CONFERENCE SCHEDULE

Day 1 Thursday (8 May)
8.00am Registration & Breakfast
9.00am Keynote Address: Heart of Compassion, A World of Difference
Paul Jambunathan
10.00am Concurrent Workshops:
Positive Self-care for Effective Helping
Harry Low
Courage under Fire - Helping Someone in Crisis
Kenny Lim & Gerry Urudra
Expressive Arts for Personal Growth and Awareness
Dr. Diana Lea Baranovich
Listening to Self, Listening to Others
Dr. Ng Wai Sheng
12.00pm Lunch
1.00pm Workshops Resume
3.00pm Tea Break
3.30pm Forum:
The Mental Health Situation in Malaysia- Impact On Youth
Prof. Nigel Marsh, Dr. Anne Yee, Harry Low
5.00pm END

Day 2 Friday (9 May)
8.30am Concurrent Workshops:
Communication & Conflict Resolution
Dr. Anasuya Jegathevi Jegathesan
Stories from Positive Psychology:
Making University Life Meaningful
Assoc. Prof. Dr. Alvin Ng Lai Oon
Sticky Notes and Push Pins (SNAPP)
Joshua Liong
"Help, I'm peer-pressured!": Dealing with Peer-Pressure
Abel Cheah
10.30am Tea Break
11.00am Workshops Resume
1.00pm Lunch
3.00pm Peer Helpers' Dialogue
5.00pm END

*Workshops will commence concurrently and seat availability is on first-come, first-served basis. No changes allowed after submission. The organising committee reserves the right for final workshop allocation, subject to seat availability.

For details/registration, visit
https://www.facebook.com/sunwaypeer
CONFERENCE OBJECTIVES:

- To increase awareness among peer helpers and student leaders on the various issues that affect students today
- To equip peer helpers and student leaders with counselling knowledge which further enhances peer helping efficiency
- To serve as a platform for sharing ideas and insight among students with their peers from different universities, colleges and organisations

Keynote Speaker

Paul Jambunathan
Clinical Psychologist
Pantai Hospital Kuala Lumpur
Senior Lecturer, School of Medicine & Health Science, Monash University, Sunway Campus

Forum Panelists

Harry Low
Counsellor and Psychotherapist

Professor Nigel Marsh
Professor of Clinical Psychology, Department of Psychology, Sunway University

DAY 1

Positive Self-care for Effective Helping

Harry Low
Counsellor and Psychotherapist

Being a peer counsellor is an exceptionally stressful and difficult role. Therefore, the awareness, ability, and action for self-care is crucial for peer counsellors to remain effective in the helping process. This workshop will explore and introduce various self-care methods. A live demonstration of these methods will showcase the ability to share their experience. The workshop will be conducted through experiential methods such as drama, drawing and body movement.

Courage under Fire - Helping Someone in Crisis

Kenny Lim
Outreach Director

Gerry Urudra
Duty Director

The Befrienders Kuala Lumpur

As a helper or carer, you may have come across people who were feeling emotionally distressed or suicidal. Providing support for such people can be a real challenge. Many a time, we feel so helpless, not knowing what to do or how we can help. Join this workshop to build your skills in ACTIVE LISTENING, a crucial component for providing emotional support.

DAY 2

Communication & Conflict Resolution

Dr. Anasuya Jegathevi Jegathesan
Senior Lecturer, Faculty of Behavioural Sciences, HELP University, BA (Mgmt) Hons (USM), MED (Guidance & Counselling) (IIU), MBA (IT & Mgmt) (MSM), Prof Doctorate (Counselling) (UniSA), Counsellor (Board of Counsellors)

This workshop allows you to develop communication tools, understand the source of conflict, its causes and types in an interactive manner. Through exciting activities, you will get an opportunity to practice these skills and identify your own style when dealing with conflicts.

Stories from Positive Psychology: Making University Life Meaningful

Assoc. Prof. Dr. Alvin Ng Lai On
Department of Psychology, Faculty of Science and Technology, Sunway University

This workshop looks into using practical psychological methods for positive living in college/university life. Participants will learn about simple practices that can improve coping skills in their personal, social and academic lives, as well as to boost their own self-esteem and acceptance in relation to their social circle. Dr. Alvin will also impart tips for calmness, focus and personal mastery over skills learnt in university as well as life. There will be short practical sessions to help with skills retention and of course, FUN!

Listening to Self, Listening to Others

Dr. Ng Wai Sheng
Visiting Consultant at IMU Healthcare-Bukit Jalil, Columbia Asia Hospital-Seremban and Klinik Pakar John Tan-Klang

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