



**"Rooted in Respect" Diversity CE Series Part 2: Culturally Responsive Care: Understanding Muslim Patients and Combating Islamophobia in Clinical Practice"**

**Three (3) Continuing Education Credits**

**This program meets both the diversity (3-hour) and cultural competence (1-hour) license CE requirements**

**Pricing:**

**\$140 Non-IPA Members, \$120 IPA Members, \$25 Students**

**Panel Discussion with**

**Panelists**

**Qasim Rashid, Esq**

**Latifat Cabirou, PhD**

**Moderator**

**Ammara Khalid, PsyD**

**Friday, October 03, 2025**

**Time 9:00 am to 12:00 pm**

**On-line Webinar: A link will be sent from CE21 to all registrants**

**Sponsored by:**

**Illinois Psychological Association**

**Register online through IPA's CE21 website at:**

# About the Workshop

## Program Description

This 3-hour CE program is designed for clinical psychologists seeking to enhance their cultural competence in working with Muslim patients. The session will provide an in-depth exploration of key aspects of Muslim identity, including the diversity within Muslim communities, core religious tenets, and the influence of cultural practices on mental health.

A significant portion of the program will focus on the pervasive issue of Islamophobia—its psychological impacts, manifestations in clinical settings, and the role of the psychologist in identifying and addressing it.

Participants will learn to differentiate between culturally normative behaviors and psychological distress, and to apply culturally responsive, evidence-based interventions. The program will also offer practical strategies for creating a safe and affirming therapeutic environment, and for collaborating with community and religious leaders to support the well-being of Muslim clients.

The program is designed to meet the 3-hour CE requirement on Diversity for Illinois Psychologists and the new 1-hour CE requirement on Cultural Competency training. The program is both didactic and interactive and will be presented virtually.

This workshop is the second in a series entitled “Rooted in Respect” organized by the Equity, Diversity, and Inclusion (EDI) Task Force of the IPA. The series entails evidence-based, continuing education sessions exploring how respect and deep understanding of the human condition can uplift our field, dismantle division, and prevent and counteract bias and harm.

## Contents

1. Introduction of panel
2. Panel discussion moderated by Dr Ammara Khalid.
3. Questions and Answers

## Learning Objectives

Upon completion of this program, participants will be able to:

1. **Describe** the heterogeneity of Muslim communities and the core tenets of Islam that may impact a client's worldview and psychological experience.
2. **Identify** the psychological effects of Islamophobia and its various manifestations, including microaggressions, internalized prejudice, and systemic discrimination.

3. **Recognize** how cultural and religious factors can influence the presentation of psychological symptoms and help-seeking behaviors among Muslim patients.
4. **Apply** culturally responsive assessment and intervention strategies to effectively address the unique mental health needs of Muslim clients.
5. **Develop** skills to help Muslim patients navigate and build resilience against experiences of Islamophobia in their daily lives.
6. **Formulate** a plan for integrating collaborative care, including consultation with imams or community leaders, into their clinical practice when appropriate.
7. **Create** a more inclusive and affirming therapeutic environment for Muslim patients.

## The Panel

**Qasim Rashid, Esq**



Qasim Rashid is a human rights lawyer, author, and former Democratic nominee for US Congress. He is the Founder and CEO of Just Win, a representative firm managing content creators in the areas of politics and social justice. He received his Bachelor's degree from the University of Illinois at Chicago and his Juris Doctorate from the University of Richmond School of Law. He has also served as a visiting fellow at Harvard University's Islamic Studies program.

Qasim's human rights work includes supporting survivors of domestic and sexual violence, representing asylum seekers, serving as a first responder to global disasters, uplifting the incarcerated through prison chaplaincy, and advocating for universal religious freedom. Qasim has published numerous books and academic law review

articles. His work has been published across the media spectrum from TIME, The New York Times, Washington Post, NPR, and USA Today. He runs a popular substack with more than 140,000 subscribers titled "Let's Address This with Qasim Rashid." You can find him across platforms on social media @QasimRashid.

**Latifat Cabirou, PhD**



Dr. Latifat Cabirou is an Assistant Professor of Counseling Psychology in the College of Education at Auburn University. She teaches courses in clinical practicum supervision, research colloquium, multicultural counseling, and professional seminar. She directs the I-RISE (Immigrant, Racial Identity, and Socialization Experiences) Lab, which examines the experiences of immigrant, racial, ethnic, and cultural minority populations and their psychological implications. Her research also explores attitudes and behaviors related to professional mental health help-seeking. Dr. Cabirou also has a private practice where she provides therapy services to adolescents and adults, with a specialty focus on immigrant and racial and ethnic minority groups. She also offers culturally specific mental health and DEI-related consultation and workshop services to community organizations.

## Moderator

**Ammara Khalid, PsyD**



Dr. Khalid is a Licensed Clinical Psychologist in Illinois and in 40+ states as a PSYPACT member specializing in individual, couples, and family therapy with children, adolescents, and adults of diverse backgrounds. She completed her Bachelor's Degree from NYU, and her Masters and Doctorate in Clinical Psychology with a focus on Multicultural/Diversity Issues as well as Family and Couples from the Illinois School of Professional Psychology in Chicago, Illinois. She offers therapy, clinical supervision, guest speaking, and consultation services. She had also presented at state and national conferences.

She practices cross-cultural psychology from a decolonized systemic orientation and as a trauma-informed therapist, draws heavily from IFS (Internal Family Systems), EFT (Emotionally Focused Therapy), and the Gottman Method in case conceptualization. She sees people from all walks of life, and works with mood disorders, relational issues, life transitions, BIPOC support, grief and loss, and LGBTQAI+ issues.

She has traveled extensively internationally and is well-versed in both English and Urdu/Hindi. Her goal is to meet the multiple, mounting mental health crises arising from the increasing instability of climate change on our planet. She is currently working on a book examining intergenerational trauma resulting from the 1947 Partition of Pakistan, India and Bangladesh.

## **CONTINUING EDUCATION CREDITS**

"Rooted in Respect" Diversity CE Series Part 2: Culturally Responsive Care: Understanding Muslim Patients and Combating Islamophobia in Clinical Practice" is sponsored by: The Illinois Psychological Association. The Illinois Psychological Association is approved by the American Psychological Association to sponsor continuing education for psychologists. The Illinois Psychological Association maintains responsibility for this program and its content.

Three (3) continuing education credits for psychologists will be awarded.

## **CONTINUING EDUCATION GRIEVANCE POLICY**

The Illinois Psychological Association (IPA) is fully committed to conducting all activities in strict conformance with the American Psychological Association's Ethical Principles of Psychologists. The IPA will comply with all legal and ethical guidelines for non-discrimination in promotional activities, program content and in the treatment of CE participants.

While the IPA strives to assure fair treatment for all participants and to anticipate problems before they occur, occasionally grievances may be filed. In cases where a participant files a written or oral grievance, the following action will be taken:

If the grievance concerns the content of the workshop, an IPA representative will mediate and will be the final arbitrator.

Direct correspondence to:

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Chicago, Illinois 60603  
[sogrady@illinoispsychology.org](mailto:sogrady@illinoispsychology.org)

## **LOCATION**

This workshop is being held as a live webinar only. Participants will be on camera during small group discussions.

## **REGISTRATION**

Register online through IPA's CE21 website at:

<https://ipa.ce21.com/item/rooted-respect-diversity-ce-series-part-2-culturally-responsive-care-understanding-muslim-patients-combating-islamophobia-clinical-practice-138020#tabDescription>

The Illinois Psychological Association is committed to accessibility and non-discrimination in continuing education activities. Presenters and attendees are asked to be aware of the need for privacy and confidentiality during and after the program. Additionally, if a participant has special needs, she/he should contact Dr. Susan O'Grady by September 30, 2025 to discuss what accommodations can be provided. All questions, concerns, or complaints should be directed to Dr. Susan O'Grady 312-372-7610 x203.

There is no commercial support for this program, nor are there any relationships between the CE sponsor, presenting organization, presenter, program content, research, grants, or other funding that could reasonably be construed as conflicts of interest.