



# Psychotherapy & Ruqyah

In accordance with the method of Shaykh Abderraouf Ben Halima (HH)



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# Who is Shaykh Ben Halima Abderraouf?

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Ben Halima Abderraouf was born in Tunis in 1967 from a Tunisian father and an American mother.

He grew up in both cultures until he embraced Islam at the age of fifteen.

He since engaged in learning and teaching Islam through student, youth and daawa organizations. He came to continue his studies in France in 1986 then settled there.

Statistical and economic engineer, Olympic mathematical champion, he also learned Quran by heart on his own and achieved a master degree in Arabic.

After tremendous experience in daawa in various communities and countries, he gave full time to Islamic activities since 1995 and founded a French Islamic publishing house where he wrote, translated and edited 20 books, including the translation of Hayat Assahabah of Al-Kandahlaoui.

He is practicing Ruqyah professionally since 1997 and since 2005 spends most of the year in tours for explaining Roqya and shirk issues, treating, training and installing Ruqyah centres in Africa and elsewhere.

# What is Psychotherapy?

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Psychotherapy is an important element in Ruqyah. It is a mental technique which permits to relieve a person from the sufferings he or she has lived.

When we experience something painful it stays within us, gives us negative feelings and abnormal reactions. Psychotherapy assists to remove the painful memory which damages the person.

Sometimes the relation between the weakness of the person and things that he/she lived is obvious (e.g. some one had a car accident, you are not the same any more, something changed in you); sometimes the effect is not easy to notice (e.g. somebody had some difficulty in childhood, was mistreated over a long period, so when he grows up he would not have a pleasant personality anymore, he might not be able to handle challenges in life, is excessively shy or has pleasure in nothing: in any case it can have very adverse effects).

# The Link Between Psychotherapy & Ruqyah



When we understand psychotherapy and the functioning of human mind, it allows us to make the difference between the psychological problems and mystical problems. It's necessary to put things in perspective. e.g. if we speak about problems between couples, we must be able to understand the normal problems which exist in the couple to say later that **"No, this problem is not normal, the problem is connected to black magic"** or we can say **"this problem is normal and not connected to black magic"**.

Some patients are suffering from serious psychological problems this does not exclude that they have problems of black magic, But sometimes the psychological problem is graver than the problem of djinn. **Or we can say that the psychological problem prevents the patient to be cured from black magic and the djinns.** The reason being is that the person is touched psychologically so it gives some strength to the djinns and to the witchcraft to dominate him. Therefore, it becomes imperative to treat him at the same time for psychological problems as well as for the mystical problems.

# Importance of Psychotherapy & the Ruqyah Centre

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Those who practice ruqyah should also do psychotherapy on themselves until they don't have any psychological problems.

The reason is because the effects of the sufferings that we lived weaken us. This will prevent us to treat others properly.

Therefore, it is extremely important for us to eliminate any such sufferings from our lives & from our patients even though the person may think there is none, still do it. As this will always constitutes a handicap and that gives a base to the djinns to influence.

So when anyone gets totally rid of the effects of the sufferings he or she had lived, it makes him/her less vulnerable to the djinns and to the black magic. For somebody who practises the ruqyah it is an important asset and anyway it is advantageous in everyone's lives.

# How is psychotherapy performed?

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**The foundation of the method is to tell the things which we lived in order to find relief from that memory. It is known for a long time that when we talk about our problems we feel relieved and less burdened. Here it is done in a more technical way.**

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## **1. Psychotherapy is to be performed by 2 people.**

one is the patient & the other is you.

## **2. The patient must close their eyes.**

we sit down in front of the person and we say to the person "Do you see something which made you suffer in your life?"

- Yes

## **3. Make the patient tell you the event as if they are witnessing it.**

Close your eyes and tell me this event as if you are witnessing it now; imagining the scene as if you are inside. Tell me what happened, I will listen to you and help you to tell, possibly I can ask you questions but what is important here is to repeat the painful thing. "When you arrive at the part which hurts, you have to repeat it."

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E.g. one of the worse sufferings we met in psychotherapy is the story of a woman who watched her mother die in front of her. Her mother had a tube through which she breathed and she remade the dressing. At one point, she removed the dressing and the vein got torn and all the blood came gushing out and the mother died in front of her. She could not do anything, it was like she had murdered her mother. You can well imagine how traumatic it must have been ! So we told her to tell and she said, "I remove the dressing and all the blood is out" we say "repeat all the blood came out" she said, "all the blood came out, all the blood came out, all the blood came out ..." and then she started crying, we left her crying until she finished and we say "say it again: all the blood came out" she repeated again until she felt nothing and it was done. In all it was a matter of 15 minutes, Alhamdulillah. Something that has traumatized her for years just went away in 15 minutes.

# Conclusion

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**In this small E-book we have learnt the importance of Psychotherapy in Ruqyah and also how to perform it.**

**It is a simple yet effective tool which can in some cases be the medicine needed for the patients full recovery.**

**May Allah cure all those who are suffering.**

For Ruqyah appointments & consultation do not hesitate to contact us, below are our details:

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