

Domestic Violence in the MENA/Muslim Community

DATE & TIME:

May 6, 2025

9:00AM – 12:00PM

All registration is completed on the EventsHub prior to the training. A link will be emailed to training participants upon confirmation. Check-in begins 15 minutes prior the training time. All participants must arrive during the Check-in period. Late arrivals will not be admitted.

PLACE:

Web Broadcast – Microsoft Teams

REGISTRATION: <https://eventshub.dmh.lacounty.gov/>

DESCRIPTION: This course will provide a comprehensive understanding of the Muslim American community, addressing its cultural, religious, and social dynamics. It will highlight shared struggles with other faith communities while acknowledging the unique barriers Muslims face in accessing mental health care. A significant portion of this training will focus on domestic violence (DV) within Muslim families, exploring its intersection with cultural and religious norms. Discussions will cover family roles, gender expectations, and religious interpretations that influence responses to DV. The course will examine the cultural stigma surrounding survivors, systemic barriers to seeking help, and the role of religious leaders, community elders, and family members in intervention and healing. Participants will gain practical tools for culturally responsive support, advocacy, and intervention strategies tailored to Muslim survivors. In addition, the course will explore mental health challenges specific to the community, including the impact of Islamophobia, violence, and discrimination. Evidence-based treatment modalities will be discussed, such as Narrative Exposure Therapy (NET), Motivational Enhancement Therapy (MET), PTSD and Substance Abuse interventions, Cognitive Behavioral Therapy (CBT), and Dialectical Behavior Therapy (DBT).

TARGET AUDIENCE: DMH Clinical Staff

OBJECTIVES: **As a result of attending this training, participants should be able to:**

1. Discuss insights into key cultural and religious beliefs that shape the mental health experiences of Muslim Americans.
2. Explain the intersection of Domestic Violence (DV) and Muslim communities.
3. Compare how cultural norms, gender roles, and religious interpretations shape attitudes toward domestic violence and influence responses to it.
4. Describe best practices for engaging men and boys in discussions about healthy relationships and preventing DV.
5. Discuss systemic barriers that prevent that prevent Muslim survivors from seeking support, including stigma, legal concerns, and community pressures.
6. Discuss the role of imams, community elders, and family structures in either addressing or enabling DV.

7. List opportunities for collaboration between mental health professionals, domestic violence advocates, and religious leaders to create inclusive and effective support systems.

CONDUCTED BY: Riba Eshanzada, ACSW

COORDINATED BY: Cindy Rubin, Training Coordinator

DEADLINE: When capacity is reached

**CONTINUING
EDUCATION:**

COST: None