Black Magic, Evil Eye & Jinn versus Mental Health

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Aims of the Presentation

- Raise Awareness of what Black Magic means
- Understand the concept of the Jinn and the Evil Eye
- Impact on Mental Health
What is Black Magic

- Black magic and Supernatural powers
- Black and white magic
- Black magic and ritualistic practices

“I have no problems with that old black magic. It’s my short-term memory that’s giving me trouble.”
Black Magic and Religion

- Black magic and religion
- Satanism
- Rituals
- Christianity v Black magic
- Islam v Black magic

"Wireless communication is nothing new. I've been praying for 75 years!"
What is Evil Eye

- What is it
- Cultural beliefs
- Protective measures
Evil Eye and Religion

- Various concepts
- Reference found in Old Testament
- Extended belief in Mediterranean, Middle East and Asian tribes and cultures in translations of the Old Testament.
- the power to look at people, animals or objects to cause them harm.
- Preventative measures
What is the Jinn

- In Arabic mythology, supernatural spirits below the level of angels and devils.
- They possess the bodily needs of human beings, but they are free from all physical restraints.
- Jinn delight in punishing humans for any harm done to them, intentionally or unintentionally.
- They are said to be responsible for many diseases and all kinds of accidents.
Jinn and Religion

- salvation or damnation
- good or bad
- exorcism and mental health treatment

http://www.bbc.co.uk/news/uk-20357997
Mental Illness

- From the perspective of positive psychology or holism, mental health may include an individual's ability to enjoy life, and create a balance between life activities and efforts to achieve psychological resilience.

- Cultural differences, subjective assessments and competing professional theories all affect how mental health & illness is defined.

- the capacity to work and to love
Some views on Mental Illness

- “I believe it exists however we have the power to heal through praying to the almighty” 49 year old female - no input with mental health services

- “There is no such thing and people should not be fooled” Anonymous

- “I have suffered in the past and my therapist has helped me through some very difficult times but equally my spiritual needs were addressed by spending time enhancing my religious understanding” 23 year old female - 18 months input with a therapist for depression and generalised anxiety

- “Mental illness is a curse and those who have done bad will suffer” 30 year old
Themes of views on Mental Illness

1. No belief in anything other than mental illness being a psychological phenomenon impacting upon one's health

2. Belief that mental illness did exist however also belief that there was other supernatural powers that could also be a contributing factor

3. No belief in mental illness at all and everything was supernatural
Muslim females are more likely to believe in black magic, jinn and evil eye over males.

- A number of Muslims believe in the jinn however their belief is just in their existence but they do not all believe that they can possess humans.

Schizophrenia, depression, anxiety, personality disorder and various other mental health issues can indeed be caused by black magic, jinn and evil eye.

Preference: black magic, jinn possession and evil eye be treated by a religious figure rather than a psychiatrist alone or to be treated jointly by a psychiatrist and a religious figure.
“I have little understanding of any culture and religion so I just work with everyone in the same way”
HCA - 3 month’s experience

“Dependent on gender and age you can face a range of issues in relation to black magic and things; however it can also be an eye opener and stop one being so fixed on their own beliefs. I would say the monthly equality and diversity sessions have really helped me to understand better though”
Charge Nurse - 4.5 years’ experience
“Families are more often the hindrance than the service user as they are worried about the stigma in regards to mental health and believe it would be better if they can tell people that a loved one has been possessed by the Jinn and this would be more acceptable within the community, this then becomes difficult as we like to involve families with service users care especially when they too want them involved”

Staff Nurse- 8 years’ experience

“I have some understanding of this as I too come from a background where I grew up being told stories about the Jinn especially and the evil eye and how I should protect myself however having come into the mental health field I am more open to other avenues of treatment as well. I believe having some understanding service users are sometimes more able to relate to me”

HSW- 12 years’ experience
National guidance and approaches

*Delivering race equality in mental health care: An action plan for reform inside and outside services*

*The Government’s response to the independent inquiry into the death of David Bennett*

- Cultural awareness training programmes
- Working together with communities
- Apply real holistic care
References


