

# KEYNOTE SPEAKER

July 5, 2021 9:30 AM | Moderated by: Dr. Lynne Yong Ee Lin



## Professor Keith S. Dobson

President of World Confederation of CBT

Professor of Clinical Psychology at University of Calgary

**Biosketch:** Dr. Dobson is a Professor of Clinical Psychology at the University of Calgary in Canada. His research has focused on both cognitive models and mechanisms in depression, and the treatment of depression, particularly using cognitive-behavioural therapies. Dr. Dobson's research has resulted in over 300 published articles and chapters, 17 books, and conference and workshop presentations in many countries. In addition to his research in depression, Dr. Dobson has been engaged in the examination of psychological approaches and treatments in primary care.

He is also a Principal Investigator for the Opening Minds program of the Mental Health Commission of Canada, with a focus on stigma reduction related to mental disorders in the workplace. Further, he has written about developments in professional psychology and ethics and has been actively involved in organized psychology in Canada, including a term as President of the Canadian Psychological Association. He is a Past-President of the Academy of Cognitive Therapy, the International Association for Cognitive Psychotherapy, and the Canadian Association of Cognitive Behavioral Therapies, and is the current President of the World Confederation of Cognitive and Behavioural Therapies (2019- 2022).

Among other awards, he has been given the Canadian Psychological Association's Award for Distinguished Contributions to the Profession of Psychology, the Donald O. Hebb Award for Distinguished Contributions to the Science of Psychology, and the Award for Distinguished Contributions to the International Development of Psychology.

**Keynote Topic:** Depression and COVID- 19: What the global pandemic has taught us about models of risk, resilience, and treatment

**Summary:** It has been widely reported that rates of anxiety and depression have increased dramatically as a consequence of the global pandemic. This address will begin by briefly reviewing this evidence and will show that rates of depression have indeed approximately doubled around the world. It will be suggested that this outcome could have been clearly predicted, when the known risk and resiliency factors associated with depression are considered. The address will further argue that there are clear directions to reduce the global rates of depression as the pandemic resolves, taking into account these same risk and resiliency factors. The role of cognitive- behavioral therapies in the global response to COVID- 19, and in particular the ways that CBTs have been adapted and can continue to provide care for depressed persons, will be highlighted.

# PRIME TIME SESSION

July 5, 2021 8:30 PM | Moderated by: Prof. Alvin Ng Lai Oon



**Dr. Debbie Joffe Ellis**

**Adjunct Professor, Columbia University in the City of New York**

**Topic: REBT: History, Impact on CBT, and Relevance during the Covid-19 Pandemic**

## Biosketch & Summary:

Dr. Debbie Joffe Ellis was the beloved wife of Dr Albert Ellis who was the brilliant creator of Rational Emotive Behavior Therapy (REBT). She worked with him in every aspect of his work during the years they were together until his passing in 2007. He entrusted her to continue to share REBT globally and locally, which she does with passion, gratitude and love.

She will be presenting not only from her role as Psychologist, Author and Professor, but also and uniquely from her experience with, and intimate knowledge about, her late husband from both professional and very personal perspectives.

In her address she will describe the atypical and remarkable history and development of REBT which is the cognitive approach that heralded in the Cognitive Revolution in psychotherapy. This includes sharing powerful ways Dr Ellis incorporated into REBT some of the tools and techniques he constructed and applied in his personal life, from childhood onwards, that succeeded in allowing him to better cope with challenges and adversities, and also reduced and prevented painful emotional experiences.

She will talk about the influence that the presence of REBT had on the early development of CT/CBT and on the Cognitive “3rd and 4th Waves” in psychotherapy that emerged in more recent decades since REBT was presented in the early 1950’s.

Finally – in talking about the relevance of REBT in helping people cope with practically all human challenges and adversities, since it can aptly be seen as both an evidence-based, scientific approach in addition to being a way of life for those who choose to apply it as such, Dr. Joffe Ellis will describe how helpful REBT tools have been to many people, and their potential to help many more, when applied during this Pandemic time and during any other times of global, societal or individual crises.

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# SPECIAL APPEARANCE

July 6, 2021 8:30 PM | Moderated by: Dr. Dmitrii Kovpak



**Dr. Aaron T. Beck & Dr. Judith S. Beck**

**Beck Institute for Cognitive Behavior Therapy**

**Topic:** Training in CBT: A Pilot Study of a New International Training Program

**Biosketch:** As President of the Beck Institute, Dr. Judith S. Beck, PhD, provides the vision and leadership to further the mission Beck Institute: to improve lives worldwide through excellence in Cognitive Behavior Therapy. She is also Clinical Professor of Psychology in Psychiatry at the University of Pennsylvania where she teaches second and third year psychiatric residents. She received her doctoral degree from Penn in 1982.

Dr. Beck divides her time among administration, supervision and teaching, clinical work, program development, research, writing, and course development. She has been a consultant for several National Institute of Mental Health (NIMH) studies, has developed widely-adopted assessment scales for children and adolescents, and has made hundreds of presentations nationally and internationally on various applications of cognitive therapy. She is also a distinguished founding fellow and past president of the Academy of Cognitive Therapy.

Dr. Beck has written over 100 articles and chapters on different aspects of cognitive therapy. She is the author of the primary text in the field, *Cognitive Behavior Therapy: Basics and Beyond* (2nd ed.), which has been translated into 20 languages, as well as books, workbooks, and pamphlets for consumers.

**Summary:** In 2019, Beck Institute for Cognitive Behavior Therapy in the United States created a special training program for international mental health professionals, most of whom had little or no prior training or experience in CBT. We rated transcripts of their therapy sessions at multiple points, including at the beginning and end of training, using a widely accepted competence scale. Analysis of the results showed that participants progressively improved their skill level and most reached competence by the end of the program. The program consisted of coursework (in person and online workshops and courses), reading chapters from a basic text on CBT, a self-directed learning course, and group supervision. This pilot study demonstrated that a distance learning program with a combination of programmatic elements can be effective in producing competent CBT therapists.

# CASE SUPERVISION 1

July 6, 2021 9:30AM | Moderated by: Prof. Firdaus Mukhtar

**Guest:** Prof. Freedom Leung Yiu-kin

**Affiliation:** Head of Shaw College, The University of Hong Kong

**Topic:** Borderline Personality Disorder



**Biosketch:** Prof. Freedom Leung graduated from Concordia University, Montreal, Canada with a PhD in Clinical Psychology. He spent three years working as the clinical research associate at the world renowned Douglas Hospital Center in Montreal before returning to Hong Kong in 1992. He has taught clinical psychology at the Chinese University of Hong Kong for over 25 years. His research expertise includes eating disorders, borderline personality disorders, self-harm behaviour and mindfulness therapy. During his tenure at CUHK, Prof. Leung has received numerous Best Teaching Awards, including the Best Teaching Award of the Faculty of Social Science (2004), and the Vice-Chancellor's Exemplary Teaching Award (2005), and the General Education Best Teaching Award of Shaw College (2019). Prof. Leung was the past president of the Hong Kong Psychological Society (1996-1997), and the senior advisor for the Society of Clinical Psychology in China and Taiwan. He is a committee member of the Asian Cognitive Behavior Therapy Association (2018-2021).

Currently, he is the Head of Shaw College at the Chinese University of Hong Kong. He also serves as the senior consulting clinical psychologist for the Personnel Department and the Office of Student Affairs of the University

# CASE SUPERVISION 2

July 7, 2021 9:30AM | Moderated by: Prof. Firdaus Mukhtar

**Guest:** Prof. Lata K. McGinn

**Affiliation:** Clinical & CBT Training Program, Ferkauf Graduate School of Psychology, Yeshiva University

**Topic:** Obsessive Compulsive Disorder



**Biosketch:** Lata K. McGinn, PhD is a tenured Professor of Psychology and Director of the Clinical Program and CBT training program at the Ferkauf Graduate School of Psychology, Yeshiva University and is the co-founder of Cognitive and Behavioral Consultants (CBC), an evidence-based center in New York. She specializes in the prevention and treatment of stress, anxiety, trauma, OCD, depression, and related disorders. Her extensive publications span peer-reviewed journal articles, chapters, and her co-authored books, "Treatment of Obsessive-Compulsive Disorder" and, "Treatment Plans and Interventions for Depression and Anxiety Disorders."

In recognition of her achievements in the field of CBT, Dr. McGinn has earned the title of Beck Scholar and was appointed a Fellow of the Association of Behavioral and Cognitive Psychotherapies (ABCT). She was awarded a certificate of appreciation by ABCT in recognition of her professional contributions made on a Trauma Taskforce following September 11, 2001 and has just won the Outstanding Service to ABCT award in 2020.

Dr. McGinn is a founding fellow and certified trainer of the Academy of CBT, is the associate editor of the peer-reviewed journal Cognitive Therapy and Research and serves on the editorial board of several other peer-reviewed journals. In 2019, Dr. McGinn spearheaded a global initiative to found the World Confederation of Cognitive and Behavioral Therapies (WCCBT) and currently serves on its Board of Directors. She is also the Past-President of the Academy of CBT (A-CBT) and the International Association for Cognitive Psychotherapy (IACP), and has also served on ABCT's Board of Directors and continues today as the chair of ABCT's International Associates Committee.



# CBT & COVID-19 UPDATES 1

July 5, 2021 10:30 AM | Moderated by: Dr. Nooraini binti Darus



**Name of Presenter:** Dr. Diana Setiyawati

**Affiliation:** Faculty of Psychology, Universitas Gadjah Mada, Indonesia.

**Topic:** CBT and Covid-19 Updates in Indonesia



**Biosketch:** Diana Setiyawati is a Lecturer at the Faculty of Psychology, Universitas Gadjah Mada and currently is a Director of the Centre for Public Mental Health. She is doing research, training and advocacy in primary care psychology, culturally adapted CBT, school based mental health, family wellbeing and mental health policy in her country. Her PhD research about curriculum for Psychologists working in primary care was awarded Australia Awards-Hadi Soesastro Prize by The Hon Julie Bishop, Deputy Prime Minister Australia, in 2014.



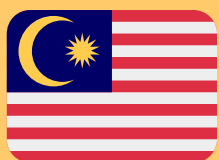
**Name of Presenter:** Prof. Daniel Wong Fu Keung

**Affiliation:** Department of Social Work and Social Administration, University of Hong Kong.

**Topic:** Cognitive-behaviour therapy for delinquent Youth with mental health problems: A comparison to mindfulness intervention



**Biosketch:** Professor Wong is a clinical psychologist and a social work academic. His research team has been actively conducting research in mental health practice and he is a pioneer in indigenizing the application of Cognitive Behaviour Therapy (CBT) for Chinese people with depression, anxiety problems, chronic illnesses, gambling problems, drug addictions among the Chinese. Regarding mental health issues, Professor Wong and his team have conducted numerous studies on Chinese caregivers' mental health and mental health literacy of Chinese people in Hong Kong, China, Taiwan and Australia, and on Mental Health First Aid for Chinese people in Hong Kong and Australia. He has written over 120 academic papers and 18 books and professional manuals. Prof. Wong and his colleagues have established the Institute of Cognitive Therapy in Hong Kong and Centre for Holistic Health in Melbourne, Australia to provide training for mental health professionals and promote better mental health among Chinese populations. His research interest includes CBT, evidence-based practice in mental health, mental health promotion, mental health literacy and mental health issues among migrants and caregivers.



**Name of Presenter:** Prof. Firdaus Mukhtar

**Affiliation:** School of Graduate Studies, Universiti Putra Malaysia.

**Topic:** Analysis on the element of Cognitive Behavioural approach in managing Covid-19 in Malaysia



**Biosketch:** Professor Dr Firdaus Mukhtar qualified as a clinical psychologist in 2003 and currently hold a post as a Deputy Dean at School of Graduate Studies, Universiti Putra Malaysia. She was graduated from University of Queensland, Brisbane (PhD, 2007), University of Edith Cowan, Perth (Master of Clinical Psychology, 2003), and International Islamic University Malaysia (BHSc Psychology, 1999) in which her PhD thesis was related to Group Cognitive Behavior Therapy for Unipolar Depression. She was the first secretary in Malaysian Society of Clinical Psychology. In 2011-2013 she was appointed as WHO CBT Consultant for the country to develop a CBT manual to manage chronic medical illness at primary care and gave intensive CBT training to Family Medicine Specialists. In 2012, L'oreal Malaysia has awarded her as Young Women Scientist for her vast contribution in research related to depression, anxiety and weight management. Since 2000, she has trained both CBT and DBT to many psychiatrists, clinical psychologists, counsellors, medical specialists (Family Medicine, Paediatrics, Otorhinolaryngology etc), allied health professionals, undergraduate and postgraduate trainees, and community at large, not just in Malaysia but also in some other countries in South East Asia. She has published over 80 scientific articles and CBT books and has been appointed as Subject Matter Expert by many government and private industrial collaborators.



**Name of Presenter:** Dr. Nimisha Kumar

**Affiliation:** Faculty of Behavioral Science, SGT University, Gurugram.

**Topic:** Cultural nuances of the COVID-19 outbreak in India: Prospects and challenges for CBT practice



**Biosketch:** Dr. Nimisha Kumar is the President-Elect (2021 – 2024) for the Asian CBT Association. She is a Senior Consultant Psychologist and trained CBT practitioner based in New Delhi, India. She has a PhD in Psychology from University of Delhi and an MSc in CBT from University of Derbyshire, UK (as a recipient of the prestigious Commonwealth Scholarship). Her doctoral work was on a CB framework for Diabetes. Dr. Kumar is the Founder-President of the Indian Association for CBT ([www.iacbt.org](http://www.iacbt.org)) and Founder- Director of Ascend-PsyCare ([www.ascendpsycare.in](http://www.ascendpsycare.in)), an MSME based in Delhi. She is currently Associate Professor at the Faculty of Behavioural Sciences, SGT University, Gurugram. Dr. Kumar has over 15 years of experience in clinical practice, teaching and research at prestigious institutions in New Delhi. She organized the first ever International Conference on CBT in India in 2015 and pioneered the IACBT in 2016. She organized two subsequent highly successful international conferences on CBT in 2017 and 2018 with outcomes in the form of special edited volumes on CBT related research. She has written papers on cultural adaptation of CBT in Indexed Journals, presented papers at National and International conferences and mentored a number of Masters and Doctoral research dissertations. Dr. Kumar has her own practice in New Delhi where she uses CBT for a number of mental health concerns and provides training and supervision to students and professionals from diverse backgrounds. She is presently launching India's first certificate and diploma level programs in CBT.

# CBT & COVID-19 UPDATES 2

July 6, 2021 9:00 AM | Moderated by: Masyitah Minhad



**Name of Presenter:** Dr. Nuttorn Pityaratstian

**Affiliation:** Faculty of Medicine, Chulalongkorn University

**Topic:** CBT in Thailand - How we have grown, despite the challenges of the pandemic



**Biosketch:** Nuttorn (Joe) Pityaratstian is Assistant Professor in Child and Adolescent Psychiatry at Faculty of Medicine, Chulalongkorn University. He received the MD from Chulalongkorn University and MSc from King's College London. After completing the CBT training from the Beck Institute of Cognitive Therapy and Research in 2006, he has pioneered the development of CBT in Thailand through clinical work, training, curriculum development, and dissemination of CBT on both public and private sectors. He also received the Postgraduate Certificate in Enhanced Cognitive Behavioural Therapy (Supervision & Training) from the University of Oxford. He is currently the Course Director of the Diploma in CBT Program at Chulalongkorn University, the President of CBT Alliance of Thailand (CAT), and the President of Thai Society for Affective Disorders (TSAD).



**Name of Presenter:** Dr. Iram Zehra Bokharey

**Affiliation:** Department of Psychiatry, Mayo Hospital, Lahore, Pakistan

**Topic:** Applying CBT for Post-COVID Psychological Distress – A Pakistani Perspective



**Biosketch:** Dr. Iram Zehra Bokharey is a Chief Clinical Psychologist at the Department of Psychiatry, Mayo Hospital, Lahore, Pakistan also a Chapter President, Punjab for Pakistan Association of Clinical Psychologist (PACP). She started working as a Clinical Psychologist in 1988 after completing her Masters in Applied Psychology and Advanced Diploma in Clinical Psychology from Punjab University. She also obtained her PhD in Clinical Psychology from Centre for Clinical Psychology, from Punjab University in 2009. Currently she is a part time member for teaching courses on Cognitive Behaviour Therapy and Qualitative Research at three universities in Lahore, named Institute of Psychology, Beaconhouse National University, School of Professional Psychology, University of Management & Technology, and Department of Psychology, Forman Christian College University.



**Name of Presenter:** Prof. Chun Wang

**Affiliation:** Nanjing Brain Hospital, Nanjing Medical University

**Topic:** Unified management of mental intervention during COVID-19 in China



**Biosketch:** Prof. Wang is the deputy director of Mood Disorders Department, Nanjing Brain Hospital, Nanjing Medical University, deputy director of Cognitive Behavioural Therapy Institute of Nanjing Medical University. She is committee member of Asian CBT Association, committee member of German-Chinese Institute of Psychotherapy, the secretary general of China CBT Professional Organizations and group leader of Dialectical Behavioural Therapy Group of China. Her research interest centers on understanding the mind-body mechanisms of MDD, anxiety disorders, and non-suicidal self-injury behaviour; exploring therapeutic mechanism and developing strategies of CBT and DBT; and neuroscience informed CBT. In the past several years, she and her group gave different system training projects of CBT and DBT in China. She and her group developed computerized CBT and virtual reality-based CBT in China.

# CBT & COVID-19 UPDATES 3

July 7, 2021 9:00 AM | Moderated by: Norhameza Ahmad Badruddin



**Name of Presenter:** Prof. Jenny Huei-Chen Ko

**Affiliation:** Asia University, Taiwan.

**Topic:** Self-guided App-based CBT for Smartphone Addiction among college students in Taiwan during the COVID-19 pandemic.



**Biosketch:** Prof. Huei-Chen Ko obtained her Ph.D. in Clinical Psychology at the National Taiwan University and had Post-doctoral training in the Department of Psychiatry at Yale University. She has been the Founding Chairperson in the Institute of Behavioral Medicine, Dean of Student Affairs at the National Cheng Kung University, and a Visiting Professor at Yale University. Currently, she is a Chair Professor in the Department of Psychology and Vice President at Asia University. In addition, she has served as the Higher Education Evaluation and Accreditation member. She has been devoted to the research of antecedents, consequences, and the treatments of depression, suicide, and behavioral addiction. She has published over 170 research papers, and several book chapters, awarded the Outstanding Research Award by National Science Research Award, the Adolescent and Youth Guidance Special Contribution Award by the Ministry of Education, and the Anti-illicit Drug Active Contribution Person Award by the Executive Yuan. Prof. Ko has been the President of Taiwan Association of Psychology, the President of Taiwan Association of Clinical Psychology, and the Founding President of Taiwan Association of Prevention and Treatment for Internet Addiction. At present, she serves as the Board member of the Asian Cognitive Behavior Therapy Association.



**Name of Presenter:** Dr. Sharon C. Sung

**Affiliation:** Duke-NUS Medical School; Institute of Mental Health; KK Women's & Children's Hospital

**Topic:** CBT & COVID-19 Updates from Singapore: Challenges and Opportunities



**Biosketch:** Dr. Sharon Sung is an Assistant Professor at Duke-NUS Medical School and Senior Clinical Psychologist at the Institute of Mental Health and KK Women's and Children's Hospital in Singapore. She completed her Ph.D. University of California in San Diego and pursued specialty training in cognitive behavioral therapy at Columbia University Medical Center and the American Institute of Cognitive Therapy in New York City. Prior to moving to Singapore, Dr Sung held faculty positions at Albert Einstein College of Medicine and Harvard Medical School.

Dr Sung's award-winning research is focused on improving the identification and treatment of patients with mood, anxiety, and stress-related conditions. She has published numerous peer reviewed articles, editorials, and book chapters, as well as a practitioner guide entitled 10-Minute CBT: Integrating Cognitive Behavioral Strategies Into Your Practice.



**Name of Presenter:** Dr. Satoko Sasagawa

**Affiliation:** Faculty of Psychology, Mejiro University, Japan

**Topic:** Covid-19 situation in Tokyo and what CBT can do



**Biodata:** Dr. Satoko Sasagawa is an Associate Professor of Clinical Psychology at Mejiro University, Japan. She obtained her Bachelor of Arts Degree (Literature, 2002), Master of Arts degree (Human Sciences, 2004), and her PhD (Human Sciences, 2007) from Waseda University. With research grants from numerous national and international institutions, her research has focused on the developmental psychopathology and intervention/ prevention of social anxiety disorder. Her interest extends to cross-cultural presentations of social anxiety symptoms and the assessment of Taijin Kyofusho. She is the author of more than 50 scientific articles and has 15 years of experience in providing CBT training to the Japanese population.





**Name of Presenter:** Carine el Khazen

**Affiliation:** American Center for Psychiatry and Neurology

**Topic:** Special adaptation of CBT-E (CBT enhanced for the treatment of Eating Disorders) for remote use during the COVID-19 pandemic



**Biodata:** Carine el Khazen is a clinical psychologist. She has a Masters' Degree in Clinical and Psychopathological Psychology (USJ), post-graduate degree (DESS) in Clinical and Psychopathological Psychology (University of Sorbonne), and diploma in Profound Studies (DEA) in Clinical Psychopathology (University of Jussieu,). Carine joined the American Center for Psychiatry and Neurology (ACPN) in Dubai in 2011 and as an eating and weight disorders specialist, she has set up and is the director of a specialized multidisciplinary outpatient Eating and Weight Disorders program. The program is a CBT-E centre for excellence. Carine also serves as the clinical lead for the psychology services of the centre. Carine is a fellow of the Academy of Eating Disorders (AED) and the Vice-President of the NGO MEEDA (the Middle East Eating Disorders Association) which is the Middle-Eastern chapter for the AED. She oversees and runs all the association's daily operations dedicated to raising awareness, supporting sufferers and training the general public and professionals on the subject of eating and weight disorders.



# 30-MINUTE WITH EXPERT 1

July 5, 2021 11:00 AM | Moderated by: Zhang Yujia

**Guest:** Dr. Dominic DiMattia

**Affiliation:** Counseling and Human Resources, University of Bridgeport

**Topic:** Rational Emotive Behavior Therapy



**Biosketch:** Dr. DiMattia is currently Professor Emeritus of Counseling and Human Resources at the University of Bridgeport and a Human Relations Consultant. He was previously Executive Director and Senior Staff Supervisor at the Albert Ellis Institute, vice-president of Human Resources for the Fireman Group in New York. Dr. DiMattia has authored books, written numerous journal articles, and conducted numerous workshops and seminars in life coaching and corporate coaching, based on the cognitive-behavior theory. He has written the first book on cognitive-behavioral coaching, from the perspective of Rational Emotive Behavior theory, Rational Effectiveness Training: Increasing Personal Productivity at Work. He is a member of the American Psychological Association, and has presented papers, lectures, and workshops in Australia, the United States, and Europe.

**Summary:** The workshop will include the basic principles of REBT and explain how it is one of the CBT approaches such as Cognitive Therapy, Cognitive Behaviour Modification, Schema Therapy. They together make up what is now considered CBT. They together focus on thoughts and beliefs as they relate to emotions. REBT focus is on demanding and catastrophic thoughts which are at the core of emotional disturbance. Ellis created the abc's of REBT IN 1955 which puts it as the earliest CBT approach.

# 30-MINUTE WITH EXPERT 2

July 5, 2021 2:00 PM | Moderated by: Dr. Mahadir Ahmad

**Guest:** Dr. Siti Irma Fadhillah

**Affiliation:** Dept of Psychiatry, Faculty of Medicine & Health Sciences, University Putra Malaysia

**Topic:** Case Conceptualization in complex PTSD: integrating theory and practice in a conflict area



**Biosketch:** Dr. Siti Irma Fadhillah is a Clinical Psychologist and Academician at the Department of Psychiatry, Faculty of Medicine and Health Sciences, Universiti Putra Malaysia, Malaysia (from 2001). She is currently providing clinical services at Hospital Pengajar Universiti Putra Malaysia (HPUPM), and involved in research and service provision for CBT in primary care, and for vulnerable populations. She is also providing psychological intervention and psycho-social support for victims of torture, individuals and communities in conflict areas since 2014. She is currently looking at resilience as a basis for countering violent extremism among youths in Malaysia, conducting empathy training at community levels, and the preservation of peace in relation to mental health promotion and intervention.

**Summary:** Case conceptualization describes and proposes relationships among the psychological mechanisms and other factors that are causing and maintaining disorders and problems. Thus, it is key to effective intervention while guided by theory. For the purpose of this presentation, complex PTSD is defined and a brief review of current theories is presented. Finally, illustrative work conducted in a conflict area (Southern Thailand) is used to demonstrate integration of current theoretical understandings of complex PTSD with clinical interventions.

# 30-MINUTE WITH EXPERT 3

July 5, 2021 14:30 PM | Moderated by: Nurul Miza Mohd Rashid

**Guest:** Ellisha Othman

**Affiliation:** Thrive Well

**Topic:** Trauma-informed telemental health in the time of the pandemic



**Biosketch:** Ellisha is a Clinical Psychologist at Thrive Well, a purpose-driven trauma-informed community mental health organisation. Prior to her career in psychology, she pursued a career in the area of corporate finance and then trained as a clinical psychologist. During her tenure at SOLS Health from 2015- 2020, she was responsible in leading the development of the community mental health framework with the support of SOLS 24/7 Foundation by incorporating community development approaches in mental health programs for low-income, neurodivergent, indigenous, domestic violence survivors and refugee communities.

Currently as the Managing Director of Thrive Well, she leads the organization to provide sustainable and accessible trauma-sensitive mental health research, advocacy, consulting, community development and clinical services to serve the organisations and communities in need.

In her role as a clinical supervisor at local and international universities, she focuses on the developing trauma-informed mental health practitioners in-training. As a clinician, she is predominantly trained in Cognitive Behavioural Therapy and Adlerian Psychology. Ellisha has worked with children and adolescent as well as adult population with psychological and developmental disorders, behavioural management, parenting skills and trauma intervention.

Ellisha is also a strong advocate of her profession and has served as the Honorary Treasurer from 2017-2019 the Malaysian Society of Clinical Psychology (MSCP). She is currently the Vice-President of the recently formed National Alliance of Mental Health. In addition, she is active in various mental health advocacy groups and advising universities on trauma-informed mental health curriculum and practices.

**Summary:** The Covid-19 pandemic has catalysed the importance of developing the telehealth delivery of mental health services in ensuring accessibility. However, it is critical for clinicians to understand that the adverse impact of the pandemic may result in trauma and also re-traumatisation especially for high risk communities as well as secondary traumatisation and burnout amongst clinicians. Thrive Well will be sharing their experience in applying the principles of trauma-informed care in our telemental health delivery to mitigate the isolating and traumatic effects of the pandemic that has been a journey of growth and resilience for both the clinicians and our beneficiaries.

# 30-MINUTE WITH EXPERT 4

July 5, 2021 3:00 PM | Moderated by: Dr. Pamilia A/P Lourdunathan

**Guest:** Dr. John Forbes

**Affiliation:** Delta Psychology

**Topic:** Micro-skill Training in Motivational Interviewing



**Biosketch:** Dr. John Forbes is the owner and manager of Delta Psychology. As well as extensive clinical experience, he has worked in hospital, community, and corporate environments – including as the Assistant Director of the WA Police Health and Welfare Branch and the Mental Health and Chronic Disease Program Manager at the Osborne General Practice Network. His areas of special interest include: motivational interviewing, positive psychology, optimal psychological functioning, post-traumatic stress disorder, grief, substance use, EMDR, and hypnosis.

Dr. Forbes also provides training to a wide range of organisations, and has taught in the undergraduate and postgraduate psychology programs at Edith Cowan University. He is also an approved Psychology Board of Australia Supervisor.

**Summary:** Micro-skills are an important part of maximising the benefits of Motivational Interviewing (MI). They enable the facilitation of applying MI Principles through the development of client-centred counselling skills, as well as being more generally applicable in a wide range of therapeutic settings. This session will introduce MI Micro-skills, and discuss their application within the wider MI setting.

# 30-MINUTE WITH EXPERT 5

July 5, 2021 4:00 PM | Moderated by: Dr. Serena In

**Guest:** Prof. Zubaidah Jamil Osman

**Affiliation:** International Medical School, Management and Science University (MSU)

**Topic:** Cognitive Behavioural Interventions in the Management of Chronic Pain.



**Biosketch:** Dr. Zubaidah Jamil Osman is currently a Professor of Clinical Psychology and Consultant Clinical Psychologist at the International Medical School, Management and Science University (MSU) in Shah Alam, Malaysia. She was professionally trained in Melbourne, Australia where she obtained her doctoral degree in Clinical Psychology from the University of Melbourne, in 2003. She did her clinical attachment with the Pain Research Unit, Royal North Shore Hospital, Sydney, Australia in 2009. Her main area of interest is Chronic Pain Management – focusing on the psychosocial issues experienced by patients as consequences of their persistent pain. She has been appointed as a Visiting Consultant Psychologist in Hospital Selayang since 2006, where she has been working closely with the Pain Management Team in Hospital Selayang. She has been invited to speak on non-pharmacological pain management in many local and international conferences, and was involved in the development of the Malaysian Clinical Practice Guideline (CPG) for Cancer Pain.

Since 2007, she has been appointed as one of the faculty members in the multidisciplinary field of Pain Medicine by the University of Santo Tomas, Philippines, who, in collaboration with the University of Sydney, has started to offer postgraduate degrees in Pain Management for candidates in the ASEAN region. She is also actively involved in the education of pain management from non-pharmacological perspective to other allied health professionals in Malaysia and South-east Asia region.

**Summary:** Over the past three decades, cognitive-behavioral therapy (CBT) has become a first-line psychosocial treatment for individuals with chronic pain. Evidence for efficacy in improving pain and pain-related problems across a wide spectrum of chronic pain syndromes has come from multiple randomized controlled trials. As postulated by learning theory (Fordyce, 1976), social and environmental variables (e.g., responses from family) have been shown to be associated with pain behaviors and disability levels (Flor & Turk, 2011). Numerous studies have also documented the associations of pain-related beliefs and appraisals with pain intensity and related problems, including depression, physical disability, and activity and social role limitations (Gatchel, Peng, Peters, Fuchs, & Turk, 2007). In particular, pain catastrophizing (magnification of the threat of, rumination about, and perceived inability to cope with pain) has consistently been found to be associated with greater physical and psychosocial dysfunction, even after controlling for pain and depression levels (Edwards, Cahalan, Mensing, Smith, & Haythornthwaite, 2011; Quartana, Campbell, & Edwards, 2009).

Fear-avoidance (activity avoidance due to fear of increased pain or bodily harm) has also been shown to be important in pain and physical and psychosocial function. The goals of CBT for pain are not specifically to reduce pain, but to reduce psychological distress, improve physical and role function by helping individuals decrease maladaptive behaviors, increase adaptive behaviors, identify and correct maladaptive thoughts and beliefs, and increase self-efficacy for pain management (Turner & Romano, 2001).

# 30-MINUTE WITH EXPERT 6

July 6, 2021 11:00 AM | Moderated by: Dr. Natasha Subhas

**Guest:** Dr. Shian ling Keng

**Affiliation:** Yale-Nus College, Singapore

**Topic:** Validation: A Cornerstone of Dialectical Behavior Therapy



**Biosketch:** Shian-Ling Keng, Ph.D. is an Associate Professor and Head of Studies for Psychology at Yale-NUS College, Singapore. She obtained her PhD in Clinical Psychology from Duke University, United States, and completed her clinical psychology residency at Centre for Addiction and Mental Health, Canada. Her research interests encompass the efficacy and mechanisms of change of mindfulness-based interventions, as well as cross-cultural presentations of psychopathology, particularly borderline personality disorder. Clinically, Assoc. Prof. Keng received training in cognitive behaviour therapy (CBT), dialectical behaviour therapy (DBT), and other mindfulness-based approaches such as mindfulness-based cognitive therapy (MBCT).

**Summary:** In this talk, Assoc. Prof. Keng will present on validation as a cornerstone and key intervention strategy in dialectical behavior therapy (DBT), a multi-component intervention designed for patients with complex, multidagnostic presentations and/or dysfunctional behavioral problems. She will discuss six levels of validation as articulated in the treatment, and clarify ways in which validation overlaps with, and differs from other related concepts in therapy, such as expression of empathy. This talk is suitable for clinicians interested in acquiring an introductory exposure to selected core elements of DBT.

# 30-MINUTE WITH EXPERT 7

July 6, 2021 2:00 PM | Moderated by: Siti Aminah Omar

**Guest:** Dr. Phang Cheng Kar

**Affiliation:** Sunway Medical Centre

**Topic:** Integrating Mindfulness-Based CBT for Anxiety in a Psychiatric Clinic



**Biosketch:** Dr. Phang is a consultant psychiatrist & mindfulness-based therapist in private practice. He is the creator of the MINDFULGym program ([mindfulgymalaysia.com](http://mindfulgymalaysia.com)), the first evidence-based structured mindfulness program for stress reduction and wellness in Malaysia.

**Summary:** No doubt, CBT is an evidence-based treatment for various mental health disorders. However, integrating CBT in a busy psychiatric clinic is challenging. In the presentation, Dr. Phang will share how he introduces mindfulness-based CBT in his clinic for patients with anxiety disorders.



# 30-MINUTE WITH EXPERT 8

July 6, 2021 2:30 PM | Moderated by: Aida Farhana Suhaimi

**Guest:** Prof. Rahmatullah Khan Bin Abdul Wahab Khan

**Affiliation:** Universiti Pendidikan Sultan Idris, Malaysia

**Topic:** Role of Clinical Psychologist in Bariatric Surgery



**Biosketch:** Prof. Rahmatullah was born in Bangkok, Thailand and grew up in Malaysia. He speaks many languages including Malay, English, and Thai, and is a talented orator. He is a progressive Muslim leader locally as well as overseas.

Prof Rahmatullah graduated from the USA in the early 1980s. He is a Professor of Clinical Psychology at Department of Psychology & Counselling Universiti Pendidikan Sultan Idris (UPSI).

Prof. Rahmatullah Khan was recently awarded the Kesatria Mangku Negara (KMN) federal award in Kuala Lumpur, by the 13th Yang di-Pertuan Agong, Tuanku Mizan Zainal Abidin of Terengganu, in conjunction with the birthday of the Yang di-Pertuan Agong (The Star, 8 June 2011). The award ceremony was held at Istana Melawati on 30 September 2011.

**Summary:** Research has reported improvements in psychosocial status following bariatric surgery including social relations and employment opportunities, and improved quality of life. However, although evidence from recent systematic reviews in this area shows that the surgery can result in drastic weight loss and maintenance, most of this data is limited to the first 2–3 years of post-surgery follow-up. This session will discuss the need for psychological evaluation and the role of the Clinical Psychologist in the Bariatric surgical team. Local data will be discussed.

# 30-MINUTE WITH EXPERT 9

July 6, 2021 4:00 PM | Moderated by: Lee Sook Huey

**Guest:** Prof. Steven C. Hayes

**Affiliation:** University of Nevada, United States

**Topic:** Focusing on Processes of Change in the Therapeutic Relationship



**Biosketch:** Professor Steven C. Hayes is a Nevada Foundation Professor of Psychology in the Behavior Analysis Program at the University of Nevada. An author of 46 books and nearly 675 scientific articles, he is especially known for his work on "Acceptance and Commitment Therapy" or "ACT" which is one of the most widely used and researched new methods of behavioral and cognitive therapy, with over 500 randomized controlled trials examining its efficacy ([bit.ly/ACTRCTs](https://bit.ly/ACTRCTs)).

Dr. Hayes has received several national awards, such as the Lifetime Achievement Award from the Association for Behavioral and Cognitive Therapy and is ranked among the most cited psychologists in the world. He is a leading proponent, with Stefan Hofmann and others, of "Process-Based CBT", an attempt to link evidence-based clinical work to empirical processes of change formulated within an extended evolutionary meta-model.

**Summary:** The reason the therapeutic alliance mediates change in evidence-based therapies is that good working alliances can model and instigate positive processes of change.

In this brief talk, Professor Steven C. Hayes will be speaking about how to enhance the outcomes of behavioral and cognitive therapy by using the therapeutic relationship, to strengthen known processes of change in using the psychological flexibility model that underlies Acceptance and Commitment Therapy as an organizational approach to the targeting of these processes.

# 30-MINUTE WITH EXPERT 10

July 6, 2021 4:00 PM | Moderated by: Dr. Hazli Zakaria



**Guest:** Dr. Paul Grant & Dr. Ellen Inverso

**Affiliation:** Beck Institute Center for Recovery-Oriented Cognitive Therapy (CT-R)

**Topic:** Recovery-Oriented Cognitive Therapy Program for Serious Mental Health Challenges

**Biosketch:** Paul Grant, PhD, is Director of Research, Innovation, and Practice at the Beck Institute Center for Recovery-Oriented Cognitive Therapy (CT-R). With Aaron T. Beck, he originated CT-R and conducted foundational research to validate it. He is a recipient of awards from the National Alliance on Mental Illness, the University of Medicine and Dentistry of New Jersey, and the Association for Behavioral and Cognitive Therapies. Dr. Grant developed group, family, and milieu CT-R approaches, and directs large projects implementing CT-R nationally and internationally. He has developed innovative implementation tools and is involved in researching positive beliefs and teamwide culture change as mediators of successful CT-R outcomes. He is the co-author of Recovery-Oriented Cognitive Therapy for Serious Mental Health Conditions and Schizophrenia: Cognitive Theory, Research, and Therapy.

Dr. Inverso is a licensed psychologist and Director of Clinical Training and Implementation at Beck Institute's Center for Recovery-Oriented Cognitive Therapy. A co-developer of CT-R, she provides training and consultation to mental health providers for individuals given serious mental health condition diagnoses and has developed transformative strategies for implementing CT-R on inpatient units, in community residences, in schools, and in forensic facilities, and on assertive community treatment (ACT) teams. She is co-author of the new book Recovery-Oriented Cognitive Therapy for Serious Mental Health Conditions, through Guilford Press.

**Summary:** Not engaging in treatment or dropping out is the best predictor of poor outcomes for individuals who experience serious mental health conditions (Kreyenbhul, Nossel, & Dixon, 2009). They may be suspicious, have low energy, be utterly demoralized, or frequently exhibit behavior that is sometimes difficult to understand (e.g., disorganization, aggression, self-injury, grandiosity, anosognosia). Clinicians who use approaches that require the client be help-seeking or directly address challenges can sometimes find it difficult to get started with such individuals (Dixon, Holoshitz, & Nossel, 2016). Recovery-oriented cognitive therapy (CT-R) is expressly designed to help clinicians meet these individuals where they are at, discover the person behind the "patient," and purposefully pursue a desired life, developing resiliency beliefs to sustain progress. With the cognitive model as the foundation for strengthening the clinical formulation, CT-R utilizes existing skills and know-how that clinicians from all backgrounds and modalities possess to produce transformative outcomes.

In this session, we will briefly review the theoretical basis of CT-R (Beck's cognitive model and theory of modes), its empirical-support, and how to apply it to promote empowerment for individuals who are reluctant to engage in treatment or who are not making progress.

# 30-MINUTE WITH EXPERT 11

July 7, 2021 10:30 AM | Moderated by: Dr. Saw Jo Anne



**Guest:** Prof. Farooq Naeem

**Affiliation:** University of Toronto

**Topic:** Implementation of culturally adapted CBT on a national level: An example from a low-income country

**Biosketch:** Dr. Farooq Naeem is a psychiatrist at CAMH, and a Professor of Psychiatry at the University of Toronto. He was trained in Psychiatry in Merseyside training scheme in Liverpool, England. He completed his MSc in Research Methods in Health and PhD at the Southampton University in England. He is also a Cognitive Behavioural Therapist. In addition to cognitive-behavioural therapy (CBT) for common mental health disorders, he received training in CBT for psychosis. He has pioneered techniques for culturally adapting CBT. These techniques have been used to adapt CBT for a variety of common and severe mental health problems in South Asia, North Africa, the Middle East, UK, China and now in Canada. He has conducted nearly 20 RCTs along with colleagues from Southampton and Manchester universities in England. He works with a team of IT experts, and has developed a CBT-based therapy program – called eGuru – that can be delivered through web and smart phone apps.

**Summary:** Our group has culturally adapted CBT in our previous work in England, Pakistan, The Middle East, China, Morocco and Canada. We used a mixed-methods approach. During the qualitative phase interviews and focus groups are conducted with stakeholders. We have conducted nearly 20 RCTs to test this method with positive outcomes. Our group's main focus has been the development, testing and implementation of culturally adapted CBT. We developed a model of implementation along with a model of cultural adaptation. We successfully implemented CBT at a national level in Pakistan. In this talk, we will describe our experience of adaptation of therapies and of implementation of CBT. As far as we are aware this is the only model of implementation of culturally adapted CBT at a national level in a low-middle income country.

# 30-MINUTE WITH EXPERT 12

July 7, 2021 2:00 PM | Moderated by: Dr. Asma Perveen



**Guest:** Dr. Shishir Palsapure

**Affiliation:** Albert Ellis Institute, New York

**Topic:** Managing procrastination

**Biosketch:** Dr. Shishir Palsapure MD MSc (Psy) International life skills trainer, psychotherapist. Director and Founder of the company Morphic Minds and also of the Affiliated Training Centre of Albert Ellis Institute, India. Shishir Palsapure is a dynamic trainer, an international motivational speaker, life coach, psychotherapist, a medical doctor, corporate trainer. Dr. Palsapure has to his credit of being educated at the best institutes in the world like Harvard University, Boston, Albert Ellis institute, New York and Beck Institute, Philadelphia USA.

Dr. Shishir is truly shaping the future generation with his unique preventive emotional education programme for schools. Dr. Palsapure's training workshops are in immense demand because of his expertise and down to earth nature. He's an expert in Life skills coaching, personality development and confidence building besides training psychologists in the treatment of psychological disorders. He has conducted dozens of CBT and REBT workshops and has trained thousands of mental health professionals and non-professionals and trained many celebrities. He also regularly trains beauty pageant contestants like Mrs. India Queen of Substance and Mrs. India Earth, Rubaru Mr. India. He has brought Nagpur to the world map by representing India at international conferences like The American Psychological Association convention at Hawaii, World Congress of CBT therapists at Peru, Latin America, and twice at Spain.

**Summary:** Procrastination is an extremely common problem and most of us struggle to stop it in spite of knowing that its unhelpful. Although complex, the behavior can be managed, and even stopped. This quick presentation familiarises the audience with different styles of procrastination and how to break each of them using techniques in CBT and REBT.



# 30-MINUTE WITH EXPERT 13

July 7, 2021 3:00 PM | Moderated by: Dr. Yang Wai Wai



**Guest:** Dr. Anke Karl

**Affiliation:** Mood Disorders Centre (MDC), University of Exeter, UK

**Topic:** Neurocognitive Science of CBT

**Biosketch:** Dr. Anke Karl is an Associate Professor of Clinical Psychology and Affective Neuroscience at the Mood Disorders Centre (MDC) at the University of Exeter, UK. Her research focuses on biobehavioural underpinnings of posttraumatic stress disorder (PTSD) and recovery from psychological trauma. She is also interested in translational clinical research about how our understanding of biopsychological processes and mechanisms can inform the development or refinement of psychological therapies for trauma survivors with PTSD and depression. She teaches mostly at postgraduate level and as a licensed Psychological Psychotherapist (Approbation) is an associate therapist at the AcCePT clinic in the MDC.

**Summary:** Understanding the underlying mechanisms of change of cognitive behaviour therapy (CBT) is important to refine and develop new treatment approaches. CBT is accompanied by changes in neurocognitive and affective processes and their underlying brain circuitries and biopsychological correlates. This micro skill session will use examples from research into posttraumatic stress disorder and depression to demonstrate the use of experimental approaches to investigate mechanisms of action of trauma-focused CBT and mindfulness-based and compassion-focussed third wave CBT. It will introduce possible markers for treatment outcome including the study of brain and autonomic nerve system functioning and allow participants to understand benefits and limitations of their use in CBT research.

# RESEARCH UPDATE 1

July 5, 2021 11:30AM | Moderated by: Dr. Jusmawati Fauzaman

**Name of Presenter:** Dr. Kee-Hong Choi

**Affiliation:** Department of Psychology, Korea University

**Topic:** The role of maladaptive and five-factor personality traits in mental health and preventive behaviour during the COVID-19 pandemic situation: A 10-month longitudinal study



**Biosketch:** Dr. Kee Hong Choi did his Masters in Clinical Psychology, Korea University, Seoul in 2005. He did his psychology internship in University of Rochester in 2009 until 2010. In distinction of his PhD in Clinical Psychology at University of Nebraska-Lincoln, Lincoln, United States year 2005 to 2010. Dr.Kee-Hong has completed a post-doc at Department of Psychiatry, Columbia University Medical Center, New York, NY, USA.

Currently, he is an associate professor in department of psychology, Korea University since 2016. He started to be a director of Korea University Mind Health Institute, Seoul Korea starting form 2016 until now. He is full member of Korean Clinical Psychologist, Korean Psychology Association, Seoul, Korea, a licensed Advanced Cognitive Behaviour Therapist, Korean Association of Cognitive Behaviour Therapies, Seoul, Korea and a full time Licensed Psychologist, Connecticut. He has numerous Research Publications in both National and International Journals.

Dr.Kee-Hong is generally interested in assisting individuals with severe mental illness to adapt to the community. His main focuses are on investigating effects of social-cognition and emotion on social functioning and psychotic symptoms, and the effects of cognitive-behavioral approaches.

**Abstract:** During the Coronavirus disease (COVID-19) pandemic situation, personality traits would be one of the factors explaining individual differences in mental health and coping. The purpose of the current longitudinal study was to examine how personality traits influence longitudinal changes in mental health (i.e., depressive and anxiety symptoms and suicide risk) and preventive behaviors in the COVID-19 pandemic situation.

A total of 1,137 representative samples of South Korea were recruited and participated in an online survey, and they were tracked changes longitudinally. The data was collected at 6 time points from May 2020 to February 2021. A linear mixed model was used for longitudinal data analyses utilizing SAS PROC MIXED. First, the results showed that participants with high levels of extraversion (E) and conscientiousness (C), or low negative affectivity (NA) had significantly lower levels of depression, anxiety, and suicide risks than people with low E, low C, or high NA over 10 months during the COVID-19 pandemic situation. Second, people with high levels of agreeableness (A), C, or emotional stability (ES) showed significantly higher levels of preventive behaviors. Third, people with high NA showed greater levels of depressive and anxiety symptoms and suicide risks regardless of the level of E or C, indicating that NA would be the strongest predictor for mental health problems during the COVID-19 pandemic situation. Fourth, people with high ES showed higher levels of preventive behaviors regardless of the level of C or A. However, people with low ES only showed greater levels of preventive behaviors when having high levels of C or A. The current findings demonstrate that personality traits contribute to individual differences in mental health and preventive behaviors during the COVID-19 pandemic situation. It is concluded that personality traits should be considered when designing and providing mental health services during COVID-19 pandemic situation.

# RESEARCH UPDATE 2

July 5, 2021 4:30PM | Moderated by: Dr. Ponnusamy A/L Subramaniam

**Name of Presenter:** Prof. Ken Laidlaw

**Affiliation:** University of Exeter, United Kingdom

**Topic:** Age Appropriate CBT and Wisdom Enhancement with Older People



**Biosketch:** Professor Ken Laidlaw, PhD is Professor of Clinical Psychology and Programme Director of the DCLinPsy Clinical Psychology Training Programme as well as Director of Postgraduate Research Programmes within CEDAR (Clinical Education, Development and Research) at the University of Exeter. Professor Laidlaw has devoted his professional career to enhancing the wellbeing of older people through the application of CBT. Dissatisfied with prevailing ideas that depression was a natural outcome of ageing, and at the time, the accepted logical that CBT was not efficacious with older people, he has worked to overcome myths, misconceptions, and unhelpful stereotypes. In recent years, Professor Laidlaw has been developing age appropriate techniques within CBT to augment this efficacious treatment. In 2000, Professor Laidlaw was privileged to spend a year with Professors Beck in Philadelphia as a visiting scholar.

Currently, Professor Laidlaw is a Practitioner Psychologist Registered with the Health and Care Professions Council (HCPC). He maintains ongoing research activity in cognitive behaviour therapy (CBT) for late life depression and anxiety, especially with complex, chronic and comorbid conditions having published more than 100 papers, books, book chapters and practitioner reports, etc. He has established research links with colleagues in the US, Australia and Scandinavia. He carried out the first UK RCT of CBT for late life depression, and more recently (2017) published the first age-comparison meta-analysis of CBT for late life GAD. Research interests revolve around late life depression and the anxiety disorders, applied research in gerontology and quality of life and attitudes to ageing. Ken was the lead researcher on the development of a cross-cultural attitudes to ageing questionnaire (AAQ) created with 5566 older people in 20 countries worldwide (see Laidlaw et al, 2007; 2018), and subsequently published in a number of peer-reviewed papers with international collaborators. In recent years Ken has regularly presented keynotes and workshops at the European and World Congress of Behavioral and Cognitive Therapies.

**Abstract:** Research evidence confirms that CBT is efficacious as an intervention for depression and the anxiety disorders in later life as it is skills enhancing, present-oriented, problem-focused, and straightforward to use. While depression and the anxiety disorders in later life are often misunderstood as a 'natural' consequence of challenges and losses associated with ageing. This talk considers how CBT can be very empowering of older people in bringing about positive changes, by making effective use of lifeskills. Much less emphasis has been placed on understanding process issues in working with older people.

This talk will address these process issues and provide an overview of an age appropriate approach to CBT that builds upon traditional Beck models of CBT and integrates contemporary gerontological theories on normal ageing and wisdom.

# RESEARCH UPDATE 3

July 6, 2021 10:30 AM | Moderated by: Dr. Mohamed Faiz Mohamed Mustafar

**Name of Presenter:** Prof. Freedom Leung Yiu-kin

**Affiliation:** Shaw College, The University of Hong Kong

**Topic:** Doing CBTs in the Era of Neuroscience: A Mechanism-based Treatment Model



**Biosketch:** Prof. Freedom Leung graduated from Concordia University, Montreal, Canada with a PhD in Clinical Psychology. He spent three years working as the clinical research associate at the world renowned Douglas Hospital Center in Montreal before returning to Hong Kong in 1992. He has taught clinical psychology at the Chinese University of Hong Kong for over 25 years. His research expertise includes eating disorders, borderline personality disorders, self-harm behaviour and mindfulness therapy. During his tenure at CUHK, Prof. Leung has received numerous Best Teaching Awards, including the Best Teaching Award of the Faculty of Social Science (2004), and the Vice-Chancellor's Exemplary Teaching Award (2005), and the General Education Best Teaching Award of Shaw College (2019). Prof. Leung was the past president of the Hong Kong Psychological Society (1996-1997), and the senior advisor for the Society of Clinical Psychology in China and Taiwan. He is a committee member of the Asian Cognitive Behavior Therapy Association (2018-2021).

Currently, he is the Head of Shaw College at the Chinese University of Hong Kong. He also serves as the senior consulting clinical psychologist for the Personnel Department and the Office of Student Affairs of the University.

**Abstract:** Advances in neuroscience research in the past few decades have enable us to develop a much better understanding of human mind's inner workings, from the nature of emotion, memory, attention to consciousness. We have also gained more in-depth scientific knowledge on how human mind works in different psychological disorders. Based on these knowledge advances, Insel (2014), the ex-director of NIMH in the US, advocated the shift toward "precision medicine for psychiatry". Basically, he argued that psychiatric treatments of any disorder should be based on the precise understanding of pathophysiological mechanisms of a disorder. Following Insel's ideas, I'll integrate recent findings from affective and cognitive neuroscience on how the mind works in different emotional disorders, and propose a mechanism-based treatment model for CBT. Treatment of stress-related disorders will be used to illustrate how this new model of CBT works in clinical practice.

# RESEARCH UPDATE 4

July 6, 2021 11:30 AM | Moderated by: Dr. Ahmad Nabil Md. Rosli

**Name of Presenter:** Prof. Michael Kyrios

**Affiliation:** College of Education, Psychology & Social Work, Flinders University

**Topic:** Evidence-based formulations and solutions for treating Obsessive Compulsive and Related Disorders: New ways forward



**Biosketch:** Professor Mike Kyrios is Vice President and Executive Dean at Flinders University in the College of Education, Psychology and Social Work and was the inaugural Director of the Órama Institute for Mental Health and Wellbeing. He also maintains honorary positions at various universities (ANU, Melbourne, Swinburne) and the South Australian Health and Medical Research Institute (SAHMRI). Mike is a clinical psychologist with expertise focusing on mental health, wellbeing and psychological treatments, including those that are delivered digitally. He has attracted nearly \$22 million in research funding and has over 170 publications. He has undertaken editorial responsibilities for various leading journals, including Behavior Therapy, Journal of Obsessive-Compulsive and Related Disorders, Behavioural and Cognitive Psychotherapy and the International Journal of Psychology. He was Scientific Chair for both the 2010 International Congress of Applied Psychology and 2016 World Congress of Behavioral and Cognitive Therapies.

Prof Mike received the 2013 Ian M Campbell Memorial Prize in Clinical Psychology from the Australian Psychological Society (APS) and 2011 Presidential Citation for Excellence from the American Psychological Association's Society for General Psychology. He is also a former President of the APS and National Chair of the APS College of Clinical Psychologists. He was elected a Fellow of the APS in 2007 and an Inaugural Fellow of the Australian Association of Cognitive and Behavioral Therapy in 2016. Mike has also maintained consultancy roles to various government bodies, community groups and industry partners.

**Abstract:** The 5th edition of the American Psychiatric Association's Diagnostic and Statistical Manual of Mental Disorders (APA, 2013) highlights the distinctiveness of the obsessive-compulsive and related disorders (OCDs). While there are numerous OCDs, Obsessive Compulsive Disorder (OCD) is probably the best-known example, although there is also growing public awareness of Hoarding Disorder and Body Dysmorphic Disorder. These disorders are common, highly disabling and generally associated with higher degrees of comorbidity, suicidality and health costs.

This talk will focus on OCD and, if time permits, extend to other OCDs, giving an overview of symptoms and a cognitive conceptual framework that has led to enhanced treatment options for affected individuals. In particular, the talk will focus on our team's work with Cognitive Behaviour Therapy (CBT), recommended by guidelines as the first-line and most effective treatment, which can be applied in face-to-face and technology-based modalities. Our studies have found high magnitude effects for CBT, irrespective of treatment modality (face-to-face group or individual, and therapist-assisted or self-guided online dissemination). Nonetheless, despite its efficacy, less than half of CBT participants will recover or demonstrate clinically significant change, although face-to-face is superior to online treatment.

The limitations of CBT have led to deliberations regarding ways to improve outcomes. Most recently, our group has been investigating self cognitions in the OCDs in the hope of advancing our knowledge of new potential treatment targets. For instance, having identified self construals that are associated with OCD, we are now developing new strategies that can be integrated into CBT as a way of progressing efficacy.

The evolution of evidence-based treatments and their integration into mental health policies and funding models is imperative if we are to improve the wellbeing of those who present with disabling disorders such as the OCDs



# RESEARCH UPDATE 5

July 6, 2021 4:30 PM | Moderated by: Dr. Crendy Tan Yen Teng

**Name of Presenter:** Prof. Cecilia Essau

**Affiliation:** Centre for Applied Research & Assessment in Child & Adolescent Wellbeing, University of Roehampton, UK.

**Topic:** Anxiety in young people: Using Super Skills for Life program to adapt to the “new” normal



**Biosketch:** Cecilia A. Essau is Professor of Developmental Psychopathology, and Director of Centre for Applied Research and Assessment in Child and Adolescent Wellbeing at the University of Roehampton, UK, and Visiting Professor at the University of Adelaide, Australia. She is also a scientific advisor to the United Nations Office on Drugs and Crime project on “Treatnet Family” intervention for adolescents with drug use disorders. Prof Essau, born and raised in Malaysia, obtained her undergraduate and Master of Arts degree from Lakehead University (Canada), PhD from the University of Konstanz (Germany), and “Habilitation” (requirement to apply for tenure-track full professorships in Germany) in Clinical Psychology from the University of Bremen (Germany). Prof Essau has Visiting Chairs at numerous universities, including the Norman Munn Distinguished Visiting Scholar at Flinders University, the Florey Medical Research Foundation Mental Health Visiting Professor at the University of Adelaide, and a Distinguished Visiting Professorship at De La Salle University. She was recently Singapore’s Ministry of Health “HMDP” (Health Manpower Development Plan) Visiting Expert. In 2011, she was made Fellow of the British Psychological Society in recognition of her contribution to the field of Psychology. Cecilia is also Fellow of the Japan Society for the Promotion of Science. She is the author of 250 articles and is the author/editor of 21 books in youth mental health.

**Abstract:** Up to 32% of young people in the general population are estimated to suffer from any mental disorders, with anxiety being the most common. Numerous recent studies have reported that the prevalence of anxiety has shown a sharp increase since the COVID-19 pandemic. In addition to being prevalent, anxiety co-occur highly with numerous other psychiatric disorders such as with depression and substance use disorders. Among those with comorbid disorders, up to 75% of the cases, reported the presence of anxiety disorders before the onset of other mental disorders. Young people with anxiety and comorbid disorders tend to have more severe symptoms of their disorders and used higher mental health services. When untreated, anxiety disorders that begin early in life can become chronic and are often associated with a negative course and outcome.

In response to the growing awareness of the problems associated with anxiety, a number of programs have been developed to prevent/treat young people with this disorder. One such effort is the development of the “Super Skills for Life” (SSL), which is a trans-diagnostic treatment protocol that is based on the principles of cognitive behaviour therapy, behavioural activation, and social skills training. SSL is developed in an effort to increase access to evidence-based prevention/early intervention for young people with anxiety and/or depression. By utilising a ‘train-the-trainer approach’, the SSL training has built the capacity and shaped the practice of 24,800 practitioners in 17 countries. Since the pandemic several SSL workshops have been conducted via zoom to train school counsellors, teachers and youth workers to deliver SSL on-line to young people who need psychological support during this difficult time.

# RESEARCH UPDATE 6

July 7, 2021 11:00 AM | Moderated by: Dr. Kartini Ilias

**Name of Presenter:** Dr. Marieke de Vries

**Affiliation:** University of Nottingham, Malaysia

**Topic:** The effectiveness of cognitive training in children with developmental conditions



**Biosketch:** Marieke did her Master in Clinical Neuropsychology, after which she worked as a child psychologist. She then continued to do her PhD, for which she studied an Executive Functioning training for children with Autism. A computerised training game, including a Working Memory and Cognitive Flexibility training was studied in a randomised controlled trial.

During her Postdoc, Marieke broadened her scope to Executive Functioning problems in a variety of paediatric conditions (e.g. Brain Tumour, Sickle Cell disease). When she started her work at UNM, she returned to studying cognition in autism, and is additionally interested in cultural differences in (interpretation of) autism traits. Marieke lectures about developmental psychology, clinical psychology, and autism.

**Abstract:** Executive Functioning problems are common in a wide variety of conditions. Children with neurodevelopmental conditions such as Attention Deficit Hyperactivity Disorder (ADHD), Autism, Learning- or Pediatric conditions, all experience difficulties with these cognitive functions, although the quality and quantity of these difficulties might vary. Several studies have explored the effectiveness of cognitive training to improve Executive Functioning difficulties in children with neurodevelopmental conditions.

Cognitive training can be subdivided in generally two types; 1) Process-based training, in which a cognitive task is performed repeatedly over a fixed period, and 2) Strategy-based training, mainly focusing on practicing planning, organizing, and time management strategies.

Initial results from process-based training seemed promising. However, randomized controlled trials show diverse effects. Moreover, transfer effects are often small; applying the trained skill to daily life activities appears challenging. Strategy-based training seems more promising, and generalizing the learned skills is an essential part of the training. Besides the type of training, factors such as the adaptivity of the training, the targeted behaviour (e.g., working memory, cognitive flexibility), the variety of training, and focus on transfer of skills are important for effectiveness.

In the current talk, the effectiveness cognitive training for ADHD, Autism, Learning- and Pediatric conditions will be discussed.

# RESEARCH UPDATE 7

July 7, 2021 11:30 AM | Moderated by: Sakinah Idris

**Name of Presenter:** Dr. Azizah Othman

**Affiliation:** Department of Pediatrics, School of Medical Sciences Universiti Sains Malaysia (USM)

**Topic:** The effects of behavioral techniques training on feeding problems among children with neurological impairments



**Biosketch:** Azizah Othman is an Associate Professor and a clinical psychologist at Department of Pediatrics, School of Medical Sciences Universiti Sains Malaysia (USM), Kubang Kerian since 2008. She is a program co-ordinator for the Integrated Psychology Program Master in Psychology (Clinical) jointly offered by USM and UPSI. Dr. Azizah teaches psychology at various levels in medical and health departments and supervises trainees in counselling and clinical psychology. She actively supervises research students and has graduated postgraduate students at both Master and Doctorate level. She also provides psychological assessment and psychotherapy at Psychology Clinic HUSM in addition to offering counselling service for children, parents, and students.

She obtained a Professional Doctorate in Psychology (DPsych) in Clinical Psychology from University of South Australia (UniSA), Australia in 2008 and specifically trained in Cognitive Behavioral Therapy (CBT). She graduated in Master of Human Sciences (Clinical & Counseling Psychology) in 2005 and Bachelor of Human Sciences (Psychology) in 2000 from the International Islamic University Malaysia (IIUM). She obtained specialised training via Certificate in Brief Systemic Therapy and Certificate in Therapeutic Play Skills (2016) from Play Therapy United Kingdom (PTUK). Dr. Azizah is a member of Malaysian Society of Clinical Psychology (MSCP), Malaysian Psychology Association (PSIMA), Malaysian Association of Adolescent Health (MAAH) and Asia Pacific School Psychology Association. She is a member of International Psychooncology Society.

Her research interest includes psychological development and problems in children and adolescents, as well as positive psychology and parenting. Dr. Azizah is actively conducting research and holding several grants from within and outside the university, in the related areas. Dr. Azizah has written nearly 30 journals and proceedings, published locally and abroad, as well as authoring books and book chapters, for example 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). .K.U: Panduan untuk ibubapa (2014), dan Persoalan dan Penyelesaian Masalah Kanak-Kanak O.K.U (2014).

**Abstract:** Malnutrition is prevalent among individuals with neurological impairments, partly due to their limited eating capabilities as well as difficult feeding behavior especially during mealtime. **Purpose** As part of a larger project, we examined the effects of training the caregivers of children with neurological impairment on specific behavioral techniques in reducing their feeding problems. **Materials and Methods** This was a community-based intervention study sampled from 9 main districts in Kelantan Malaysia, involving 109 caregivers of children with neurological impairment, whom were conveniently assigned into a behavioral training program (n=53) and an active control group (n=53). The former received a 2-hour Mealtime Interaction and Behavior Training and the latter was given 2-hour dietary counseling. Pre, post and follow-up assessment were conducted using Behavioural Pediatrics Feeding Assessment Scale (BPFAS) **Results** Repeated-Measure ANOVA revealed a significant interaction between group and time (time-group interaction) for total BPFAS [ $F(1, 100) = 5.95, p=0.005$ ], total children feeding problems [ $F(1, 100) = 6.77, p=0.003$ ], and parents perceived feeding problems [ $F(1, 100) = 18.87, p<0.0001$ ]. **Conclusion** Training on specific behavioral techniques, incorporated in a comprehensive nutrition program is found to be effective in reducing feeding problems, and improving the children's health outcome in general. Effective behavioral instructions should be introduced in the local community centers in managing children with neurological impairments.

# RESEARCH UPDATE 8

July 7, 2021 2:30 PM | Moderated by: Dr. Hilwa Abdullah

**Name of Presenter:** Prof. Nashi Khan

**Affiliation:** Rashid Latif Khan University; Counseling & Wellness Centre (CWC);  
Rashid Latif Medical Complex (RLMC)

**Topic:** Cognitive Behavior Therapy Limitations in Pakistan



**Biosketch:** Dr. Nashi Khan did her Masters in Psychology, University of the Punjab with Distinction year 1986; did Masters in Clinical Psychology from Institute of Psychiatry, Kings College London, London, UK year 1988; did PhD in Clinical Psychology, University of Health Sciences, Pakistan, year 2008; did Fellowship of International Medical Sciences Academy (IMSA) India, year 2008; did Post Doctorate in Clinical Psychology, Institute of Psychiatry, Kings College London, UK year 2009. Has been awarded with the Status of Chartered Clinical Psychologist by British Psychological Society, UK. Still the only Chartered Clinical Psychologist in Pakistan. Full Member of British Psychological Society since 1994. Member New Zealand Board of Psychologists. Currently Elected Vice President, Pakistan Association for Clinical Psychologists, Pakistan.

Worked as Clinical Psychologist in Health Dept. for several Years, founder of Psychiatric Rehabilitation Centre at Punjab Institute of Mental Health, Worked as the first Student Counselor of LUMS for 11 years, HEC approved supervisor Dr. Khan has been full time faculty at Centre for Clinical Psychology, University of the Punjab, Lahore. TILL 2019. Trained Sex Therapist from the world most prestigious place i.e. Institute of Psychiatry, UK. Specialties: Anxiety Disorders, Sexual Dysfunctions and Culture Bound Syndrome.

At Present working as Project Director, Director & Dean Rashid Latif Khan University (Proposed) & Director, Counseling & Wellness Centre (CWC) Rashid Latif Medical Complex (RLMC). She has to her credit numerous Research Publications in both National and International Journals.

## Abstract:

Psychological Therapies especially Cognitive Behaviour Therapy (CBT) are best widely used in the civilized World to help patients with Anxiety and Depression.

Despite the massive developments in the developed and civilized world, Clients / Patients in most developing countries are hardly convinced or buy the non Pharmacological Interventions. Although some or very few Psychologists are fully Trained or Certified in Pakistan, Psychological Interventions play a very little in Psychological treatment plans specially in Pakistan.

Some Interviews with Clinical Psychologists were conducted in Pakistan, to explore their experiences and their views on "Providing CBT in Pakistan".

The interviews were conducted on a small scale in this research whose focus was to look into developing cultural sensitive CBT for Pakistani Clients / Patients.