Contents Page Numbers

Foreword III
Abstract V
Acknowledgment VII
Dedication IX
Transliteration table XI
CHAPTER ONE 1
Introduction 1
The Personal and Professional Context of the Study 4
The main questions of the study 9
Objectives of the research 9
Organisation/structure of the Study 9
Literature Review 9
CHAPTER TWO 11
Prisoners' Rehabilitation and the Role of Religion in the British Penal System 11
Introduction 11
Rehabilitation of offender: meanings and different aspects 11
The inclusive approach 12
Rehabilitation as reformation of the offenders 12
Rehabilitation as a process to resettle the offenders into the society 13
Rehabilitation as a problem solving technique 13
Rehabilitation as therapy to overcome cognitive and emotional issues 14
Changing intent through the process of rehabilitation 14
Contemporary British penal system and rehabilitation of prisoners 14
Historical background of prisoners' rehabilitation – transition from Punishment to Rehabilitation 16
Role of religion in shaping the British Penal system 22
Multi-faith Prison chaplaincy model and introduction of Muslim chaplains 26
Muslim-chaplains and Islamic-perspectives on chaplaincy work: reflection on concerns and opportunities 29
Reflection on the responsibilities of a Multi-faith Prison chaplaincy 31
Contribution of a multi-faith chaplaincy in Prison settings 37

CHAPTER THREE 41
The Rehabilitative Programmes within the British Prison Service: 41
A Critical Review 41
Introduction 41
A rehabilitative/offending behaviour programme: aims and basic definitions 41
Types of rehabilitative programmes utilised at HM Prison as part of rehabilitative regime: An overview 44
Supervision and impact on imprisonment 44

Theoretical aspects of a rehabilitative programme 45
Historical background of Cognitive Behaviour Therapeutic approach 46
Practical aspects of rehabilitative programmes - exemplary Scenarios 46
Criterion of participants' selection 48
Critical analysis of rehabilitative programmes 48
Rehabilitative programmes from the perspective of Chaplaincy 50
Faith based-rehabilitative programmes 54
Conclusion 54

CHAPTER FOUR 56
Research Methodology 56
Introduction 56
Exploring construction of Muslim religiosity through qualitative case study approach 56
The Research Questions 56
Theoretical/theological aspect of the research methodology 57
Empirical Research Framework 58
Collection of data through the Islamic Guidance Programme 59
Sahin's empirical research model to explore Muslim religiosity: Muslim Subjectivity Interview Schedule (MSIS) 59
Sahin-Francis Scale of attitude towards Islam 61
Self-characterising sketch 62
Qualitative data-analysis procedure and principles 62
Criterion/principles to analyse modes of religious-subjectivity 63
Criteria for analysing the participants' modes of religiosity 64
Research-context and the study participants (sampling) 65
Ethical Issues 66
Conclusion 67

CHAPTER FIVE 68
Islamic Conception of Human Nature and its Reformation and Rehabilitation 68
Introduction 68
An overview of the Islamic concept of human nature 68
Different aspects of human nature with the Possibility of regression and progression 71
The Islamic approach towards human-reformation and the characteristics of Islamic based rehabilitation 73
Characteristics of Prophet's model of human reformation 78
Ṭilawt 'Āyāt: Rehearsing/reciting the verses (signs) of God 78
Tazkiya: Sanctification or purification of the followers' personalities 78
Ṭa'līm al kitāb wa al ḥikmaḥ: Teaching the book and wisdom 78
Iḍrāk al- ḍalālah: Being conscious of self-regression 78
Reciting/ Rehearsing the verses/ signs of God 78
Tazkiyah/purification of the self 80
Ṭa'līm al Kitāb wal ḥikmaḥ / Teaching the Book and Wisdom 82
Iḍrāk al-ḍalālh / Being conscious of self-regression 83

Gradual psycho spiritual developmental stages in prophet's strategy of reform 84
Conclusion 85

CHAPTER SIX 86
Human Psycho-spiritual Development within the Classical Islamic Spiritual Tradition 86
Introduction 86
The spiritual approach of the Muslim tradition: Sufism / Taṣawwuf 87
Etymology and Basic definitions 87
Historical background of Sufism 87
The Sufis' notion of 'Nafs' / personality structure 91
Different phases / aspects of self 92
Procedure of repentance (Tawba) 94
Procedure of Abstinence/ Waraand Accusing Self / Nafs al Lawwama 95
Zuhd / Renunciation and the inspired state of personality / Nafs al Mulhama 97
Procedure of Faqr / poverty and Nafs al Mutmainnah / secure state of personality 98
Process of ṣabr / patience and Nafs al Radiyya / fulfilled self 100
Tawakkul / trust in God and Nafs al Mardiyya / fulfilling self 101
Nafs al Kāmila (complete or integrated self) and the process of Rida/contentment 101
Al-Ghazālī's methodology of personality reform 104
His Personal Crises and Sufism 104
Characteristics and aspects of Al-Ghazālī's methodology of self reform 105
Conclusion 109

CHAPTER SEVEN 110
Burhan Ahmad Faruqi's Methodology of Self-reformation and the Construction of Islamic Guidance Programme 110
Introduction 110
Faruqi: personal and intellectual/spiritual biography 110
Faruqi's personal crises and the Journey of his research 112
Fundamental principles of Faruqi's methodology of reformation 115
Procedures of self-reform in Faruqi's methodology 115
Reformative objectives of a believer's individual life 116
Thought-aspect (Fikrī) and its reformation 117
Faith-aspect of human life and its reformation 118
Moral reformation and its theoretical spiritual foundations 121
The Active nature / bil fi'l fiṭrat (basic human nature demanding biological needs) 121
The potential aspects of human nature (bilquwwa fiṭrat) 122
Distinction between vice and virtue 122
Acknowledgment of the existence of God 122
Insight of the process of Mind 123
Sense of responsibility of trust 123
Social aspects of life and the process of their reformation 125

The social aspects of life and its reformative objectives 125
Oneness of human beings 126
Spiritual mindedness and the struggle for moral perfection 126
The struggle to protect individuals and society from all fears and anxieties 126
Unconditional loyalties to the prophet of Allah 126
Procedures for social reform 127
The International or diverse aspect of life and its reformation 128
Al-'Ammārah bissū': The soul inclined to evil 129
Al- Lawwama or the self-reproaching soul 130
Nafs al Muṭma 'innah: the tranquil and peaceful soul 130
The Construction of Islamic Guidance Programme: 131
Islamic Guidance Programme and its Levels 132
Teaching styles and material 133
Conclusion 134

CHAPTER EIGHT 135
The Empirical Case Study 135
Data analysis: The impact of the Islamic Guidance Programme on the religious identity of the study participants 135
Introduction 135
Diffused mode of Islamic subjectivity 137
The Foreclosed Mode of Islamic Subjectivity 160
The Exploratory Mode of Religiosity 181

CHAPTER NINE 200
Discussion of Findings 200

CHAPTER TEN 212
Conclusions and Recommendations of the Study 212
Bibliography and Referencing 216
Appendices 231
Appendix 1 a 231
Appendix 1 b 232
Appendix 1 c-Religious registration at research context 233
Appendix 2 a -The Thinking Skills programme (TSP) 234
Appendix 2b- CALM Programme (Controlling Anger and Learning to Manage It) 237
Appendix 2c - Sycamore Tree Programme (STP) 239
Appendix 3:1: MSIS: Sahin-Francis Attitude towards Islam 243
(Appendix 3:Part Two) 244
(Appendix3: Part Three) 246
Appendix 4- Criteria/ guiding principles for scoring the psycho-social processes of exploration and commitment 247
Appendix6: Rehabilitative and spiritual theoretical approaches of self reform 249
Appendix 6 – Summary of Faruqi's psycho spiritual process of thought purification 250

Appendix 7a 251
Session 1: Basic Islamic beliefs and their impact on a believer's life 254
Appendix 7 b 259
Appendix 7 c – examples of a session's power point (handouts) 267
Appendix 8a 270
Appendix 8a 271
Appendix 8b 275