



# An Islamic Perspective of Human Trauma

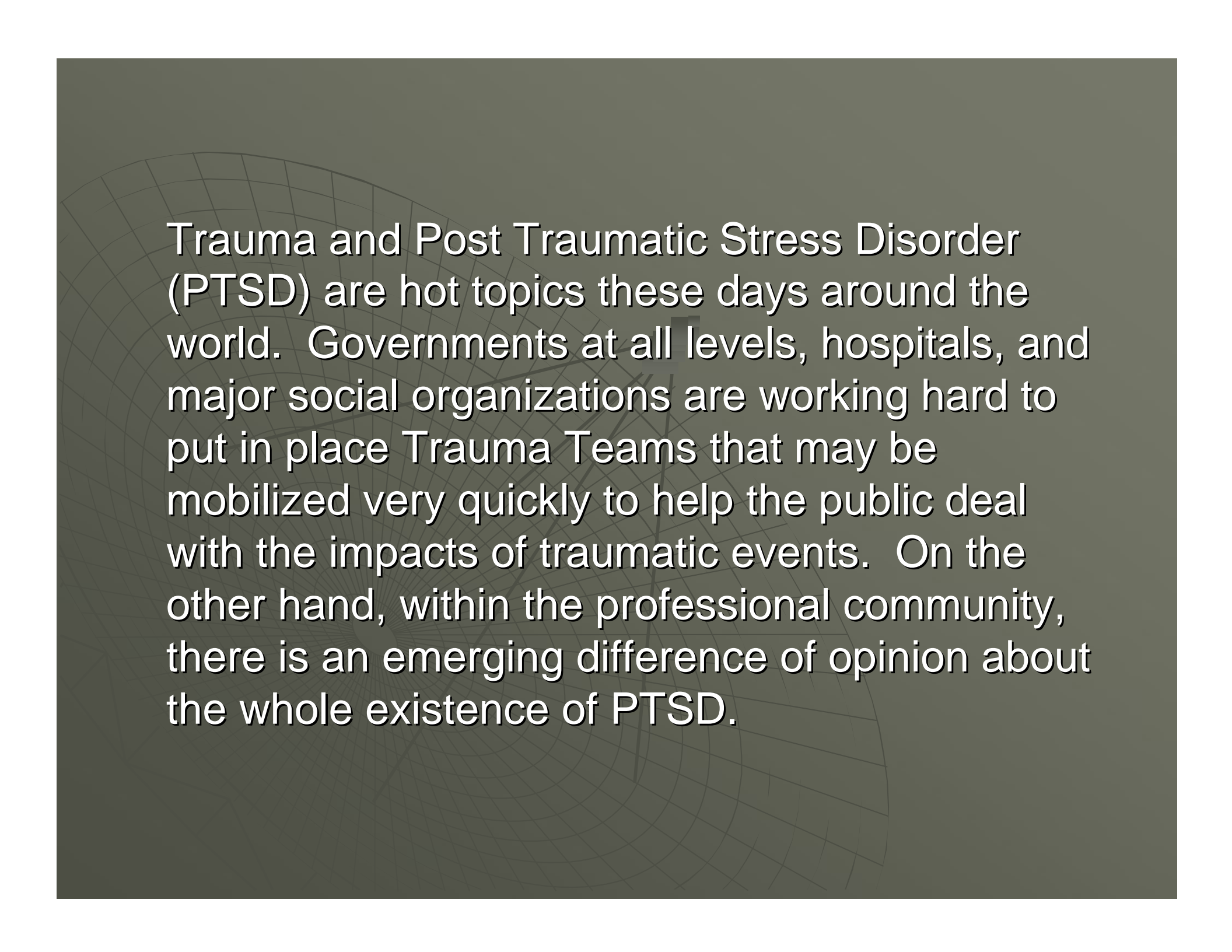
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# Trauma

- ◆ Any event
  - That is perceived as physically or emotionally threatening,
  - That is not in victims' control,
  - That results in loss of life, property, honor, and/or meaningfulness of life,
  - That violently shakes up people's belief systems and faith in themselves and others,
  - That is extremely stressful and overwhelms a person's ability to cope, and
  - That leaves people feeling totally insecure and helpless,
  - May be potentially traumatic.
- ◆ It is an individual's subjective experience that determines whether an event is or is not traumatic.



Trauma and Post Traumatic Stress Disorder (PTSD) are hot topics these days around the world. Governments at all levels, hospitals, and major social organizations are working hard to put in place Trauma Teams that may be mobilized very quickly to help the public deal with the impacts of traumatic events. On the other hand, within the professional community, there is an emerging difference of opinion about the whole existence of PTSD.

The objective of this presentation is to introduce an Islamic perspective on the issue of “Human Trauma”. It will include definitions of trauma, the current western thinking about trauma and trauma victims, the western ways of dealing with trauma victims, and an Islamic perspective of human trauma – what purpose does it serve, why some victims are impacted more severely than others, and how to intervene and help the victims heal and recover from it. The Islamic perspective will be based completely on the teachings of the holy Qur’an and the Sunnah of the prophet (s.a.w.).

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- ◆ For further details and making arrangements to have this Workshop delivered in your community, please send an e-mail to:  
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