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REGISTRATION FEES



REGISTRATION

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IF YOU ARE SPONSORED BY COMPANY, KINDLY FILL UP THE FOLLOWING DETAILS

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DIETARY NEEDS / PREFERENCE

Vegetarian Non-vegetarian

* Please read and acknowledge the Personal Data Protection Act 2010 with your signatory. Registration without the signed policy will not be accepted.



MENTAL HEALTH WORKSHOP

“No Health
Without
Mental Health”

Saturday, 24th March 2018

**IJN College
Patient Counseling Dept**

INTRODUCTION

A good mental health is fundamental to our physical health, social relationship, and work productivity in achieving our potentials. However, when the demands placed on us exceed our resources and coping capabilities, our mental health will be adversely affected.

This workshop provides you with the opportunity to learn, understand and explore further about mental health and mental illness, a subject most of us will shy away from. It is the objective of this workshop to equip you with the basic knowledge and skills in dealing with patients who might be unknowingly suffering from mental health issues.

OBJECTIVES

- ♥ To beef up the care providers' understanding of mental health issues
- ♥ To develop a good insight on the clients' mental health state and well-being
- ♥ To promote mental health awareness.

LEARNING OUTCOMES

At the end of this workshop the participants will be able to

1. Define mental health and mental illness.
2. Describe mental health and mental illness.
3. Explain the correlation between heart diseases and mental health.
4. Demonstrate the ability to conduct basic screening assessment for appropriate early intervention.

BENEFICIAL TO

Doctors Nurses and Allied Healthcare Professionals

AWARDS

- ♥ Certificate of Attendance
- ♥ CPD Points

THE FACULTY

FAEZA HASNAN

Puan Faeza graduated from University of Kent, United Kingdom with a Bachelor of Science Degree (Hons) in Psychology with Clinical Psychology in 2011. She also holds a Master's Degree in Clinical Psychology from Universiti Kebangsaan Malaysia (UKM-2014).

In the same year, she completed her clinical attachment at University Kebangsaan Malaysia Medical Centre (UKMMC) and Hospital Kuala Lumpur (HKL) where she has worked extensively with children, adolescents and adults with developmental and psychological disorders as well as mental health issues. She has experience in conducting assessments and providing different types of interventions for a diversified cultural and socio-economic background. Her areas of interest include anxiety disorder, depression, obsessive compulsive disorder, schizophrenia, among others. She currently holds a post as Patient Counsellor at Counselling Department IJN.

KEITH TYE SUE KIAT

He holds a Master of Education (Counseling and Guidance) from Universiti Putra Malaysia (UPM) and Bachelor's Degree of Social Science (Hons) Psychology from Universiti Tunku Abdul Rahman. Prior to joining IJN as Patient Counselor, Keith held a series of counselling role at Politeknik Balik Pulau, UCSI University Student Affairs and Alumni and Psychology Counselling Unit Hospital Pulau Pinang. He is also involved in voluntary works. His talks and workshops include counselling, personal development, soft skill training, grief and bereavement.

SANTHANA MARY

Ms Santhana is a nurse by profession with experience in medical, surgical, maternity and critical care nursing. She holds a Bsc. Nursing (2008) from Monash University. She is currently a Patient Counselor in IJN and is pursuing her Exe. Dip. Counselling and Guidance at UMCCED KL. She is passionate in teaching and has been involved in many CNE programs and workshops as presenter.

PROGRAMME

TIME	DOCKET
08:00	REGISTRATION
08:30	WELCOME ADDRESS
08:40	Ice Breaking
09:00	Introduction to Mental Health
10:00	Understanding Mental Illness
10:45	MORNING REFRESHMENT
11:00	Basic Screening Assessment
12:00	Self Care Management
13:00	LUNCH
14:00	Correlation between Heart Diseases and Mental Health
14:30	Common Mental Health Issues in the Hospital Setting
15:30	AFTERNOON REFRESHMENT
15:45	Basic Management of Patients with Mental illness
16:15	Activity
17:00	Wrap Up
17:30	END OF WORKSHOP

ENQUIRIES

MENTAL HEALTH WORKSHOP "NO HEALTH WITHOUT MENTAL HEALTH"
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Contact Person:-

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