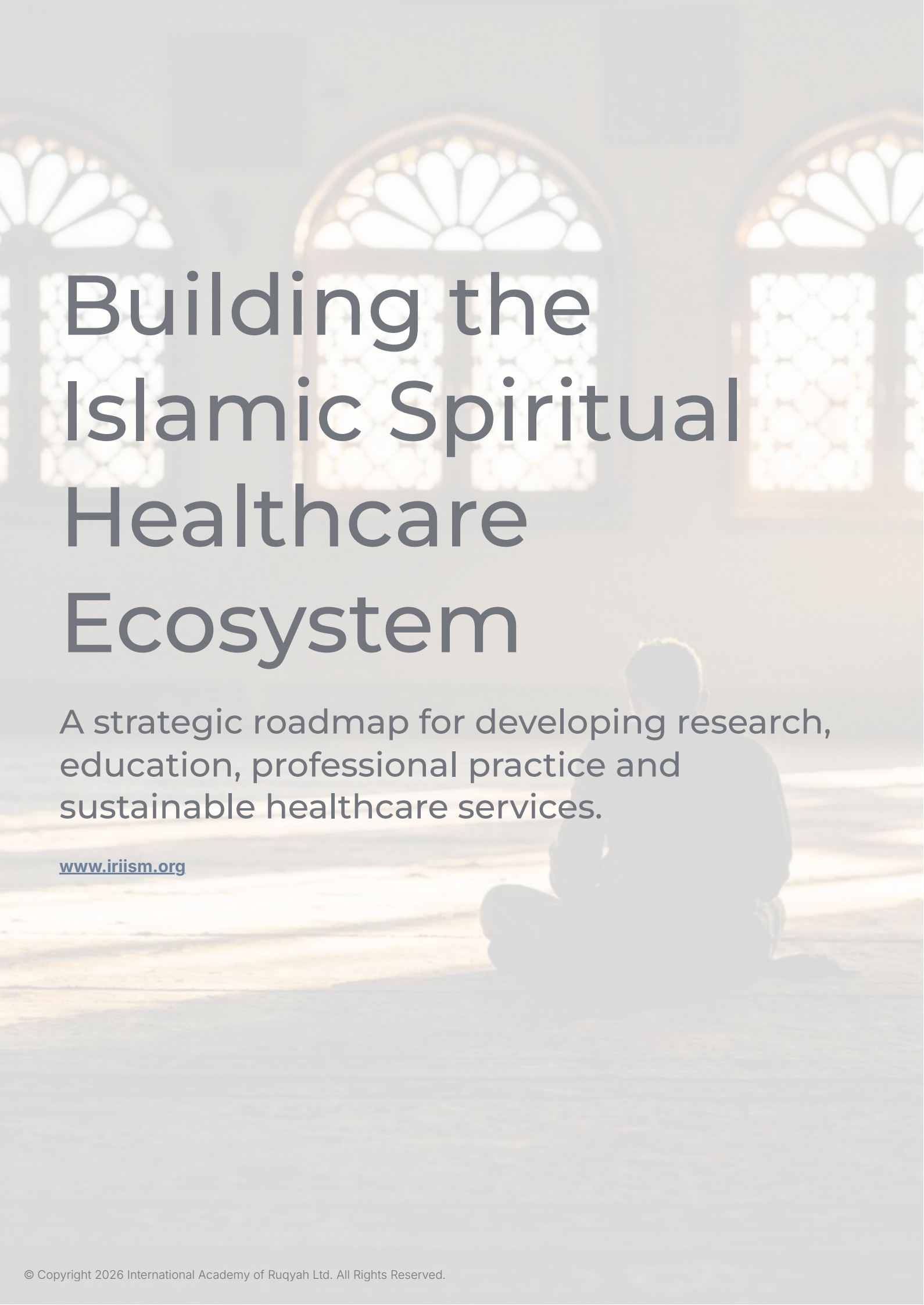


A person is sitting on the floor of a mosque, looking towards three large arched windows with intricate geometric patterns. The scene is dimly lit, with light streaming through the windows, creating a serene and contemplative atmosphere. The person is seen from behind, sitting in a cross-legged position.

Building the Islamic Spiritual Healthcare Ecosystem

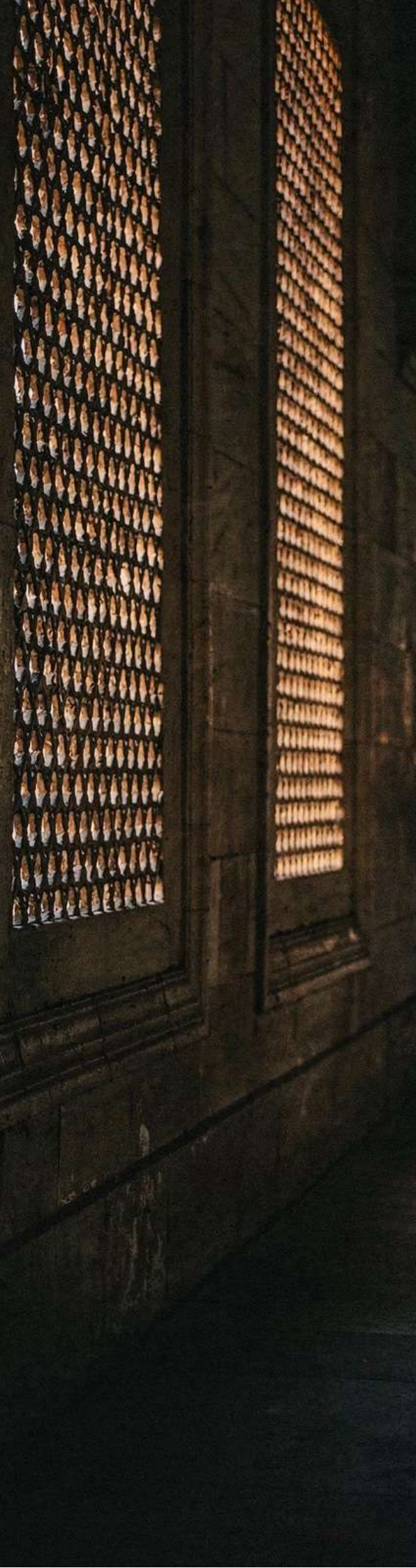
A strategic roadmap for developing research, education, professional practice and sustainable healthcare services.

www.iriism.org

Contents



Part 1 – Why an Ecosystem is Needed
Part 2 – The Islamic Spiritual Healthcare Ecosystem
Part 3 – The Patient Journey
Part 4 – Building the Professional Workforce
Part 5 – Education and Professional Development
Part 6 – Clinical Services and Healthcare Integration
Part 7 – Research, Innovation and Continuous Learning
Part 8 – Governance, Leadership and Institutional Development
Part 9 – Building the Islamic Spiritual Healthcare Sector



Part 1 – Why an Ecosystem is Needed

From Individual Practice to an Integrated Discipline

Throughout history, every major healthcare profession has followed a similar path of development.

In their earliest stages, knowledge was often passed from practitioner to practitioner. Standards varied considerably. Education was informal, research was limited, and professional regulation was either absent or inconsistent. As knowledge expanded, these professions gradually developed universities, research institutes, professional associations, clinical standards, accreditation systems and regulatory frameworks. Together, these institutions formed the ecosystems that support modern healthcare today.

Islamic Spiritual Medicine now stands at a similar point in its evolution.

Across the world, millions of people seek support through Islamic spiritual healthcare. They consult practitioners for Qur'anic spiritual care (ruqyah), prophetic health practices such as hijama, traditional remedies and broader forms of spiritual support rooted within the Islamic tradition.

Despite its widespread use, however, the field remains largely decentralised and lacks many of the structures that characterise mature healthcare disciplines.

This should not be viewed as a weakness. Rather, it reflects the early developmental stage of an emerging field.

The opportunity before us is therefore not simply to improve individual services, but to establish the wider ecosystem that enables those services to develop responsibly over generations.

The Current Landscape

Islamic Spiritual Medicine is practised across many countries, cultures and communities. Thousands of practitioners provide valuable support to individuals and families, often addressing needs that extend beyond conventional healthcare.

However, the wider field remains fragmented.

Research activity is limited and dispersed across institutions. Educational pathways vary considerably between providers. Terminology is inconsistent. Professional standards differ between organisations. Outcome measurement is uncommon. Collaboration between practitioners, researchers and healthcare providers remains relatively limited, while opportunities for structured postgraduate research are still in their infancy.

These observations are not intended as criticism.

Rather, they highlight the absence of a coordinated framework capable of supporting the long-term development of the discipline.

Without such a framework, progress depends largely upon isolated individuals and organisations working independently.

While individual initiatives can achieve significant progress, sustainable advancement requires institutions that can coordinate research, education, governance and collaboration on an international scale.



Beyond Individual Practitioners

Healthcare disciplines do not mature solely because individual practitioners become more experienced.

They mature because institutions emerge to support those practitioners.



**Universities educate
future professionals**



**Research institutes
generate evidence**



**Professional
associations establish
standards**



**Accreditation bodies
recognise competence**



**Healthcare
organisations develop
models of care**



**Conferences
encourage
collaboration**



**Academic journals
disseminate
knowledge**

Together, these organisations create an environment in which knowledge accumulates, standards improve and public confidence grows.

Islamic Spiritual Medicine requires similar institutional development if it is to realise its full potential.

The objective is not to replace existing practitioners or organisations.

Rather, it is to strengthen the environment within which they operate.

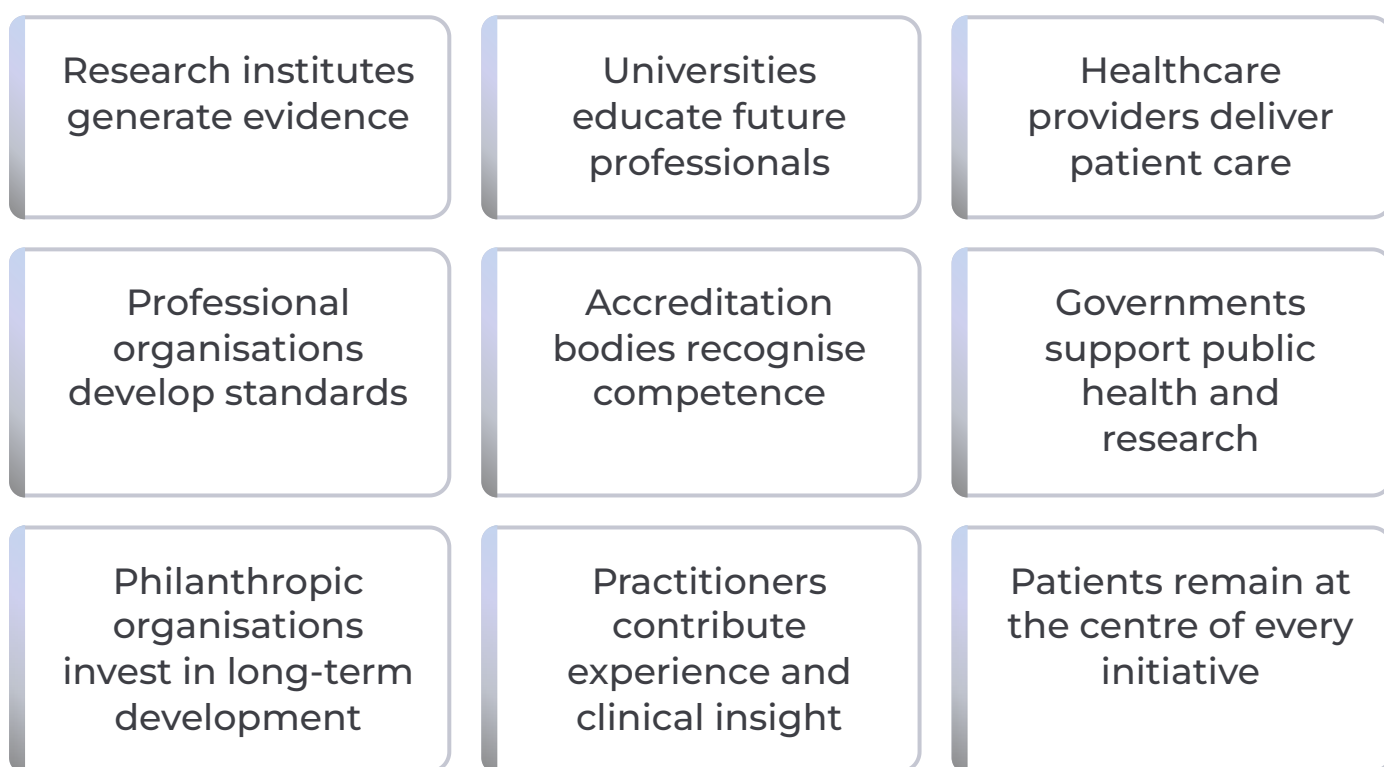
An Ecosystem Rather Than an Organisation

This White Paper proposes that the future of Islamic Spiritual Medicine should not depend upon any single institution.

Instead, it should be supported by a collaborative ecosystem.

An ecosystem is more resilient than an individual organisation because responsibility is shared across multiple institutions, each contributing according to its expertise.

Within such an ecosystem:



Each component strengthens the others.

- As research improves, education becomes stronger.
- As education improves, professional practice advances.
- As professional practice advances, public confidence grows.

Greater public confidence encourages further investment in research, education and healthcare services.

The result is a virtuous cycle of continuous improvement.



Learning from Other Healthcare Disciplines

The history of healthcare demonstrates that sustainable progress depends upon building institutions rather than relying solely upon individuals.

- Medicine developed through universities, hospitals and research councils.
- Nursing advanced through professional education and regulation.
- Physiotherapy established competency frameworks, accreditation and clinical governance.
- Psychology evolved through research, postgraduate education and professional registration.

Each profession benefited from the creation of an ecosystem that encouraged collaboration, accountability and continuous improvement.

Islamic Spiritual Medicine should be afforded the same opportunity to develop through responsible institutional growth.

Its future should not depend upon isolated excellence.

It should be supported by internationally connected institutions capable of advancing research, education and professional practice together.

A Vision for the Future

Imagine:

- A future in which Islamic Spiritual Medicine is supported by internationally recognised research institutes, university programmes, accredited educational pathways, ethical professional standards, specialist clinics, multidisciplinary collaborations and evidence-informed clinical practice.
- Students choosing postgraduate research in Islamic Spiritual Medicine.
- Hospitals collaborating with specialist practitioners through clearly defined governance frameworks.
- International conferences bringing together clinicians, researchers, Islamic scholars and policymakers to share knowledge and develop best practice.
- Patients benefiting from services supported not only by centuries of Islamic scholarship and tradition, but also by contemporary research, robust governance and ongoing professional development.

This vision is neither immediate nor guaranteed.

It will require sustained collaboration, thoughtful leadership and long-term investment.

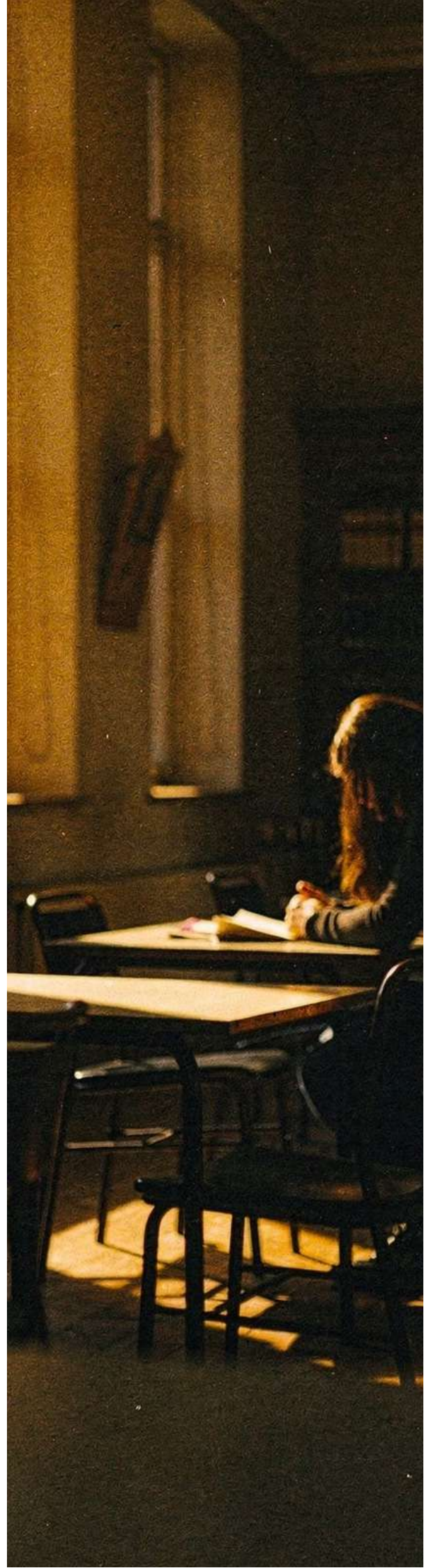
Yet every established healthcare discipline once existed only as a vision.

The purpose of this White Paper is to begin transforming that vision into a practical roadmap.

The question is therefore no longer whether Islamic Spiritual Medicine deserves an ecosystem.

The more important question is how that ecosystem should be designed to serve future generations responsibly.

The remaining sections of this White Paper seek to answer that question.





Part 2 – The Islamic Spiritual Healthcare Ecosystem

A Framework for Sustainable Development

No healthcare discipline develops through research alone. Nor does it develop through education alone. Nor through clinical practice, regulation or innovation in isolation.

Sustainable progress occurs when each of these elements develops together, creating an interconnected ecosystem in which every component strengthens the others.

The future of Islamic Spiritual Medicine should be viewed through this same lens.

Rather than asking how individual organisations can grow, we should ask how the entire discipline can mature over the coming decades.

This White Paper therefore proposes the development of an Islamic Spiritual Healthcare Ecosystem—a collaborative international framework that supports research, education, professional practice, healthcare integration and innovation.

The purpose of the ecosystem is not to centralise control.

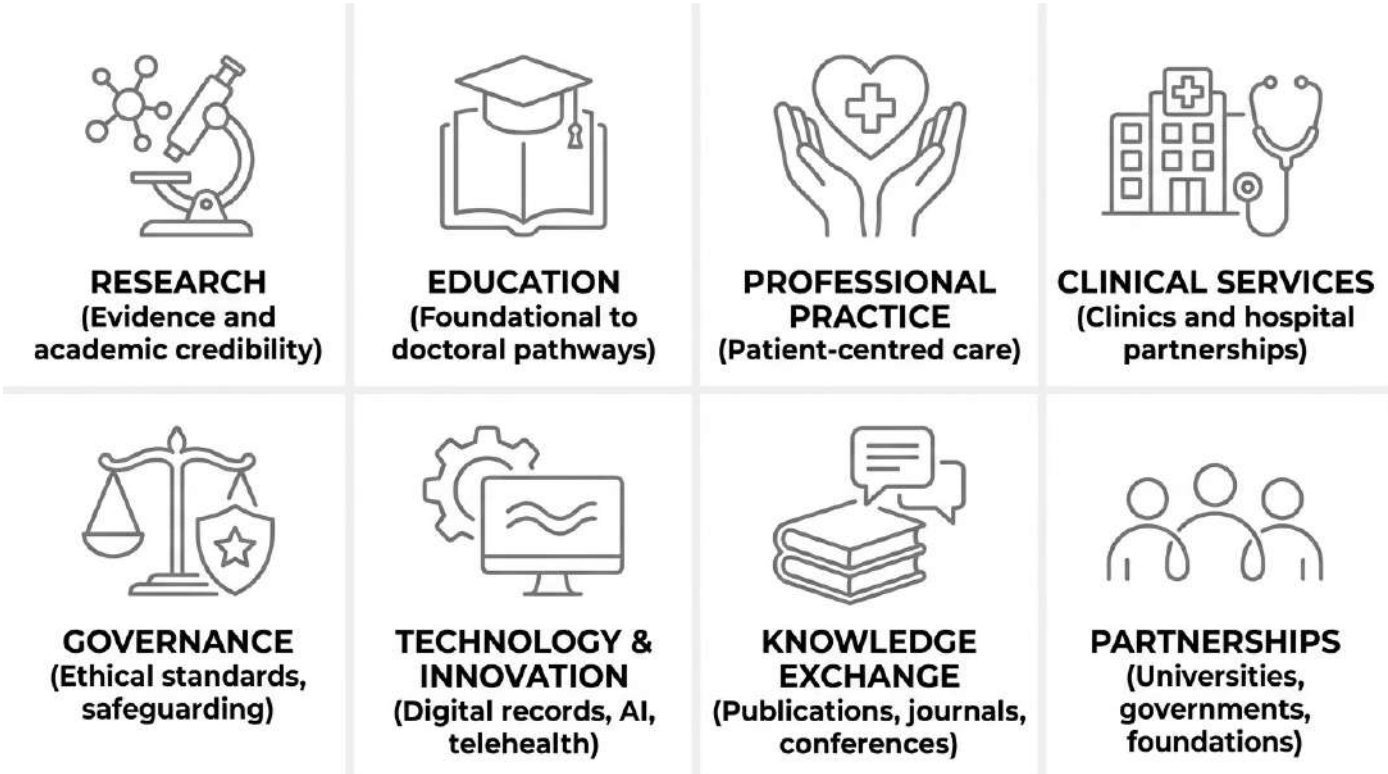
Its purpose is to connect people, institutions and knowledge in ways that allow the discipline to develop responsibly for future generations.

The Ecosystem Model

The proposed ecosystem consists of several interdependent pillars.

Each performs a distinct function while contributing to the advancement of the whole discipline.

Together, they create an environment in which knowledge, education, patient care and professional standards continually reinforce one another.





Research

Research forms the intellectual foundation of the ecosystem.

Without research, there can be no systematic development of knowledge.

Research provides:

Evidence generation

Critical evaluation

Outcome measurement

Innovation

Academic credibility

Continuous improvement

International collaboration in research allows observations to be tested, methodologies to improve and new questions to emerge.

The International Research Institute of Islamic Spiritual Medicine (IRISM) has been proposed to help coordinate this pillar by providing research leadership, facilitating collaboration and supporting the long-term development of the discipline.

Education

Knowledge must be transmitted if a discipline is to survive.

Education transforms research into competent practitioners, future researchers and academic leaders.

Educational pathways may include:

01

Foundational training

02

Professional certification

03

University programmes

04

Postgraduate education

05

Continuing professional development

06

Specialist fellowships

07

Doctoral research

Education should encourage both technical competence and intellectual curiosity, enabling future generations to continue expanding the discipline responsibly.





Professional Practice

Every healthcare discipline ultimately exists to serve people.

Professional practice represents the point at which knowledge is translated into patient care.

Future professional services may include:

- Qur'anic spiritual care (ruqyah)
- Prophetic health practices, including hijama
- Spiritual wellbeing programmes
- Preventive care
- Complementary therapeutic services
- Multidisciplinary support

Professional practice should continue to evolve through evidence, education and ethical governance.

Clinical Services

Healthcare systems require structured clinical environments capable of delivering safe, effective and patient-centred care.

The ecosystem therefore anticipates the gradual development of:

- Specialist clinics
- Multidisciplinary centres
- Community healthcare services
- Hospital partnerships
- Telehealth services
- Integrated models of care

Clinical services provide both patient benefit and valuable opportunities for research and education.

Governance

Public confidence depends upon professional accountability.

Governance ensures that research, education and clinical practice develop responsibly.

Key elements include:

- Ethical standards
- Competency frameworks
- Quality assurance
- Patient safeguarding
- Documentation standards
- Complaints procedures
- Continuing professional development
- Institutional accountability

Strong governance protects patients while strengthening confidence in the profession.



Technology and Innovation

Technology increasingly influences every area of healthcare.

Future innovation within Islamic Spiritual Medicine may include:

Digital patient records

Telehealth

Artificial intelligence

Educational platforms

Clinical outcome monitoring

Research databases

Decision-support systems

Multilingual educational resources

Technology should enhance human care rather than replace it.

Innovation should remain guided by evidence, ethics and patient benefit.

Publications and Knowledge Exchange

Knowledge grows through communication.

The ecosystem should encourage the publication of:

- White Papers
- Research reports
- Discussion papers
- Consensus statements
- Academic articles
- Systematic reviews
- Professional guidance
- Educational resources

International conferences, academic journals and collaborative publications will play an important role in facilitating dialogue between researchers, clinicians, practitioners and policymakers.

Partnerships

No institution possesses all the expertise required to develop an international healthcare discipline.

The ecosystem therefore depends upon partnership.

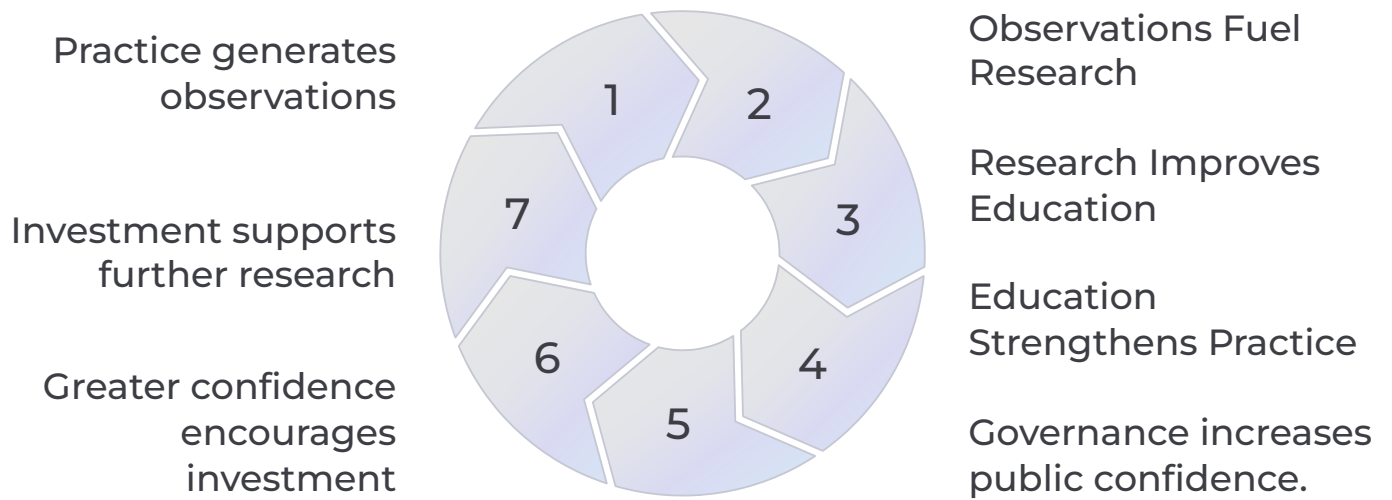
Potential collaborators include:

- Universities
- Hospitals
- Research institutes
- Healthcare providers
- Governments
- Professional organisations
- Islamic scholars
- Philanthropic foundations
- Industry partners
- Patient representatives

Collaboration transforms isolated expertise into collective progress.

The Virtuous Cycle

The strength of the ecosystem lies not in its individual components, but in the relationships between them.



Each pillar strengthens every other pillar.

The ecosystem therefore becomes self-reinforcing.

Progress in one area accelerates progress across the entire discipline.

A Living Ecosystem

The proposed ecosystem is not intended to be static.

As Islamic Spiritual Medicine develops, new institutions, professions and technologies will emerge.

Some organisations will focus upon research. Others upon education. Others upon healthcare delivery. Others upon regulation, innovation or international collaboration.

This diversity should be viewed as a strength.

Healthy ecosystems evolve.

They encourage innovation while maintaining shared standards and common values.

The role of IRIISM is not to control that evolution.

Its role is to provide intellectual leadership, encourage collaboration and support the responsible development of the discipline through research and knowledge exchange.





Looking Beyond Institutions

Ultimately, the purpose of the Islamic Spiritual Healthcare Ecosystem is not to build organisations.

It is to improve lives.

Every research project, educational programme, clinical service and professional framework exists for one reason: to improve the quality, safety and effectiveness of care available to individuals and communities.

The success of the ecosystem should therefore be measured not by the number of institutions it creates, but by the knowledge it generates, the professionals it develops, the partnerships it builds and the positive impact it has on human wellbeing.

An ecosystem designed around these principles has the potential to transform Islamic Spiritual Medicine from a collection of individual initiatives into a mature international discipline capable of contributing meaningfully to healthcare throughout the world.

Part 3 – The Patient Journey

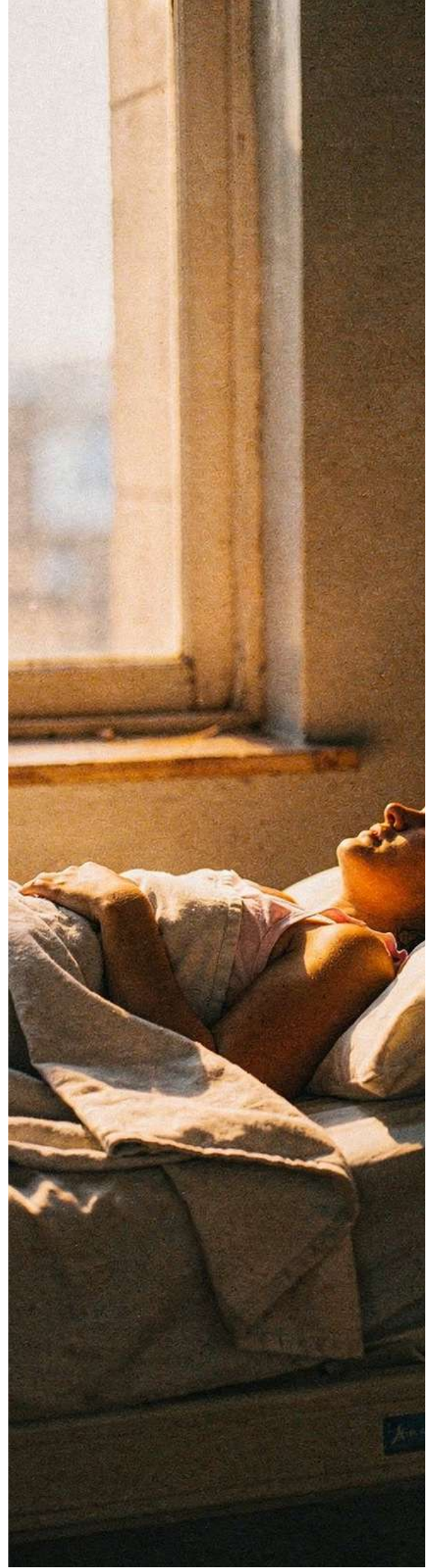
A Vision for Integrated Islamic Spiritual Healthcare

The success of any healthcare discipline should ultimately be measured by its impact on patients.

Research institutions, universities, professional organisations and healthcare providers exist not as ends in themselves, but as mechanisms through which people receive safer, more effective and more compassionate care.

For this reason, the Islamic Spiritual Healthcare Ecosystem proposed within this White Paper places the patient at its centre.

Every element of the ecosystem—research, education, governance, clinical practice and innovation—should contribute towards improving the patient experience.





The Patient at the Centre

Individuals seeking Islamic Spiritual Medicine present with a wide range of needs.

- Some seek spiritual support alongside conventional medical treatment.
- Others seek guidance for emotional, psychological or spiritual concerns.
- Some request prophetic health practices such as hijama, while others seek Qur'anic spiritual care (ruqyah), preventive health advice or complementary therapies rooted within the Islamic tradition.

These individuals should encounter a healthcare environment characterised by professionalism, compassion, safety and evidence-informed practice.

Rather than navigating fragmented services with varying standards, patients should have access to practitioners operating within a coordinated professional ecosystem.

A Collaborative Model of Care

The future of Islamic Spiritual Medicine should not be defined by isolation from conventional healthcare.

Rather, it should encourage appropriate collaboration while respecting the expertise and responsibilities of every profession.

In many situations, patients may benefit from multidisciplinary care involving healthcare professionals, mental health practitioners, Islamic scholars and Islamic Spiritual Medicine practitioners working within clearly defined professional boundaries.

Such collaboration recognises that health is multifaceted and that different disciplines contribute different forms of expertise.

The objective is not to replace conventional healthcare, but to complement it responsibly where appropriate.



An Illustrative Patient Journey



Consider a patient experiencing persistent distress that affects emotional wellbeing, family life and daily functioning.

The patient first consults their General Practitioner, who undertakes appropriate medical assessment and initiates conventional management where indicated.

Alongside this care, the patient expresses a desire for Islamic spiritual support.

Where appropriate and with informed choice, the patient is referred to a suitably trained Islamic Spiritual Medicine practitioner operating within recognised professional standards.

The practitioner conducts a structured assessment, provides appropriate spiritual care and documents relevant observations.

Where necessary, communication occurs with the patient's wider healthcare team, always respecting confidentiality, consent and professional responsibilities.

Outcome measures are collected to evaluate changes in wellbeing over time.

If further concerns arise, referral pathways enable the patient to access additional healthcare professionals or specialist services.

Throughout this process, the patient remains supported by an integrated network rather than isolated practitioners working independently.



The Importance of Professional Pathways

Integrated care depends upon clearly defined pathways.

Future Islamic Spiritual Medicine services should develop transparent processes for:

Patient assessment

Informed consent

Documentation

Referral

Follow-up

Safeguarding

Multidisciplinary communication

Quality assurance

Such pathways protect patients while improving continuity of care and facilitating future research.

Evidence-Informed Practice

Patients deserve care that continues to improve through learning and evaluation.

Research therefore becomes an essential component of clinical practice.

Practitioners should be encouraged to collect appropriate outcome data, participate in observational research and contribute responsibly to the development of knowledge.

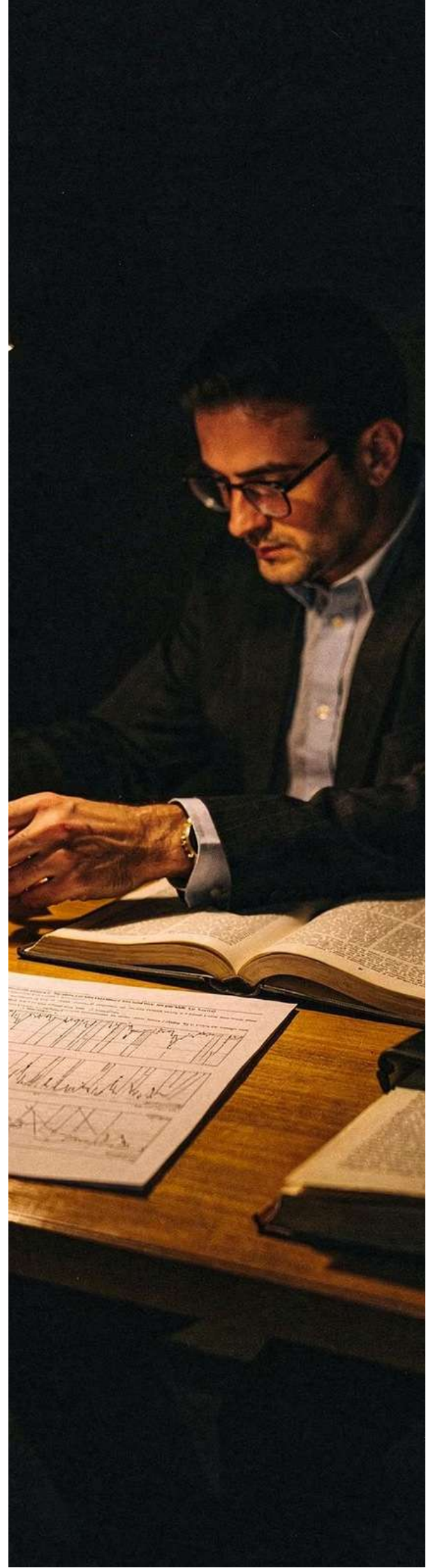
Research does not diminish the importance of practitioner experience.

Rather, it provides a structured mechanism through which observations may be examined, refined and, where appropriate, incorporated into future practice.

The relationship between practice and research should therefore be reciprocal.

Clinical practice generates research questions.

Research improves clinical practice.



Respecting Patient Choice

Patient-centred care recognises that individuals have different beliefs, values and preferences.

Many patients actively seek healthcare that reflects their spiritual identity.

Where appropriate, healthcare systems should respect these preferences while maintaining professional standards, patient safety and evidence-informed practice.

Islamic Spiritual Medicine should therefore be viewed not as an alternative ideology, but as one component of holistic healthcare available to individuals who choose to access it.

Respect for patient autonomy remains fundamental.

Participation should always be voluntary, informed and consistent with recognised ethical principles.

Supporting Families and Communities

The impact of illness extends beyond the individual.

Families frequently provide emotional, practical and spiritual support throughout the patient's journey.

Islamic Spiritual Medicine therefore has the potential to contribute not only to individual care, but also to family resilience, community wellbeing and supportive environments that encourage recovery and hope.

Future research should explore these wider dimensions of care while maintaining rigorous scientific methodology.

Learning Through Every Patient Encounter

Every patient interaction represents an opportunity to improve understanding.

When appropriate governance structures are in place, anonymised outcome data, patient experiences and practitioner observations can contribute to a growing evidence base that benefits future patients.

This creates a continuous cycle of improvement:



The patient therefore remains both the beneficiary and the driving force behind the continuous development of Islamic Spiritual Medicine.

A vertical photograph on the left side of the page shows a person from behind, walking away down a long, brightly lit corridor. The person is wearing a light-colored jacket and dark pants. The corridor has a high ceiling and large windows on the right side, with strong sunlight streaming in, creating long shadows and a warm, golden glow. The floor is made of large, light-colored tiles.

A Vision for the Future

Imagine:

- A future in which every individual seeking Islamic Spiritual Medicine can access care delivered by competent practitioners operating within recognised professional standards.
- Practitioners supported by research rather than working in isolation.
- Hospitals, universities and research institutes collaborating to improve understanding while respecting both scientific integrity and Islamic ethical principles.
- Patients benefiting from services that are compassionate, accountable, evidence-informed and continuously improving.

This is the vision of the Islamic Spiritual Healthcare Ecosystem.

It begins not with institutions.

It begins with people.

Every research project, educational programme, governance framework and professional standard proposed within this White Paper ultimately serves one purpose:

To improve the lives of those seeking care.

For that reason, the patient will always remain at the centre of the ecosystem.

Part 4 – Building the Professional Workforce

Developing the People Who Will Shape the Future

Every healthcare discipline ultimately depends upon its people.



Research institutions generate knowledge



Universities educate future professionals



Healthcare organisations provide clinical experience



Professional bodies establish standards

Yet none of these institutions can function without a skilled workforce capable of translating knowledge into patient care.

The long-term success of Islamic Spiritual Medicine therefore depends not only upon research, but upon developing a diverse, competent and ethically grounded professional workforce.

The purpose of this chapter is to outline how such a workforce may develop over the coming decades.





From Individual Practitioners to Professional Communities

Throughout much of its contemporary history, Islamic Spiritual Medicine has largely developed through individual practitioners and independent organisations.

Many have acquired extensive practical experience through years of serving their communities.

Their contribution has been significant.

However, the future development of the discipline requires progression beyond isolated practice towards interconnected professional communities capable of sharing knowledge, supporting one another and continually improving standards.

Professional communities encourage collaboration rather than competition.

- They strengthen accountability.
- They facilitate education.
- They promote ethical practice.

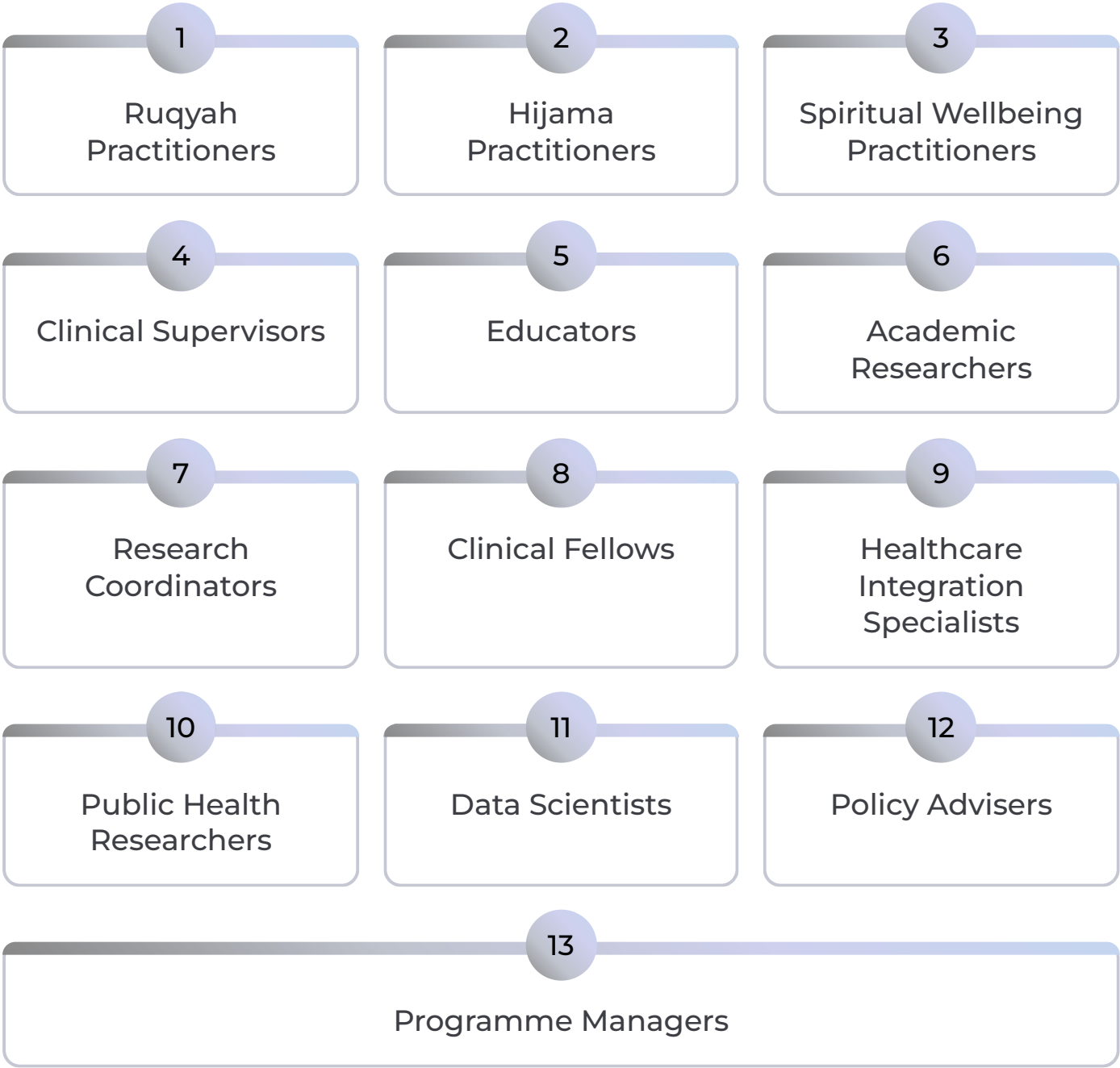
Most importantly, they ensure that knowledge continues to develop beyond any individual practitioner or organisation.

A Diverse Professional Workforce

Islamic Spiritual Medicine should not be viewed as a profession consisting solely of ruqyah practitioners.

As the discipline matures, it is likely to include a broad range of complementary professional roles.

Examples may include:



Each role contributes differently to the development of the discipline while remaining connected through shared professional standards.

A photograph of a person's hands writing on a clipboard with a blue pen. The person is wearing a white lab coat. The desk is dark, and there is a small bottle of hand sanitizer in the background. The lighting is warm and focused on the writing area.

Competence Before Titles

Professional credibility should never be determined by titles alone.

It should be demonstrated through competence.

The future workforce should therefore be supported by competency frameworks that clearly define the knowledge, skills and professional behaviours expected at different stages of development.

Competence should encompass multiple domains, including:

- Islamic knowledge relevant to professional practice
- Communication skills
- Ethical decision-making
- Patient-centred care
- Documentation
- Safeguarding
- Professional boundaries
- Reflective practice
- Research literacy
- Continuing professional development

Such frameworks promote consistency while allowing practitioners to develop according to their individual areas of expertise.

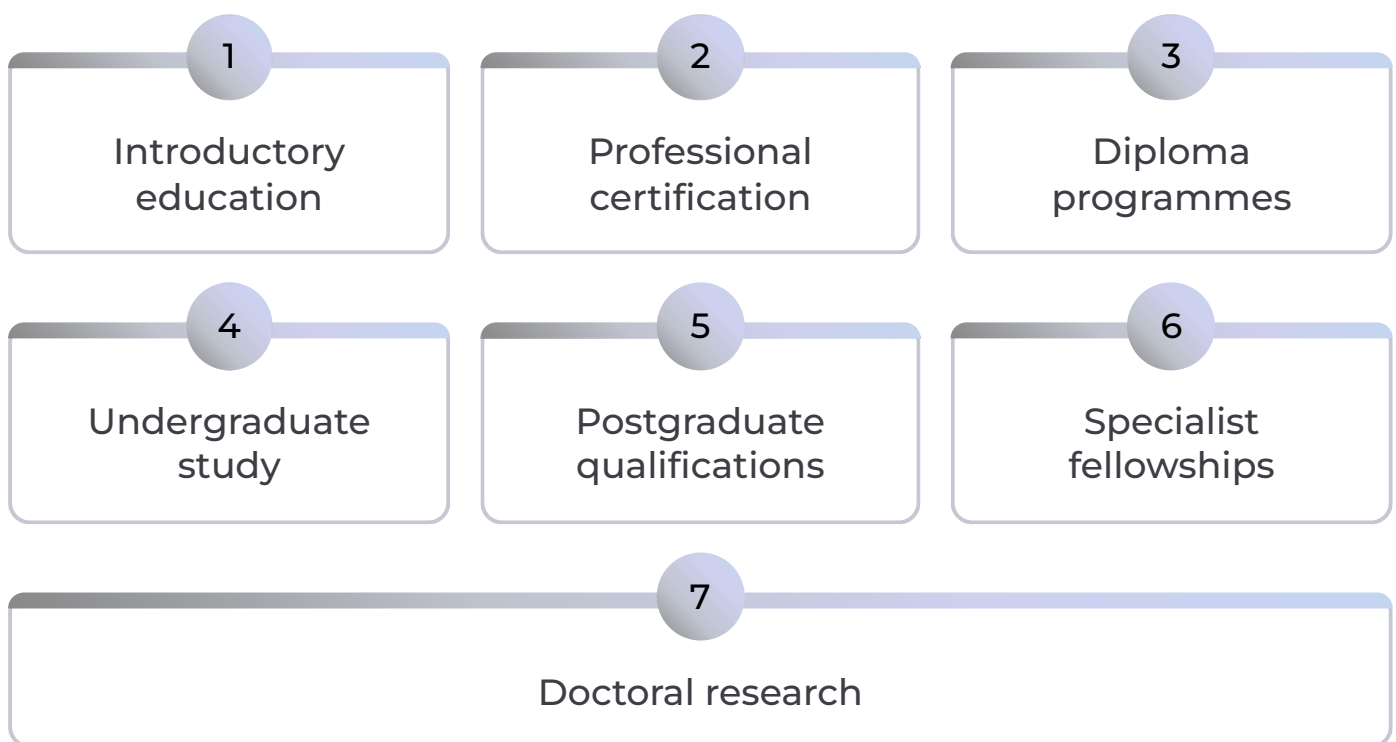
Education as a Lifelong Process

Professional education does not end when an individual completes a course.

- Healthcare continually evolves.
- New evidence emerges.
- Research develops.
- Professional standards improve.

For this reason, workforce development should be viewed as a lifelong process.

Future educational pathways may include:



Each stage contributes to the development of increasingly specialised knowledge and professional capability.

Leadership Development

Every mature discipline requires leaders capable of guiding future generations.

Leadership should therefore be developed intentionally rather than emerging by chance.

Future leaders may contribute through:

- Clinical leadership
- Research leadership
- Education
- Governance
- Public policy
- International collaboration
- Organisational development
- Mentorship.

Leadership within Islamic Spiritual Medicine should be characterised by humility, integrity, intellectual curiosity and service to the wider community.

Supporting Research Literacy

Not every practitioner will become a researcher.

However, every practitioner should understand the importance of research.

Research literacy enables professionals to:

- Interpret evidence critically
- Distinguish observation from established knowledge
- Contribute responsibly to research
- Evaluate new ideas
- Improve clinical practice

Developing research literacy across the workforce strengthens both professional practice and the discipline as a whole.

Professional Networks

Healthcare professionals benefit from belonging to communities that encourage collaboration and shared learning.

Future professional networks may facilitate:

Peer support

Mentorship

Case discussion

Continuing education

Collaborative research

International conferences

Publication opportunities

Such networks reduce professional isolation while encouraging continual learning.





The Role of Professional Organisations

Professional organisations play an important role within mature healthcare ecosystems.

They support practitioners through education, professional development, networking and the dissemination of best practice.

As Islamic Spiritual Medicine develops, a number of organisations may contribute to these objectives.

Educational providers, training institutions and professional associations each have distinct but complementary roles within the wider ecosystem.

The International Academy of Ruqyah (IAR), for example, represents one model through which structured education, practitioner development and professional training may contribute to the future workforce.

As the discipline expands, it is anticipated that additional organisations with different areas of expertise will emerge, further strengthening the diversity and resilience of the ecosystem.

A healthy profession benefits from multiple organisations contributing to shared standards and common goals.

Workforce Planning

The future workforce should develop in response to public need rather than organisational ambition.

Long-term workforce planning may consider:

Population needs

Healthcare demand

Educational capacity

Geographical distribution

Specialist expertise

Research priorities

International collaboration

Such planning enables sustainable growth while maintaining professional quality.



A man with a beard and glasses, wearing a dark suit and a light-colored shirt, is seated at a desk. He is looking down at an open book. A desk lamp with a black shade is positioned to his left, casting a warm, yellow light on the desk and his face. The background is dark and out of focus.

A Profession That Learns

The strongest professions are those capable of learning continuously.

- Every patient encounter provides experience.
- Every research project generates knowledge.
- Every educational programme develops future professionals.
- Every conference creates new collaboration.

This continuous cycle of learning enables the profession to improve from one generation to the next.

Islamic Spiritual Medicine should aspire to become such a learning profession.

Its future success will depend not only upon the institutions that support it, but upon the curiosity, professionalism and integrity of the people who choose to serve within it.

Building that workforce is therefore one of the most important investments the ecosystem can make.

Because institutions may establish a discipline.

But people ultimately determine its future.

Part 5 – Education and Professional Development

Building the Educational Foundations of a Discipline

Every recognised healthcare discipline depends upon education.

Education transforms curiosity into knowledge, knowledge into competence and competence into professional practice.

Without structured education, research cannot be translated into patient care, professional standards cannot be maintained and future generations cannot continue developing the discipline.

The long-term success of Islamic Spiritual Medicine therefore depends upon establishing educational systems capable of supporting practitioners, researchers, educators and future leaders throughout every stage of their professional development.

This chapter proposes a framework through which education may become one of the defining strengths of the Islamic Spiritual Healthcare Ecosystem.



Education as the Bridge Between Research and Practice



Research generates knowledge



Clinical practice applies knowledge

Education connects the two.

- Without education, research remains confined to academic publications.
- Without research, education risks becoming outdated.

A mature discipline therefore requires continuous interaction between research, education and professional practice.

- New research informs educational programmes.
- Education improves professional competence.
- Improved professional practice generates new research questions.

This continuous cycle enables the discipline to evolve responsibly over time.

A Lifelong Learning Model

Healthcare education should not be viewed as a single event. Professional development is a lifelong process.

As knowledge evolves, practitioners must continue learning, reflecting and developing throughout their careers. The ecosystem therefore encourages lifelong learning through progressive stages of education.

Illustrative pathways may include:



Each stage represents progression rather than completion. Learning continues throughout professional life.

Multiple Educational Providers

No single organisation should be responsible for educating an international profession.

Healthy disciplines benefit from diverse educational providers working within shared principles of quality and professionalism.

Future providers may include:

- Universities
- Research institutes
- Professional academies
- Healthcare organisations
- Specialist training centres
- Accredited educational institutions

This diversity encourages innovation while reducing dependence upon any one organisation.

The role of the ecosystem is not to centralise education but to encourage high standards across all providers.

Competency-Based Education

Professional competence should be measured by demonstrated capability rather than simply attendance at educational programmes.

Educational frameworks should therefore be based upon clearly defined competencies.

These may include:

- Islamic knowledge relevant to professional practice
- Communication and interpersonal skills
- Patient-centred care
- Ethical decision-making
- Safeguarding
- Documentation
- Reflective practice
- Research literacy
- Multidisciplinary collaboration
- Professional judgement

Competency-based education encourages consistency while recognising that individuals learn at different rates and through different experiences.

Continuing Professional Development

Healthcare professionals have a responsibility to maintain and improve their knowledge throughout their careers.

Continuing Professional Development should therefore become a normal expectation within Islamic Spiritual Medicine.

Future CPD activities may include:

Conferences

Workshops

Online learning

Journal clubs

Case discussions

Supervised clinical reflection

Research participation

Publication

Peer learning

Continuing education strengthens both individual practitioners and the wider profession.



A man in a dark suit and glasses stands at a podium, holding a tablet and speaking into a microphone. He is in a lecture hall with large windows in the background. The audience is visible in the foreground, mostly in silhouette.

Developing Educators and Supporting Academic Development

Every discipline depends upon those willing to teach.

Future educators require expertise not only in clinical practice, but also in curriculum development, assessment, mentorship and adult learning.

Educational leadership should therefore be recognised as a specialised area of professional practice.

Investing in educators ensures that future generations receive training that is both academically robust and professionally relevant.

As Islamic Spiritual Medicine matures, increasing numbers of researchers, lecturers and postgraduate students will contribute to its academic development.

Universities may eventually establish:

- Undergraduate modules
- Postgraduate programmes
- Master's degrees
- Doctoral research
- Research fellowships
- Visiting scholar programmes

Such developments will strengthen the discipline's academic credibility while expanding opportunities for interdisciplinary collaboration.

The Role of Professional Academies

Professional academies have an important role within emerging disciplines.

They provide practical education, continuing professional development and opportunities for practitioners to develop specialised expertise.

The International Academy of Ruqyah (IAR) represents one example of how an independent educational organisation may contribute to workforce development through structured learning, practitioner training and continuing professional education.

Other educational organisations may also emerge over time, each contributing according to its particular strengths and areas of expertise.

The growth of multiple high-quality providers should be viewed as a sign of a healthy and developing educational ecosystem.



A photograph of two men sitting at a long, light-colored wooden table in a modern, dimly lit room. The man on the left is wearing a grey polo shirt and looking towards the camera. The man on the right is wearing a dark purple polo shirt and glasses, looking towards the left. Both have laptops open in front of them. A red cup with a straw is on the table. The background is dark and out of focus.

International Collaboration in Education

Education increasingly benefits from international cooperation.

Shared curricula, collaborative teaching, visiting lecturers and international conferences encourage the exchange of knowledge across cultures and healthcare systems.

The ecosystem therefore encourages partnerships between educational providers throughout the world.

Such collaboration enables students to benefit from diverse perspectives while contributing to the development of internationally recognised educational standards.

Education for the Next Generation

The purpose of education extends beyond preparing today's practitioners.

It prepares the leaders, researchers and educators who will shape the discipline for decades to come.

Students entering Islamic Spiritual Medicine today may become tomorrow's professors, clinical leaders, policy advisers and research directors.

The educational decisions made during the formative years of the discipline will therefore influence its development for generations.

For this reason, education should be regarded not simply as one component of the ecosystem, but as one of its most important long-term investments.

Research may define the future of the discipline.

Education ensures that future generations are capable of realising it.

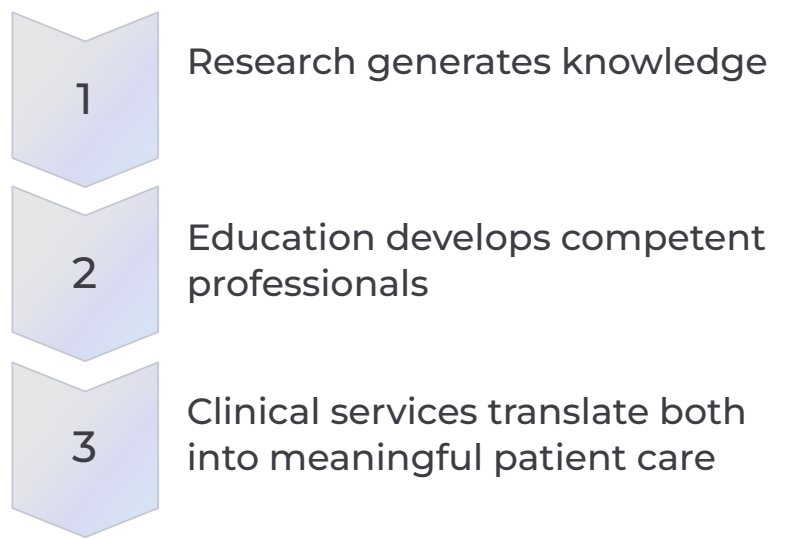
Through sustained investment in learning, mentorship and professional development, Islamic Spiritual Medicine can continue evolving as a discipline grounded in knowledge, integrity and service to humanity.





Part 6 – Clinical Services and Healthcare Integration

Delivering Islamic Spiritual Medicine Within Modern Healthcare



Without accessible, well-governed clinical services, even the strongest research and educational systems cannot improve health outcomes.

The future development of Islamic Spiritual Medicine therefore depends upon establishing professional services capable of delivering compassionate, ethical and evidence-informed care within appropriate healthcare settings.

This chapter outlines a vision for how Islamic Spiritual Medicine may gradually integrate into modern healthcare while respecting the expertise, responsibilities and boundaries of existing professions.

A Patient-Centred Approach

The primary purpose of clinical services is not institutional growth.

It is patient care.

Every clinical model should therefore be designed around the needs of individuals and families rather than the convenience of organisations.

Patients seeking Islamic Spiritual Medicine should expect:

Competent practitioners

Clear professional standards

Informed consent

Respectful communication

Confidentiality

Continuity of care

Appropriate referral pathways

Ongoing evaluation of outcomes

Professionalism should become a defining characteristic of Islamic Spiritual Healthcare.



Models of Service Delivery

As the discipline develops, services may be delivered through a variety of settings.

Independent Community Clinics

Professionally managed clinics providing Islamic Spiritual Medicine within local communities.

Multidisciplinary Health Centres

Centres where Islamic Spiritual Medicine practitioners work alongside healthcare professionals and complementary practitioners within clearly defined governance arrangements.

Hospital Collaboration

Future partnerships may allow appropriately trained practitioners to contribute supportive spiritual care within hospitals where governance, clinical leadership and institutional policies permit. Such collaboration would always operate alongside—not in place of—conventional medical treatment.

Primary Care Collaboration

General practitioners and primary healthcare teams may, where appropriate, develop referral pathways for patients requesting Islamic spiritual support. Such arrangements require clear professional standards, mutual understanding and effective communication between practitioners.

Mental Health Services

Many individuals seek spiritual support alongside psychological or psychiatric care. Future collaboration may explore responsible models through which Islamic Spiritual Medicine contributes to holistic wellbeing while respecting the expertise of mental health professionals.

Digital Healthcare

Technology increasingly enables healthcare to extend beyond physical clinics. Future services may include secure telehealth consultations, remote follow-up, digital patient education, online support programmes and multilingual educational resources. Digital services have the potential to improve accessibility while maintaining continuity of care.

Clinical Governance

Public confidence depends upon safe and accountable healthcare.

Every clinical service should therefore operate within robust governance arrangements.

Core elements include:

- Professional registration where available
- Competency requirements
- Clinical supervision
- Safeguarding procedures
- Infection prevention and control where relevant
- Documentation standards
- Incident reporting
- Complaints procedures
- Audit and quality improvement

Clinical governance protects both patients and practitioners while encouraging continual improvement.

Measuring Outcomes

Healthcare should continually evaluate its effectiveness.

Clinical services within Islamic Spiritual Medicine should therefore encourage appropriate outcome measurement using validated tools wherever possible.

Outcome measures may include:

- Patient-reported wellbeing
- Quality of life
- Symptom burden
- Patient satisfaction
- Functional improvement
- Service utilisation
- Qualitative patient experience

Systematic outcome measurement supports both clinical improvement and future research.



Building Trust Through Collaboration

Healthcare integration cannot be achieved through competition. It develops through trust.

Trust grows when professionals communicate openly, respect one another's expertise and remain committed to shared ethical principles. Islamic Spiritual Medicine should therefore seek constructive relationships with:

Doctors

Nurses

Psychologists

Psychiatrists

Allied health professionals

Chaplaincy services

Public health specialists

Researchers

Healthcare administrators

Such collaboration benefits patients while strengthening the credibility of the discipline.

Looking Towards the Future

The vision presented within this White Paper is not one in which Islamic Spiritual Medicine replaces existing healthcare.

Rather, it contributes responsibly within a broader healthcare ecosystem.

Future patients may experience coordinated care in which medical treatment, psychological support and Islamic spiritual healthcare are delivered according to individual needs through collaborative professional practice.

- Research informs education.
- Education strengthens practitioners.
- Practitioners improve patient care.
- Patient care generates new knowledge.

This continuous cycle allows clinical services to evolve responsibly while remaining grounded in scientific inquiry, professional integrity and compassionate service.

The future of Islamic Spiritual Medicine will ultimately be judged not by the number of clinics established, but by the quality of care delivered and the positive difference it makes to the lives of those it serves.





Part 7 – Research, Innovation and Continuous Learning

Building a Discipline That Never Stops Learning

Every mature healthcare discipline shares one defining characteristic.

It learns.

Knowledge is continuously questioned, refined and expanded through research, clinical observation, education and collaboration.

What was considered best practice twenty years ago may no longer represent current understanding today.

This willingness to learn is not a sign of weakness.

It is the defining strength of scientific progress.

Islamic Spiritual Medicine should aspire to become such a learning discipline.

The objective is not to preserve knowledge unchanged.

The objective is to preserve the principles of the discipline while continually improving understanding through responsible inquiry.

Research therefore becomes the engine that drives the long-term development of the Islamic Spiritual Healthcare Ecosystem.

From Experience to Evidence

Practitioners accumulate valuable experience through years of patient care.

These observations often identify important patterns, raise new questions and inspire future innovation.

However, experience alone cannot determine whether an observation applies broadly, whether alternative explanations exist or whether the same findings can be reproduced elsewhere.

Research provides the structured process through which practitioner observations may be examined systematically.

The relationship between practice and research should therefore be collaborative rather than competitive.

Clinical experience generates questions.

Research investigates those questions.

The resulting knowledge informs future clinical practice.

In this way, every patient encounter contributes to the continued advancement of the discipline.





A Culture of Intellectual Humility

The development of Islamic Spiritual Medicine requires a culture in which curiosity is valued above certainty.

Researchers and practitioners should distinguish clearly between:

Established evidence

Classical Islamic scholarship

Contemporary scientific research

Practitioner observation

Emerging hypotheses

Future areas for investigation

This distinction protects both scientific integrity and intellectual honesty.

- Not every observation becomes established knowledge.
- Not every hypothesis proves correct.

Progress depends upon allowing ideas to be explored responsibly while remaining willing to revise understanding as new evidence emerges.

The Role of IRIISM

The International Research Institute of Islamic Spiritual Medicine has been proposed as a coordinating institution within this research ecosystem.

Its purpose is not to conduct every research project itself.

Rather, it seeks to:

Facilitate collaboration

Identify research priorities

Support methodological development

Encourage ethical research

Coordinate multicentre studies

Maintain research registries

Publish strategic documents

Support postgraduate research

Convene international conferences

In doing so, IRIISM becomes an enabler of research rather than its sole provider.

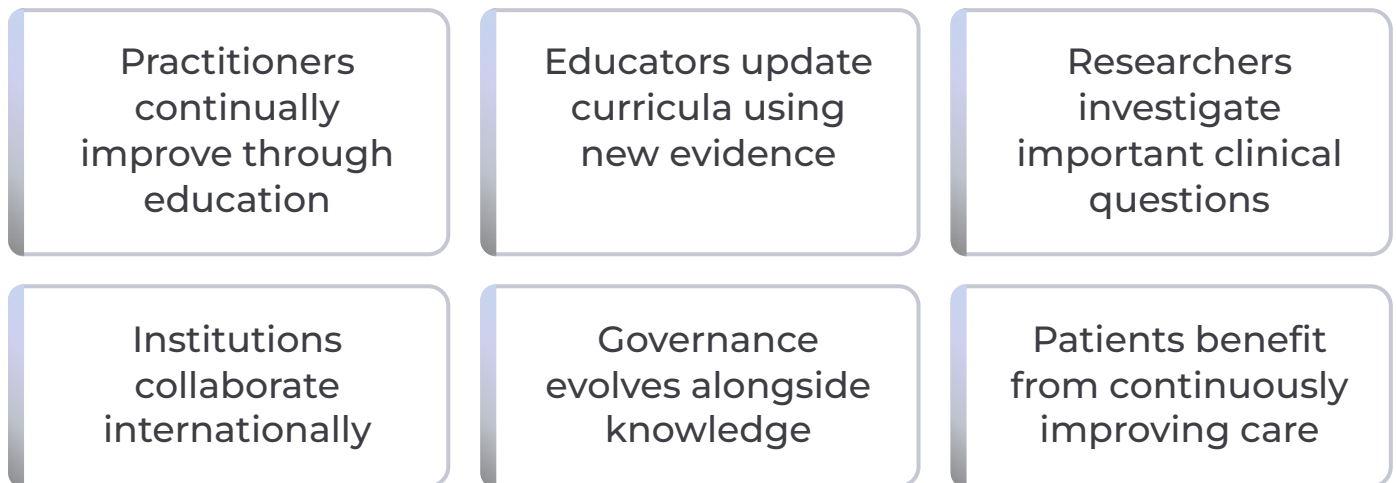


Becoming a Learning Ecosystem

The ultimate objective is not simply to establish research programmes.

It is to establish a learning ecosystem.

An ecosystem in which:



When these components function together, learning becomes embedded within the culture of the profession itself. The discipline no longer depends upon isolated individuals. It becomes capable of renewing itself generation after generation.

This is the role that research plays within the Islamic Spiritual Healthcare Ecosystem. It does not merely produce knowledge. It enables the discipline to continue learning long into the future.

For that reason, research should be regarded not as one component of the ecosystem, but as the force that continually strengthens every other component.

Without continuous learning, there can be no sustainable progress.

With it, Islamic Spiritual Medicine has the opportunity to develop into a mature international discipline that continues advancing knowledge while serving humanity.

Part 8 – Governance, Leadership and Institutional Development

Building Institutions That Endure

Every enduring healthcare discipline is supported by institutions that protect its integrity.



Research institutes ensure scientific progress



Universities educate future professionals



Professional organisations promote standards



Healthcare providers deliver patient care



Ethics committees safeguard participants



Governments establish public policy

These institutions enable disciplines to develop responsibly across generations.

Islamic Spiritual Medicine now requires similar institutional development if it is to mature into a respected international discipline.

The objective is not to centralise authority.

Rather, it is to establish governance systems that encourage accountability, transparency, collaboration and continual improvement.

- Strong institutions create confidence.
- Confidence encourages participation.
- Participation strengthens the discipline.

Governance as a Foundation of Trust

Public confidence depends upon trust.

- Patients trust practitioners.
- Practitioners trust educational providers.
- Researchers trust governance systems.
- Governments trust institutions.

Without trust, collaboration becomes difficult and sustainable development becomes unlikely.

Governance therefore exists not to create bureaucracy, but to strengthen confidence in the integrity of the discipline.

Good governance promotes:

Transparency

Accountability

Ethical decision-making

Consistency

Patient safety

Organisational resilience

These principles should underpin every institution contributing to the Islamic Spiritual Healthcare Ecosystem.

Building a Lasting Legacy

Many institutions begin with the vision of a small number of individuals.

The strongest institutions, however, eventually become larger than their founders.

Their influence continues because they are built upon principles rather than personalities.

The Islamic Spiritual Healthcare Ecosystem should aspire to the same standard.

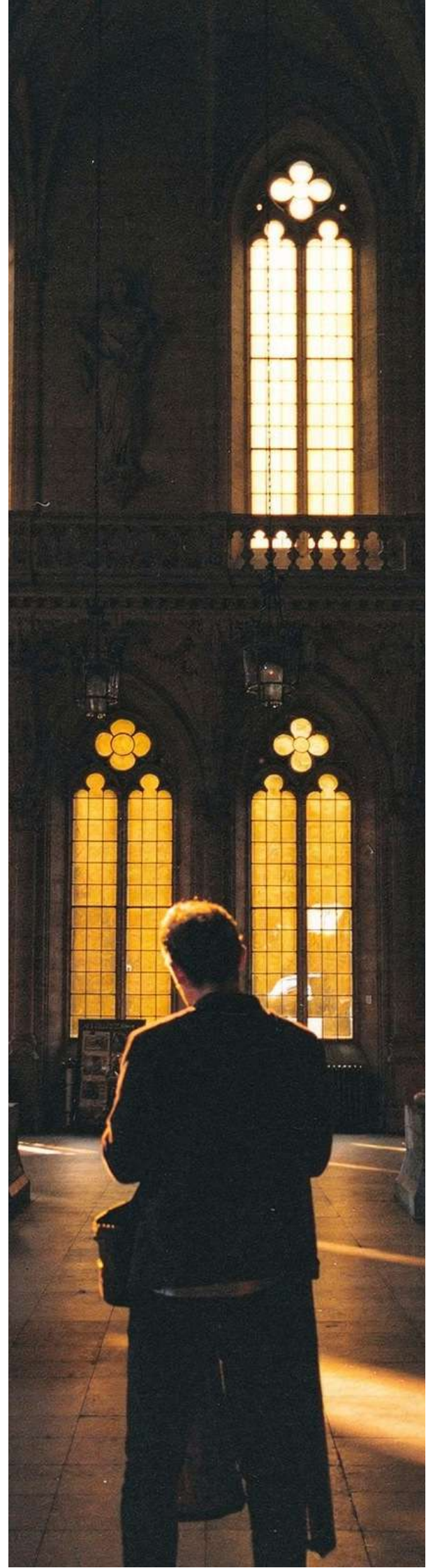
Its success should never depend upon one organisation, one leader or one generation.

Instead, it should be supported by institutions capable of educating future professionals, advancing research, protecting ethical standards and serving patients long into the future.

Governance therefore represents more than organisational structure.

It represents a commitment to building institutions that future generations can trust.

By investing in strong governance today, the discipline creates the stability necessary to continue advancing knowledge and serving humanity for decades to come.





Part 9 – Building the Islamic Spiritual Healthcare Sector

From Emerging Discipline to Sustainable Sector

Throughout history, the development of new healthcare disciplines has generated far-reaching benefits beyond patient care alone.

As disciplines mature, they create educational institutions, research centres, professional organisations, clinical services, publishing industries, conferences, technology companies and employment opportunities.

Healthcare disciplines therefore contribute not only to public health but also to economic development, innovation and international collaboration.

Islamic Spiritual Medicine has the potential to follow a similar path.

The objective is not to commercialise spirituality.

Rather, it is to establish a sustainable ecosystem in which research, education, healthcare and innovation reinforce one another while creating long-term social and economic value.

A strong sector enables a strong profession.

A strong profession delivers better care.

A Knowledge-Based Sector

The proposed Islamic Spiritual Healthcare Sector should be built upon knowledge rather than commerce alone.



This cycle creates a knowledge economy in which intellectual capital becomes the primary driver of long-term development.

Such an approach encourages sustainability while maintaining the ethical principles that underpin healthcare.

Components of the Sector

The future sector is likely to comprise multiple interconnected industries.

Clinical Services

Professionally delivered services may include:

- Qur'anic spiritual care (ruqyah)
- Hijama
- Spiritual wellbeing programmes
- Preventive health services
- Complementary therapeutic approaches
- Multidisciplinary clinics
- Digital consultations

These services form the public face of the discipline while generating opportunities for research and professional development.

Education and Training

As demand grows, education becomes one of the largest contributors to the sector.

Potential activities include:

- Professional certification
- Diploma programmes
- University education
- Postgraduate study
- Continuing professional development
- Educational publishing
- Digital learning platforms

Education strengthens the workforce while creating opportunities for lifelong learning.

Research, Publishing and Knowledge Exchange

Research

Research generates both scientific knowledge and economic value.

Investment in research may support:

- Observational studies
- Clinical registries
- Multicentre collaborations
- Postgraduate research
- Research fellowships
- Academic publications
- International partnerships

Research attracts talent, strengthens institutions and supports innovation across the wider sector.

Publishing and Knowledge Exchange

A mature discipline requires an active publishing environment.

Potential activities include:

- Books
- White Papers
- Discussion papers
- Academic journals
- Systematic reviews
- Educational resources
- Professional guidance
- Conference proceedings

Publishing strengthens international visibility while encouraging continual exchange of knowledge.

Conferences, Digital Innovation and Supporting Industries

Conferences and Professional Events

International conferences provide opportunities for education, collaboration and innovation.

Future activities may include:

- Scientific congresses
- Educational conferences
- Practitioner symposia
- Postgraduate research meetings
- Public engagement events

Such gatherings accelerate collaboration while strengthening professional identity.

Digital Innovation

Technology will increasingly shape healthcare delivery.

Future opportunities may include:

- Telehealth platforms
- Patient management systems
- Research databases
- Artificial intelligence applications
- Educational technology
- Multilingual learning resources
- Digital outcome measurement

Innovation should remain directed towards improving healthcare quality rather than technological novelty alone.

Supporting Industries

As the discipline develops, additional industries are likely to emerge.

These may include:



Each contributes to the resilience of the wider ecosystem.

Employment and Workforce Development

A mature Islamic Spiritual Healthcare Sector has the potential to create employment across multiple professions.

Future roles may include:

Clinical

- Practitioners
- Clinical supervisors

Academic

- Educators
- Researchers
- Lecturers

Analytical

- Data analysts
- Policy advisers
- Software developers

Operational

- Programme managers
- Healthcare administrators
- Conference organisers
- Publishing specialists

Many of these professions do not currently exist within the discipline but may emerge as institutions continue to develop.

Investment in Knowledge

Every major healthcare discipline has benefited from sustained investment.

Future investment may originate from:



Governments



Universities



Charitable foundations



Philanthropic organisations



Private healthcare providers



International research partnerships



Responsible private investment

Such investment should prioritise long-term institutional development rather than short-term commercial gain.

Knowledge remains the most valuable asset produced by the ecosystem

Economic Impact

It would be premature to assign definitive monetary values to a discipline that remains in its formative stages.

However, experience from other healthcare sectors demonstrates that sustained investment in research, education and professional development can generate substantial long-term economic activity.

As Islamic Spiritual Medicine matures internationally, the combined contribution of the below activities may represent a significant and sustainable healthcare sector serving communities throughout the world.:



Future economic assessments should be based upon transparent methodologies, independently verifiable data and regularly updated market analysis.

The purpose of economic development should never be viewed as an end in itself.

Rather, it provides the resources necessary to strengthen research, improve education, expand access to care and support continual innovation.



A Global Opportunity

Islamic Spiritual Medicine is not confined to one nation.

It is practised across diverse cultures and communities throughout the world.

The opportunity before us is therefore international.

Countries that invest in research, education and institutional development today have the opportunity to become recognised centres of excellence tomorrow.

Universities may become global leaders in scholarship

Healthcare organisations may pioneer innovative models of integrated care

Research institutes may shape international research agendas

Professional organisations may contribute to workforce development

The benefits extend beyond national borders.

Knowledge generated in one country has the potential to improve care for patients across the world.

Measuring Success

The success of the Islamic Spiritual Healthcare Sector should not be measured solely through economic indicators.

More meaningful measures include:



Improvements in patient outcomes



Research quality



Educational standards



International collaboration



Public confidence



Workforce development



Institutional resilience



Ethical governance

Economic growth should be viewed as the consequence of these achievements rather than their primary objective.

When a discipline serves patients well, invests in knowledge and develops responsibly, sustainable economic value naturally follows.



Looking Ahead

The vision described in this White Paper extends beyond the creation of individual organisations.

It proposes the gradual emergence of an internationally connected sector built upon research, education, ethical governance and patient-centred care.

Such a sector would strengthen healthcare while creating opportunities for innovation, employment and international collaboration.

Its greatest contribution, however, would not be measured in financial terms.

It would be measured in the lives improved through better knowledge, better education and better care.

The development of the Islamic Spiritual Healthcare Sector therefore represents more than an economic opportunity.

It represents an investment in the future of healthcare itself.

By building the sector responsibly, we create the conditions through which Islamic Spiritual Medicine can continue advancing knowledge and serving humanity for generations to come.



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