

INTRODUCTION TO COGNITIVE BEHAVIOUR THERAPY & BASIC COUNSELLING SKILLS IN ADDICTION

“Understand the mind. Change behaviour. Support recovery.”



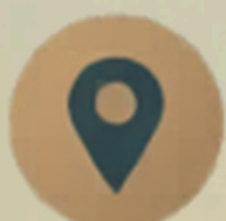
DATE :

20th and 21st July 2026
(Monday & Tuesday)



TIME :

8AM till 5PM



VENUE :

National Institutes of
Health (NIH), Setia Alam



CONTACT INFO :

Cik Atirah 016-3916755
Dr Fatimah 017-5519910

REGISTRATION & PRICING

Early Bird:
RM130/pax till 30th April 2026

Normal Price:
RM150/pax till 19th June 2026

PLEASE JOIN US !

CPD POINTS
WILL BE
REWARDED

LIMITED
SEATS
AVAILABLE

Link : <https://forms.gle/UdKVoSXrZW38JZYu6>



Anjuran Bersama: Jabatan Psikiatri & Kesihatan Mental HTPN & Kelab Suria HTPN

MEET YOUR SPEAKERS



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DR. NOORAINI DARUS

A Senior Clinical Psychologist at Hospital Kuala Lumpur with a specialized interest in Clinical Neuropsychology, focusing on cognitive assessment and brain-behavior dynamics. Offers advanced insights into the application of Cognitive Behavioral Therapy (CBT) in addiction.

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EN MUHAMMAD HELMI BIN IBRAHIM

A well experienced counsellor from One Stop Centre for Drug Addiction (OSCA), Klinik Kesihatan Batu 9. With hands-on experience in addiction management, delivering practical and evidence-based CBT strategies for treating substance use disorders.

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MR SEELAN MOHAN

An experienced counselor specializing in emotional regulation and compulsive and addiction behavioral pattern. With a Master's in Guidance & Counseling, he bridges clinical practice with mindfulness, somatic awareness to support holistic wellbeing.

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