

Facing Mental Health: Listen to your body

► **17 August 2021 (Tuesday)**
10.00am - 12.00pm



Programme Overview

Depression is a common mental disorder. According to the 2019 National Health and Morbidity Survey, 1/2 a million adult Malaysians have depression every year. Untreated depression can cause the affected person to suffer greatly and function poorly at work, at school and in the family. At its worst, depression can lead to suicide. Apart from depression, anxiety disorders also have significant impact on individuals at the workplace. In Malaysia, anxiety disorders affect approximately 6 in 100 people. Burn-out is not a medical illness but results from long-term workplace stress. It is characterised by tiredness, negativism and reduced professional efficacy. While not a medical illness, the next common condition is burnout, which often results from long-term workplace stress. Burnouts at the workplace have long been ignored and need to be addressed.

According to the National Health and Morbidity Survey 2019, 1 in 5 of the population rated their health condition as "not good". The first Director-General of the World Health Organisation (WHO) Dr Brock Chisholm mentioned that "without mental health there can be no true physical health". Stress affects all parts of the body including the musculoskeletal, respiratory, cardiovascular, endocrine, gastrointestinal, nervous, and reproductive systems. Improving our health starts from the preventive phase of mental health care. This workshop will discuss risk factors as well as tips to improve the subclinical mental health condition.

Learning Objectives

- Learn how to recognise mental health symptoms.
- Learn how mental health issues affect your body physical, and mentally.
- Differentiate between depression, burn-out and stress.
- Learn basic coping mechanisms when facing mental health issues.

Who Should Attend?

- Everyone who wishes to learn how to identify the symptoms of mental health and how to cope with it.

Speakers Profile

Dr Chee Kok Yoon **Consultant Neuropsychiatrist** **LifeCare Diagnostic Medical Centre**

Dr Chee Kok Yoon is a senior consultant psychiatrist and a neuropsychiatrist with many years of experience specialising in psychiatry and neuropsychiatry. He graduated from the University of Malaya in 2007 with a Master's Degree in Psychological Medicine. He was later trained at the Neuropsychiatry Unit, Royal Melbourne Hospital, Australia, in 2011. He is recently awarded the Distinguished Fellow by the Pacific Rim College of Psychiatrists. Dr. Chee has published more than 60 scientific papers in regional and international journals on schizophrenia, depression and bipolar mood disorders. He is also the national and regional expert in multiple expert panel advisory board for schizophrenia and Major Depressive Disorder.

Hiro Koo Kian Yong **Clinical Hypnotherapist** **LifeCare Diagnostic Medical Centre**

Hiro Koo completed his Diploma in Clinical Hypnosis (Lond.) and holds an undergraduate as well as Master's Degree in psychology. He is also a PhD Candidate, specialising in research areas of Neurofeedback, Clinical Hypnosis and Expressive Art Therapy (UUM). As an award winning Clinical Neurofeedback Practitioner, he is also a certified Master Trainer in Clinical Neurofeedback (S.B.C.I.A), a registered Clinical Hypnotherapist (MSCH, AHPM, ASCH, APA-The Society of Psychological Hypnosis, PSIMA-Malaysia Psychological Association). Hiro Koo is currently attached to the New Mind Brain Health Centre @ LifeCare Diagnostic Medical Centre as clinical director. Hiro Koo's expertise in the field of psychological hypnosis and biofeedback has placed him in a great position to help us understand how our brain and unconscious mind play a predominant role in our mental, emotional and physical health. With specifics on how to get this powerful resource working for us on a daily basis, wellness can therefore be attained.

Methodology

A highly interactive learning session with trainer/speaker-led facilitation, live Q&As, quick polls/surveys, self-assessment quizzes and participant's feedback on learning outcomes.

Programme

10:00am - 10:45am

- Depression, Anxiety and Burn-Out Syndrome

10:45am - 11:30am

- The effects of stress on your body

11:30am - 12:00pm

- Q&A session



MIA Webinar Series

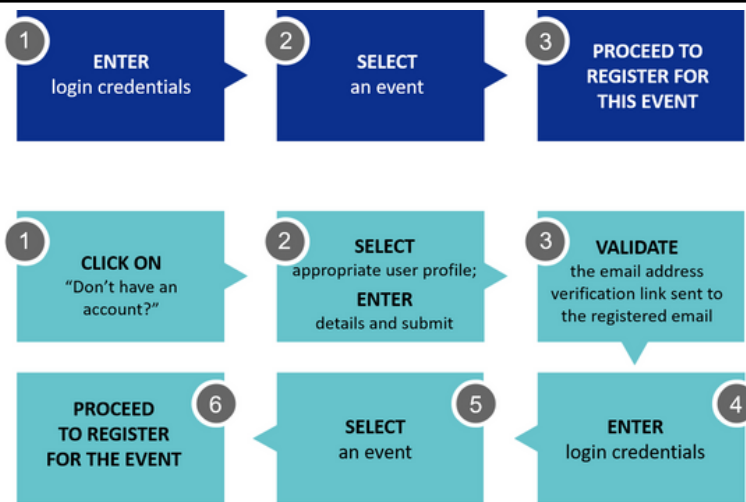
Mental Health Awareness

With immediate effect, enrollment for all CPE programmes will be
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PROGRAMME FEES

Member/Member Firm | RM 110

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Preferred Payment: Pay with MIA-CIMB Affinity Credit Card.

PROGRAMME DETAILS & REGISTRATION

17 August 2021

(Tuesday)

10.00am – 12.00pm

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- Access to join the webinar shall be granted only upon full payment as per the above requirement.

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- The information on Corporate/Individual provided shall be deemed true and correct. No alteration will be allowed upon registration.

METHODOLOGY, CERTIFICATE OF ATTENDANCE AND CPE CREDIT HOURS

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- Self-assessment quizzes at the beginning as well as at end of the webinar will be given to enable participants to self-evaluate themselves on their learning performance and level of understanding of the programme content.

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 - Submit the post-course evaluation on learning outcome within 3 days after the completion of the webinar (late submission of the post-course evaluation will not be entertained).**
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