

# TERENGGANU 1<sup>st</sup> MENTAL HEALTH *Symposium* 2022

WELCOMING ENDEMIC,  
TIME TO HEAL & RECOVER

JOIN OUR COURSE AS PARTICIPANT

**REGISTER NOW**

\*MYCPD/NSR POINTS AVAILABLE



## Events:

- Interesting Symposium Topics by Distinguished Speakers
- Quiz sessions
- Poster Presentation  
and many more...



## ANY INQUIRIES

Dr. Siti Zafirah: 011-12162559 • Sr Norazwa Syam: 011-12162774

VENUE: PAYA BUNGA HOTEL | DATE: 2<sup>ND</sup> & 3<sup>RD</sup> NOVEMBER 2022

For more details, log on to

<https://perketihsnz.wixsite.com/website>



# TENTATIVE

## Day 1 2nd November 2022

- 0800 - 0815 Registration/Breakfast
- 0815 - 0830 Briefing & Housekeeping  
by *Event Chairperson*
- 0830 - 0915 Principal of Grief Work: Life Must Go On  
by *Assoc Prof Azizah binti Othman, Clinical Psychologist, Department of Paediatrics, School of Medical Sciences, USM*
- 0915 - 1015 Opening Ceremony  
by *Dato' Seri Dr Ahmad Samsuri bin Mokhtar, Menteri Besar Terengganu*
- 1015 - 1030 Morning Tea
- 1030 - 1115 Covid 19 Pandemic Repercussion Towards Child and Adolescent and Role of Parent  
by *Dr Noorul Amilin binti Harun, Consultant Child & Adolescent Psychiatrist, HTAA*
- 1115 - 1200 Neuropsychiatry of Covid 19  
by *Dr Chee Kok Yoon, Consultant Neuropsychiatrist, HKL*
- 1200 - 1245 Long Covid Syndrome: What We Can Offer?  
by *Dr Nor Aida binti Musa, Rehabilitation Physician, Head of Department of Rehabilitation Medicine, HSNZ*
- 1245 - 1300 Quiz Session
- 1300 - 1345 Lunch Symposium
- 1330 - 1400 Break & Rest
- 1400 - 1445 Adaptation and Innovations for Community Psychiatric Services During Covid 19  
by *Dr Siti Hazrah binti Selamat Din, Psychiatrist, HTJ*
- 1445 - 1515 Future and Advancement of Treatment Modalities in Psychiatry  
by *Dr Chong Siew Koon, Psychiatrist, HSNZ*
- 1515 - 1545 Covid 19 Nationwide Survey 2021: Mental Health, Quality of Life, Coping Skills and Fear  
by *Assoc Prof Dr Madihah binti Mohamad Shukri, Senior Lecturer, Department of Psychology and Counselling, UMT*
- 1545 - 1615 Psychiatric Terengganu: Experiences During Covid 19  
by *Dr Izatt Syafieq bin Abd Rashad, Psychiatrist, HSNZ*
- 1615 - 1630 Tea Time
- 1630 - 1730 Visit to Psychiatry Complex HSNZ (for those interested)



# TENTATIVE

## Day 2 3rd November 2022

- |             |                                                                                                                                                                                               |
|-------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 0800 - 0830 | Registration/Breakfast                                                                                                                                                                        |
| 0830 - 0915 | Women Mental Health: Differentiating Between Functional and Non-Functional Psychological Disorder<br>by <i>Dr Umi Adzlin binti Silim, Consultation-Liaison Psychiatrist, Hospital Serdang</i> |
| 0915 - 1000 | Suicide - The Golden Hour: Safety Planning<br>by <i>Dr Ravivarma Rao Panirselvam, Psychiatrist, Hospital Miri</i>                                                                             |
| 1000 - 1015 | Morning Tea                                                                                                                                                                                   |
| 1015 - 1100 | Mushroom: Novel Psychoactive Substance Generation Z<br>by <i>Dr Mohd Fadzli bin Mohamad Isa, Addiction Psychiatrist, Head of Psychiatry Addiction Unit (PAdU), HKL</i>                        |
| 1100 - 1145 | Loneliness in A Crowd<br>by <i>Dr Suhaila binti Mohamad Zahir, Consultant Geriatric Psychiatrist, HTJ</i>                                                                                     |
| 1145 - 1230 | Expressive therapy - Bring It On<br>by <i>Dr Azizah binti Abdullah, Senior Lecturer, School of Education and Modern Languages, UUM</i>                                                        |
| 1230 - 1315 | Quiz session                                                                                                                                                                                  |
| 1315 - 1400 | Lunch Symposium                                                                                                                                                                               |
| 1400 - 1430 | Prize giving ceremony                                                                                                                                                                         |
| 1430        | End of Symposium                                                                                                                                                                              |



# REGISTRATION FEES

|                                                      | Early bird (register & pay before 31 <sup>st</sup> August 2022) | After 31 <sup>st</sup> August 2022 |
|------------------------------------------------------|-----------------------------------------------------------------|------------------------------------|
| Foreign delegates                                    | RM 400                                                          | RM 450                             |
| Specialist/ General Practitioners/Private Parties    | RM 350                                                          | RM 400                             |
| Medical Officers/ Clinical Psychologist/ Counsellor  | RM 300                                                          | RM 350                             |
| Occupational Therapist/ Paramedics/ Medical Students | RM 200                                                          | RM 250                             |

QR code  
for registration



## SUBMISSION OF ABSTRACT FOR POSTER PRESENTATION

- Submission Deadline: 31st August 2022
- Abstract Acceptance Notification: 30th September 2022
- Awardees will be honoured with cash prizes and certificates of acknowledgement
- Go to <https://perketihsnz.wixsite.com/website> for more information about:
  - Abstract submission instructions and guidelines
  - Poster guidelines



# DISTINGUISHED SPEAKERS



**DR CHEE KOK YOON**

Senior consultant neuropsychiatrist with many years of experience specialising in psychiatry and neuropsychiatry. He is currently the head of Neuropsychiatry Program at the MOH, Malaysia. Dr. Chee graduated from the University of Malaya in 2007 with a Master Degree in Psychological Medicine; and later pursued the field of neuropsychiatry at the Melbourne Neuropsychiatry Unit, Royal Melbourne Hospital, Australia in 2011 and the Lishman Unit, Bethlem Royal Hospital, UK in 2017. 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 reviewer for the first National ECT Guideline in Malaysia.

**ASSOCIATE PROFESSOR DR MADIHAH BINTI MOHAMAD SHUKRI**

She graduated in 1999 with degree in Psychology from the IIUM and master degree in Educational Psychology from UPM in 2001. Later, she pursued with PhD degree in Health Psychology from the Faculty of Medicine, University of Leeds in 2012. Presently, she serves as a lecturer in Faculty of Business, Economics and Social Development UMT. She was appointed as Associate Editor of Journal of Sustainable Science and Management (JSSM), Journal of Business and Social Development (JSBD) and the content journal editor for UMT Journal of Undergraduate Research. A.P Dr Madihah has great interest in physical and mental health promotion and intervention in the community. She has published many high impact journals, peer-reviewed papers, chapters and proceeding papers related to mental health.



**ASSOCIATE PROFESSOR DR AZIZAH BINTI OTHMAN**

She graduated in Bachelor of Human Sciences (Psychology) in 2000 and Master of Human Sciences (Clinical & Counselling Psychology) in 2005 from the IIUM. She is a clinical psychologist at Department of Pediatrics, School of Medical Sciences USM since 2008. She obtained a Professional Doctorate in Psychology (DPsych) in Clinical Psychology from University of South Australia (UNISA), Australia in 2008 and specifically trained in CBT. She is a member of the Malaysian Society of Clinical Psychology (MSCP), Malaysian Psychology Association (PSIMA) and the Malaysian Association of Adolescent Health (MAAH). Her research interest includes psychological development and problems in children and adolescents, as well as positive parenting. A.P Dr. Azizah is actively conducting research and has published nearly 20 journals and proceedings locally and abroad, as well as authoring books entitled "Manual Psikologi" (2012), Pengurusan untuk kanak-kanak O.K.U: Panduan untuk ibubapa (2014), dan Persoalan dan Penyelesaian Masalah Kanak-Kanak O.K.U (2014).

**DR IZATT SYAFIEQ BIN ABD RASHAD**

He graduated with Bachelor in Medicine, Surgery and Obstetrics from University of Dublin (Trinity College) in 2013. He pursued his passion in psychiatry and awarded as a Member of The Royal College of Psychiatrists in 2018. Currently, he is as a psychiatrist in the Department of Psychiatry and Mental Health, Hospital Sultanah Nur Zahirah since 2021. He is a member of the Mental Health and Psychosocial Service (MHPSS) and actively involved in creating awareness of the importance of mental health, early prevention and intervention to the public.





# DISTINGUISHED SPEAKERS



## **DR CHONG SIEW KOON**

He graduated with Bachelor in Medicine and Surgery from Kasturba Medical College Mangalore India in 2013. He obtained Masters of Psychiatry from Universiti Kebangsaan Malaysia in 2020. Currently, he is as a psychiatrist in Department of Psychiatry and Mental Health, Hospital Sultanah Nur Zahirah since 2021. He is a representative of One-Stop Center for Addiction (OSCA) Terengganu. He has great interest in research and currently the head of Research and Development of Psychiatry and Mental Health HSNZ. He has five recent publications in various topics including Virtual Reality (VR) Technology for Treatment of Mental Health Problems during Covid-19.

## **DR MOHD FADZLI BIN MOHAMAD ISA**

He graduated Doctor of Medicine (MD) from UPM in 2004. He obtained Masters of Psychological Medicine from University of Malaya in 2012. Later, he subspecialized in the field of addiction psychiatry and awarded with Fellowship in Addiction and Substance Abuse, Ministry of Health, Malaysia (2014- 2017) and Fellowship in Addiction Psychiatry, Turning Point, Melbourne (2017). He is a consultant and Addiction Psychiatrist in HKL and Alaminda Specialist Clinic, Shah Alam (Visiting). He is also the head of Psychiatry Addiction Unit (PADu) and actively involved in supervising and giving lectures to both post-and-undergraduate Psychiatry programmes in local and international colleges. His vast experience and expertise in the field further evidenced as various research were published regionally and internationally. He is also actively involved in creating public awareness on mental health as speaker in various TV and Radio show as well as online forums.



## **DR AZIZAH BINTI ABDULLAH**

She is a senior lecturer from Universiti Utara Malaysia. After graduated from UPM with Bachelor Education (Honours) in 1995, she further her study in UUM and awarded with Master Science with area of Study in Counselling and Psychology in 2005. Dr Azizah advanced her academic qualification further and obtained PhD from University of Strathclyde, United Kingdom in 2015. Her area/field of study is Expressive Arts Therapy in Counselling. She is a certified practitioner in Focusing-oriented Art Therapy, Play Therapy, Expressive Art Therapy and many more. She is also a registered counsellor under Malaysian Board of Counsellor who actively teaching and supervising under-and-postgraduate students. In research activities, she holds several grants and has been conducted various research projects since 2017. She also actively participates as an expert review, editor, author and advisor for various peer reviewed journals, book chapter, module and many more.



## **DR RAVIVARMA RAO PANIRSELVAM**

Dr Ravivarma is a psychiatrist working in Hospital Miri, Sarawak. He has special interest in suicide prevention and leads a suicide prevention oriented clinical service adopting the principles of the Zero Suicide Approach and spearheading local media collaboration working group with journalists for safe reporting, restriction of access to lethal means, postvention services and gatekeeper training. He had contributed to develop local practice guidelines for mental health services including suicide prevention guidelines and training for healthcare workers in COVID-19 wards. He also holds research grant from Ministry of Education, Malaysia for Stakeholder Perspectives on Safe Media Reporting for Suicide Prevention in Malaysia. Dr Ravi also actively participates in volunteer work as one of the administrators for a Facebook mental health advocacy page #LAMANMINDA which produces mental health awareness content in local languages of Malaysia.





# **DISTINGUISHED SPEAKERS**

All details will be updated soon

## **DR NOORUL AMILIN BINTI HARUN**

Consultant Child & Adolescent Psychiatrist,  
Department of Psychiatry and Mental Health, HTAA

## **DR SITI HAZRAH BINTI SELAMAT DIN**

Psychiatrist,  
Department of Psychiatry and Mental Health, HTJ

## **DR NOR AIDA BINTI MUSA**

Rehabilitation Physician, Head of Department of  
Rehabilitation Medicine, HSNZ

## **DR UMI ADZLIN BINTI SILIM**

Consultation-Liaison Psychiatrist, Department of  
Psychiatry and Mental Health, Hospital Serdang

## **DR SUHAILA BINTI MOHAMAD ZAHIR**

Consultant Geriatric Psychiatrist,  
Department of Psychiatry and Mental Health, HTJ