

About Me



[CV](#)

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Who Am I?

I was born and raised in Kashmir and moved to the United States at the age of 10. I began memorization of Holy Quran with my father at the age of 14 at Islamic Foundation in Villa Park, Illinois. I moved back to Pakistan in 1998 for two years to complete my memorization and increase my knowledge of the religion. It was during this time that I was introduced to the writings of the famous poet/philosopher Allama Muhammad Iqbal. After teachings of Quran and Sunnah, Iqbal's poems and writings have played a major role in shaping me and my theoretical understanding. Alhamdulillah, I completed my the memorization of Holy Quran in 1999 at the age of 16.

After returning to the United States in 2000, I graduated from Willowbrook High School and initiated my college life with the intention of going to medical school. It only took a Bachelor's and a Master's degree for me to realize that I'm destined to follow another path.

My interest in the field of Psychology began during my undergraduate years and reignited when I

began my work as a counselor at Central DuPage Hospital in 2006. This is when I began to detect the individuality of humans. Moreover, this also led me to pursue a doctorate in Clinical Psychology.

As a student in the doctoral program, I made it a passion to direct my knowledge and experience towards helping Muslims. During my 3rd year, I began to write my first book titled "A Practical Guide for Muslims on Dealing with Pornography Addiction." However, I ran into many obstacles while working on the first chapter. In general, I realized that there are no classical Islamic theories on Psychology. I did not feel comfortable using theoretical understanding and ideas that, in my opinion, were against certain Islamic principles.

Therefore, I decided to put the book on hold and work on a theory of Islamic Psychology. First part of this theory is an understanding of human psychosocial development according to Quran. This theory will also contain a basic understanding of our existence, the development of psychopathology, the understanding behind several psychopathologies, and treatments. My goal is to develop a complete theoretical understanding according to Quran and Sunnah, inshallah.

How Can I Help You?

I have had multiple years of experience in Individual, Group, and Family Therapy/Consultation.

Individual Consultation Areas:

- Addictions (Drugs and Behavioral)
- Anxiety or Fears
- Personality Concerns
- Coping Skills
- Loss or Grief
- Parenting
- Self-Harming
- Suicidal Ideation
- Trauma and PTSD
- Anger Management
- Behavioral Issues
- Career Counseling
- Depression
- Emotional Disturbance
- Peer Relationships
- Self Esteem
- Teen Violence

Family Consultation Areas:

- Premartial Counseling
- Marital Counseling
- Family Counseling
- Parent - Teen Conflict Resolution

Group Consultation Areas:

- Substance Abuse
- Behavioral Addictions
- Domestic Violence Abusers / Victims
- Youth Groups