



Empowering Minds, Transforming Lives Nurturing Mental Wellbeing Across Generations

2ND NCMW NATIONAL CONFERENCE

Saturday May 11, 2024 | HELP University, Wisma CL, Jalan Semantan, KL

8
CPD
POINTS
MMA

FOCUS WORKSHOP SESSION EXPERTS

FOCUS WORKSHOP SESSIONS

Objective: To create a more compassionate and resilient society.

Expected Outcome: Advocate for policies to prioritize mental health education and prevention, accessibility to psychosocial support services, and promote equity and inclusivity, and investment in mental health literacy.

Workshop Team: Each workshop will be facilitated by a 3-member discussion team who are advocates, practitioners and from the academia, led by a Session Expert. The workshop discussion will be documented by a Rapporteur.

WORKSHOP 1 TOPIC: CHILDREN-BUILDING RESILIENCE FROM THE START

1. Fostering positive school environment and peer support
2. Digital literacy for a safe and secured online environment.

Session Expert Team:

Benjamin Chay Wen Jun

UNICEF/Childline Young Leaders Program

Chay Wen Jun is an aspiring medical student currently pursuing his tertiary studies at IMU University. As a UNICEF Young Leader/ Champion Trainer, he has conducted multiple workshops to build mental resilience amongst marginalized children and has had organized events to raise awareness and in support of reducing stigma around mental health and raise awareness concurrently. Resulting from such engagements, he champions values of virtue, empathy, and dedication.

Adj. Prof Dr Sangeeta Kaur

Founder, Emerging Journey Asia

Sangeeta Kaur is Founder & CEO of Emerging Journey Asia. Armed with more than 20 years of experience in training and human capital development in both private and public sectors, she is an inspirational speaker and conducts engaging workshops, seminars nationwide. She is the Adjunct Professor for SAITO University College. She seats on the panel of Industry Expert for Human Resources Development Corporation and Asia Pacific University. Sangeeta is the founder of Yayasan Health on World (YHOW), an NGO that focuses on Mental, Emotional and Physical Well-being. Sangeeta was recognised and given the honour for being the first to use Emergenetics Profiling Framework for the deaf society internationally and for her excellence in quality.

Assoc. Prof Dr Anasuya Jegathevi Jegathesan

Dean, Faculty of Psychology and Social Sciences, University of Cyberjaya.

Board Member International Counselling Association

Assoc. Prof. Dr Anasuya is currently the Dean of the Faculty of Psychology and Social Sciences at the University of Cyberjaya. She is a licensed and practicing counsellor in Malaysia for over 15 years. She is a certified trainer in Reality Therapy and a Thanatologist. She gives talks and workshop on issues of mental health in the workplace,



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looking especially at practical applications and crisis interventions. She has sat on the Boards of numerous NGOs. She has conducted workshops internationally and for numerous corporations such as ROCHE, Bank Negara Malaysia, Royal Selangor, MIDF and many others. She volunteers her time as the Counselling Supervisor for numerous NGOs such as Kechara Soup Kitchen, PT Foundation and Agape Vision.

WORKSHOP 2 TOPIC: YOUTH - STRATEGIES FOR EMPOWERMENT

1. Easing the transition from youth to adulthood
2. Resilience building and coping mechanisms

Session Expert Team

Alyssa Low Sue-Yin

MPhil student in Psychology, Research Assistant, HELP University

Alyssa's research focuses on furthering the understanding of adolescent mental health in Malaysia while centering the perspectives of both important adults and youths. She also coordinated the 2023 My Mind On Film festival, a Malaysian youth mental health short film festival which aims to break stigma, inspire discussion, and recognise that mental health is both changeable and includes the positives.

Dr. Aimi Nadiyah binti Jamel

Research Medical Officer

Head of Strategic Governance and Management Unit, Institute for Clinical Research, National Institutes of Health, Ministry of Health Malaysia

Dr. Aimi began her career as a medical doctor before shifting her focus to research. She has experience in research involving healthcare facilities, healthcare workforce, healthcare services, patient and provider satisfaction, as well as population-based health outcomes. She has a special interest in mental health and recently had the opportunity to coordinate and conduct a multi-country research to explore strengthening of the mental health and psychosocial support systems and services for children and adolescents in the East Asia and Pacific region.

Dr Shermaine Su Tein Sim

MHPSS Program Officer, UNICEF

Dr Shermaine's area of specialization is in designing, planning, and executing mental health and psychosocial support programs targeting various demographics and building and nurturing partnerships across various sectors - NGOs, government agencies, and private entities, ensuring a holistic approach to mental health challenges. She advocates for youth mental health, leveraging media appearances and digital content creation, ensuring heightened awareness and reduced stigma around mental health conditions.



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WORKSHOP 3 TOPIC: ELDERLY-THRIVING IN LATER YEARS

1. Combating loneliness and social isolation
2. Strategies for maintaining cognitive health.

Session Expert Team

Dr Yap Kah Hui

Lecturer, Clinical Neuropsychology, Help University

Dr. Yap Kah Hui completed his undergraduate degrees, Bachelor of Science in Psychology and Bachelor of Applied Science in Psychology (Honours), from the University of Melbourne and RMIT University, respectively. He pursued his clinical degree through a Master's in Psychology with a specialization in Clinical Neuropsychology at Leiden University. Dr. Yap obtained a Master's in Medical Science focusing on neuroimaging of Alzheimer's disease. He later earned a PhD from the Department of Medicine, UKM. His doctoral work centred on a clinical trial focusing on spinocerebellar ataxia. Alongside his clinical training, Dr. Yap developed a special interest in neurodegenerative diseases and dementia. Currently, he is actively involved in clinical research involving neurological conditions through various collaborations such as UKM. Dr. Yap is currently running a series of music-based programs for dementia research with local researchers and musicians, aiming to improve the quality of life for people with dementia.

Wani Muthiah

**A Bureau Chief and News Editor with The Star,
Vice-President, Selangor Mental Health Association**

Wani Muthiah has been a journalist for over 30 years and have written about a wide range of topics. She holds a Diploma in Online Journalism from the Ateneo de Manila University and a MA in Communication Management from the University of South Australia.

Dr Benedict Francis

Medical Lecturer, University Malaya Medical Centre

Dr Benedict Francis is a psychiatrist with specialisation in Aged Health Care Services. He graduated from the Faculty of Medicine, University of Malaya and was selected for the Brightsparks scholarship to pursue his Masters in Psychological Medicine at his alma mater, the University of Malaya. Subsequently, he completed a fellowship program in Aged Healthcare Services at St Vincent's Hospital, Melbourne, in 2019.



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WORKSHOP 4 TOPIC: DISABLED – EMPOWERING INCLUSION

1. Psychosocial support for people with disabilities
2. Breaking down stigma and discrimination

Session Expert Team:

Amanda Kong

Community Advocate for Persons with Disabilities

Community Development Manager, Make It Right Movement (MIRM)

Diagnosed with congenital glaucoma at birth which resulted in visual impairment, Amanda Kong aspires to champion for the rights of Persons with Disabilities (PWDs) in Malaysia at a young age. Amanda was awarded the Outstanding Cambridge Learners Award for being the Top Student in the World for Law for the year 2013 by the University of Cambridge. In 2016, she graduated with a Class I LLB (HONS) from the University of Liverpool. Amanda went on to complete the Certificate of Legal Practice (CLP) in 2017, and subsequently read in chambers at Messrs Skrine. She was admitted and enrolled as an Advocate & Solicitor of the High Court of Malaya in February 2019, making her the first blind woman lawyer to qualify for the same position. She currently co-heads the PWD Working Group of the Bar Council Human Rights Committee for the 2023-2024 term.

Ms Ivy Josiah

Psychologist, Course Coordinator, Veritas University College

Ivy Josiah is the Head of Programme for Psychology and a lecturer at Veritas University College, where she manages the psychology programme and develops creative assessments to engage students and emphasize the practical applications of psychological studies. She completed her Diploma in Counselling and earned both her Bachelor's and Master's degrees in Psychology from Tunku Abdul Rahman University of Management and Technology. Her Master's research focused on applied psychology, specifically examining self-regulation, resilience, and active procrastination among young adults. Currently, she is pursuing a Postgraduate Diploma in Teaching and Learning to improve her teaching methods and provide students with enhanced learning experiences.

Brian Lariche

CEO, Make It Right Movement.

Community Development, CSR and Diversity and Inclusion specialist

Brian is the CEO of the Make It Right Movement, the CSR and community development arm of the BAC Education Group. Brian has vast experience in community development both in Malaysia and internationally. He was Project Adviser for the **UNDP** in HIV, focusing on leadership and capacity development and development in Malaysia and in West Africa. He is also a trainer/facilitator for numerous local and international youth, community leadership engagement and disability programs. Brian has published, written, translated, and adapted numerous videos, books, manuals, and brochures on socio-medical issues and governance especially on cancer and HIV. Besides



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studying law, language, and various professional certifications, he has completed his MBA and has completed his 2nd master's in public administration (MPA) with only his thesis to submit. He is currently doing his final semester of a degree in psychology. He is a Human Resource Development Corporation (HRDF) certified trainer.

WORKSHOP 5 TOPIC: WORKPLACE BALANCE- HARMONIZING WORK AND FAMILY

1. Work-Family integration strategies at workplace.
2. Self-care and coping mechanisms

Session Expert Team:

Raja Intan Arifah binti Raja Reza Shah

Lecturer, Industrial Organisation, HELP University

BPsych (First Class Hons) (HELP), MSc Social, Health and Organizational Psychology (Utrecht)

Intan completed her MSc in Social, Health, and Organizational Psychology at Utrecht University, Netherlands, with a specific focus on work and organization. Her interest lies in understanding the functioning and wellbeing of individuals and teams within the organizational contexts, with her main research interests centred around workplace gossip, job burnout, and Schadenfreude.

Santhya V Iyngkaran

Clinical Psychologist, Eunoia

Santhya is an in-house clinical psychologist at Eunoia. She provides psychological assessments, interventions and diagnosis for adult and child clients from diverse backgrounds. She has worked closely with clients with clinical disorders and workplace issues such as burnout, interpersonal issues, depression, anxiety etc. She is trained in a multimodal approach and practices an eclectic approach in providing interventions.

Justine Lim

Clinical Psychologist, Eunoia

Having served as a consultant in Gamification pedagogy and Employee Satisfaction, Justine is a jack of some trades, and has a Masters in clinical psychology. His clinical experience encompasses a wide range of populations, including universities, hospitals, special needs and corporate employees. His unique background has provided valuable experience in the creation and carrying out of corporate psychological programmes such as employee wellness programmes and mental health gamification.