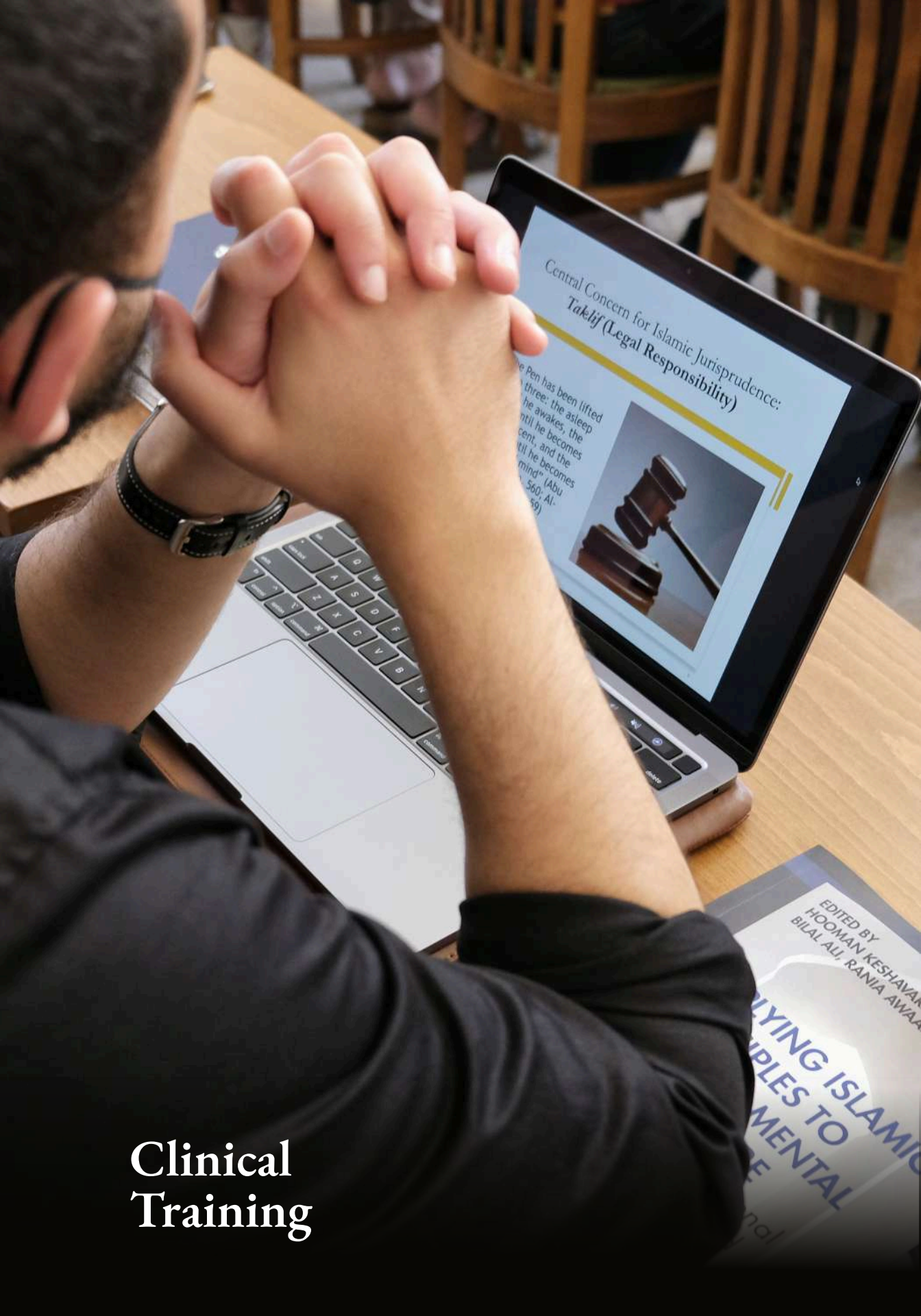
Khan, F., Keshavarzi, H., Ahmad, M., Ashai, S., & Sanders, P.(2023). Application of Traditional Islamically Integrated Psychotherapy (TIIP) and its outcome on psychological distress among American Muslims in outpatient therapy. *Spirituality in Clinical Practice*. Advance online publication.

Khan, F., & Sattar, A. (2023). Individuality of man: Iqbal’s “Mard-e-Momin” and Kierkegaard’s “Knight of Faith.” *Bahria Research Journal on Iqbal Studies*, 2(2), 1-10.

Elzamzamy, K., Owaisi, R. B., Elayan, H., & Elsaid, T. (2023). Muslim experiences and Islamic perspectives on suicide: A qualitative analysis of fatwa inquiries. *International Review of Psychiatry*. <https://doi.org/10.1080/09540261.2023.2295475>

Nabi, A., Singh, K., & Khan, F. (2023). Positive psychotherapeutic trends in Islamic psychology. In G. Saxena & K. Singh (Eds.), *Religious and Spiritual Practices in India: A Positive Psychological Perspective* (pp. xx-xx). Switzerland: Springer International Publishing.





# Clinical Training

## Clinical Training

Khalil Center is committed to providing students of psychology ample opportunities to progress in their careers and build the skillsets needed to effectively serve the greater Muslim community. Our training programs afford students unique advantages which include weekly supervisions, varying modes of therapy, research, training, case conceptualizations, and more.

Our training programs include the following:



Undergraduate, Graduate, and Doctoral Internships

4

Interns Graduated



Post-Doctoral Fellowships

33

Hours of didactic trainings delivered



TIIP Supervision

17

TIIP Supervision groups conducted

Lifetime at a glance

25

Interns Graduated

303

Hours of didactic trainings delivered

35

TIIP students completed supervision

## Professional Education

### First Ever Interdisciplinary Academic Symposium on Curriculum Development for Islamic Psychology Programs at Hamad Bin Khalifa University (HBKU) in Doha, Qatar.

In collaboration with Hamad Bin Khalifa University's College of Islamic Studies (HBKU CIS), International Association of Islamic Psychology (IAIP), International Students of Islamic Psychology (ISIP), and Khalil Center, successfully concluded the first-ever Islamic Psychology Symposium. With over 100 papers submitted, the global seminar provided an opportunity for professionals in the field to highlight their research that contributes to the advancement of Islamic psychology and to engage in discussions with visionaries about what the future of Islamic psychology entails.

### Launching our Islamic Psychology Diploma with Usul Academy

In early 2024, we introduced our 1-year diploma program which is a rigorous university-level holistic education course of study delivered in partnership with Usul Academy. The broad-based liberal arts curriculum engages in meaningful dialogue between Islamic principles and contemporary psychological practices, aiming to enrich the traditional knowledge base of professionals and academics in the field of Psychology.

### 3 International Trainings Held:

#### Where



The Chicago School of Professional Psychology  
Chicago, Illinois, USA



The Suleymaniye Madrasah Istanbul, **Turkey**



Islamic Museum of Australia, Melbourne, **Australia**



Shifa University Islamabad, **Pakistan**



## Support Groups of the year

### Support groups of the year

Our support groups played a crucial role in fostering community, resilience, and personal growth. These groups provided spaces for members to share their experiences, find encouragement, and develop coping strategies through peer support and expert facilitation.

 **Parenting Support Group**

 **Convert Sisters support group**

 **Anxiety Support Group**

 **Palestine Healing Circle**

 **Friendship Builder Support group**

 **Pre-marital support group**

Over the past year, we successfully hosted 42 support groups, offering specialized sessions for a variety of needs. These included anxiety management for both teens and adults, guidance for converts navigating the journey to becoming Muslim, and social skills development programs for children. We also provided support for individuals in the pre-marital stages, equipping them with the tools necessary for a healthy transition.

Additionally, over half of these support groups were dedicated to pro-bono initiatives aimed at supporting those impacted by the ongoing genocide in Palestine. These healing circles led by our Palestinian staff offered a safe space for individuals to share their experiences, process their emotions, and connect with others facing similar challenges. Participants were also provided with valuable tools and coping strategies to help them manage their emotions and build resilience during these trying times.



# KHALIL CENTER

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## Our Team

## Our Team

Khalil Center is proud to have a diverse team of qualified, experienced, and licensed therapists diligently serving the mental health needs of the Muslim community. Our vital work is only possible through their passion and dedication.

### Leadership



Dr. Hooman Keshavarzi



Bilal Ali Ansari



Mohsin Khan



Halil Demir

### Chicagoland

- Dr. Dilek McCombs
- Dr. Fahad Khan
- Dr. Hamza Quadri
- Dr. Muheeb Giwa
- Dr. Samar Harfi
- Dr. Sarah Syed
- Shaima Aljawfi
- Fatima Siddiqi
- Kareema Abdallah
- Maria Habeeb
- Rabiah Dayala
- Rafay Raziuddin
- Yasra Syed
- Shireen Musleh
- Tariq Elsaid
- Kulsum Alaidroos
- Jannah Owda

### Los Angeles

- Fatima Wahab
- Fiaz Zubair Syed
- Humera Sheikh
- Humna Ali
- Nursel Hussain
- Sarah Rahman
- Suhail Mulla
- Usman Khan

### New York

- Mohammed ElFiki
- Venus Mahmoodi

### Bay Area

- Cody Sana Qureshi
- Heba El-Haddad
- Nabia Hosy Nasimi
- Sabreen Azhar
- Sumayyah Rawashdeh
- Ayya Elzarka

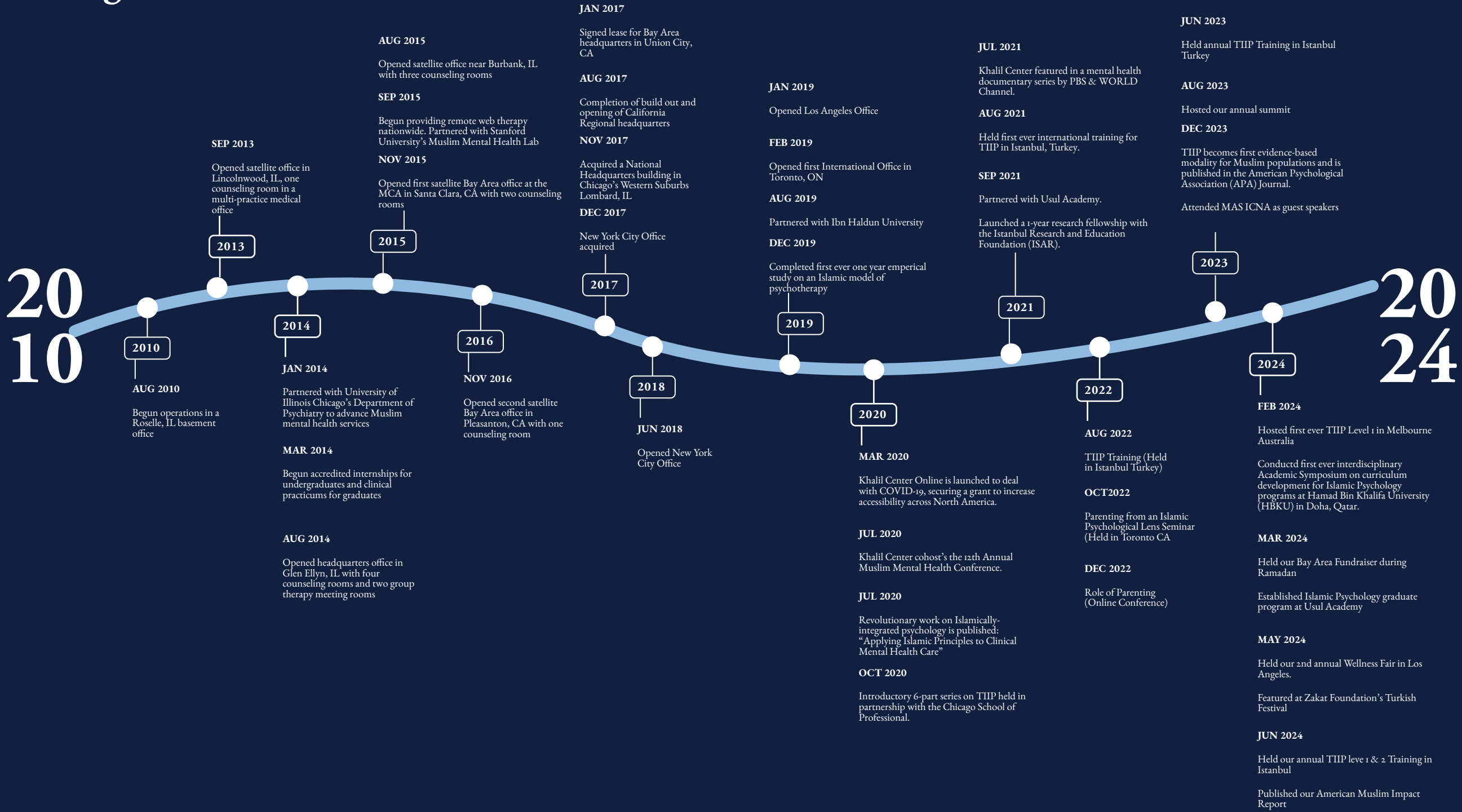
### Toronto

- Emad Alarashi
- Fatima Baig
- Fatima Qureshi
- Munsif Mubarak
- Raniya Syed
- Sadiyah Chauhan
- Sajida Gangat
- Sumayya Mehmood

### KC Online

- Amatullah Craft
- Amal Sheikhaden
- Enes Kaban
- Mohamed Sattar
- Musa Sugapong
- Naveed Bajwa
- Saliha Büsra Selman
- Unaiza Malik

# History of Our Organization







# Academic Partnerships

## Academic Partnerships

Khalil Center takes pride in the academic partnerships it has with various reputable institutions internationally. These strategic relationships help Khalil Center consistently offer professional trainings and education to a wide range of students across the globe.



Usul Academy



Association of Psychology Postdoctoral & Internship Centers



Ibn Haldun University



Bahria University



The Chicago School of Professional Psychology



Riphah International University



Shifa Tameer-e-Millat University



Institute for Muslim Mental Health



University of Illinois at Chicago



Istanbul Research & Education Foundation



Eğitime Destek Programları Merkezi



Claritas Publishing



IDR



Inspired Minds



HBKU



ISIP



Northwestern University

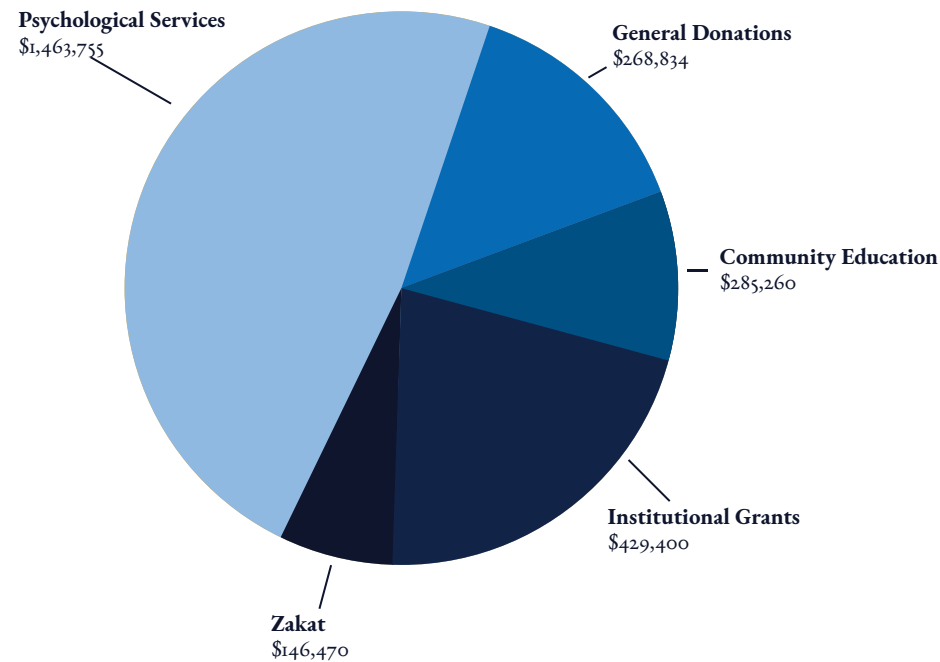


University of Michigan

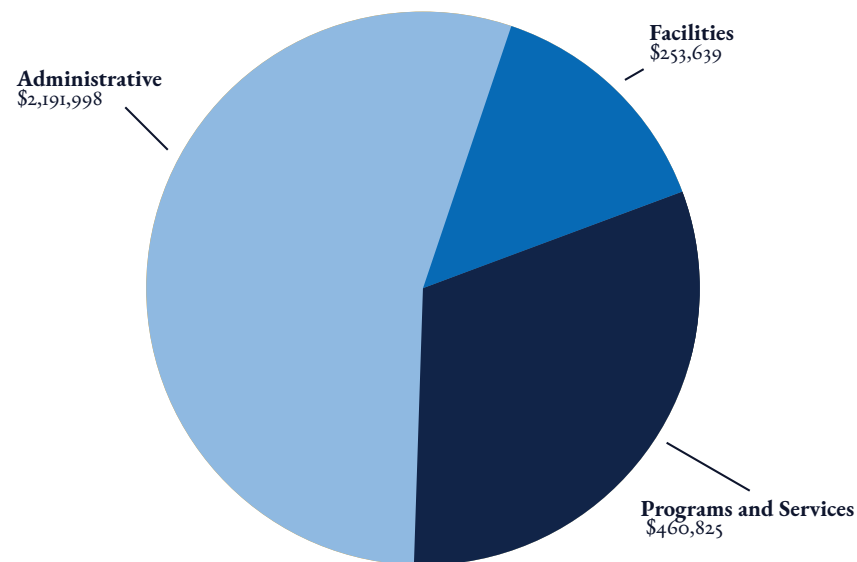
# Become a Khalil and Donate Monthly

## Financials





### Revenue



### Expenses



### How to Sign Up

1. Scan the QR Code 
2. Choose your currency 
3. Click the dropdown arrow to select your type of donation 
4. Thank you for your monthly gift! 

### Why Give Monthly?

Your monthly gift to Khalil Center will help us to continue providing essential services to Muslim communities around the world and develop new and innovative programs that address the emerging needs of our communities.

### Year to Date:

<b>52,011</b>	<b>50,419</b>	<b>15,398</b>
Sessions Delivered	Scheduled Appointments	Clients Served

DONATE





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