

## PAYMENT

Cheques/bank drafts/postal orders should be made payable to **IJN COLLEGE SDN BHD**.

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Account Holder: **IJN COLLEGE SDN BHD**  
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JALAN RAJA MUDA BRANCH  
50300 KUALA LUMPUR**

Account: **5640 9820 4432**

## REGISTRATION FEES



## REGISTRATION

Name \_\_\_\_\_  
Designation \_\_\_\_\_  
Hospital/Institute/Company \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ Postcode \_\_\_\_\_  
State \_\_\_\_\_  
Telephone \_\_\_\_\_ Fax \_\_\_\_\_  
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### IF YOU ARE SPONSORED BY COMPANY, KINDLY FILL-UP THE FOLLOWING DETAILS

Company \_\_\_\_\_  
Contact Person \_\_\_\_\_  
Telephone \_\_\_\_\_ Email \_\_\_\_\_

### 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, 20th May 2017

**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 Breaker
09:00	Introduction to Mental Health
10:00	Scope of Mental Health in the Hospital Setting
10:45	Morning Break
11:00	Understanding Mental Illness
11:30	Myths and Facts about Mental Illness
12:00	Activity 1
13:00	LUNCH
14:00	Correlation between Heart Diseases and Mental Health
14:30	Common Mental Health Issues in the Hospital Setting
15:30	COFFEE BREAK
15:45	Basic Screening Assessment
16:15	Activity 2
17:00	WRAP-UP
17:30	End of Workshop

## ENQUIRIES

### MENTAL HEALTH WORKSHOP "NO HEALTH WITHOUT MENTAL HEALTH"

IJN COLLEGE SDN BHD

145, Jalan Tun Razak

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