





In conjunction with 2024 Public Service Psychology Conference

DATE: 1ST-2ND OCTOBER 2024 VENUE: GRAND BALLROOM, HILTON KUCHING



www.conference.unimas.my/icopw2024







#### **STRATEGIC PARTNERS:**











#### **BACKGROUND**

The International Conference on Psychological Well-Being 2024 (ICOPW2024) is held in conjunction with the 2024 Public Service Psychology Conference and National Counselling month, celebrated in October every year. In addition, it is also a step to strengthen the role and responsibility of the counselling and psychology profession in planning, implementing and coordinating community counselling activities so that people become more prosperous. Participants who attend ICOPW2024 will benefit from the implementation of this conference with planned programmes.

Mental illness awareness means acceptance and love; it means an end to the stigma associated with it and the beginning of hope. Awareness starts with educating people to reduce stigma and improve the quality of life for those with mental illness. Mental illness awareness is being comfortable talking about mental health without the fear of being judged for it. It's less stigma and less hatred towards those with mental illness. It means recognizing that mental illness is as real as any physical illness.

ICOPW2024 will be implemented completely face-to-face and interesting programmes for the two (2) days of the conference have been designed for all participants such as keynote speeches, interactive sessions, forums, celebrity inspirational segments, creative poster competitions and exhibitions.

#### **CONFERENCE OBJECTIVE**

At the end of organizing ICOPW2024 it is hoped to:-

- Promote knowledge exchange for professionals in the field of psychology, counselling and mental health to share the latest findings, techniques, skills and experiences;
- To raise awareness about the importance of psychological well-being and mental health, as well as reduce the stigma associated with mental health issues;
- Be the best platform for highlighting aspects of psychological well-being among staffs of government and non-government organizations;
- Provide early exposure to the importance of mental health care among staffs of an organization in facing mental health challenges;
- Being a medium to open space and opportunities for participants to explore their potential in order to become a more balanced person in terms of thinking and emotions; and
- Empowering the function and role of the counselling and psychology profession in an effort to help members of an organization become knowledgeable, especially in issues related to mental health.

#### **TARGET PARTICIPANTS**

- International and Local Counselling and Psychology Practitioners;
- Federal and State Government Officers; and
- Students





# **CALL FOR** PARTICIPANTS

NAL CONFERENCE ON PSYCHOLOGICAL WELL-BEING

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#### CATEGORIES & FEES:

- INTERNATIONAL RM1,500.00

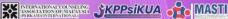
#### SUPPORTING:

































REGISTRATION **CLOSING DATE:** 

EXTENDED TO 20.9.2024



For any enquiries please contact: icopw24@unimas.my Mr Mond Amin - 0135436346 Ms Ruvi Christing - 0109834245 Mr Awang Shamsulizha - 0128589715

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## **CALL FOR POSTERS**

In conjunction with
2024 Public Service Psychology Conference

DATE: 1ST-2ND OCTOBER 2024 VENUE: GRAND BALLROOM, HILTON KUCHING

FEE: RM150.00

REGISTRATION CLOSING DATE: QTH CEDTEL EXTENDED TO 20.9 202

TO REGISTER,

#### THEMES:

- MENTAL HEALTH
- ORGANIZATIONAL WELL-BEING COUNSELING PSYCHOLOGY
- **CLINICAL PSYCHOLOGY**
- **EDUCATIONAL PSYCHOLOGY**

#### PRIZES:





#### IMPORTANT DATES:

8TH SEPTEMBER - 20TH SEPTEMBER 2024 REGISTRATION

1ST AUGUST — 8TH SEPTEMBER 2024 LETTER OF ACCEPTANCE

1ST — 8TH SEPTEMBER 2024 SOFTCOPY POSTER SUBMISSION

1ST-2ND OCTOBER 2024 DAY OF PRESENTATION / EXHIBITION

#### SUPPORTING:





#### STRATEGIC PARTNERS:













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#### **EVENT PROGRAMME**

Date: 1st-2nd October 2024 Venue: Grand Ballroom, Hilton Kuching

### **TUESDAY, 1ST OCTOBER 2024**

| 0700 - 0830 | Booth and Poster Setup by Exhibitors   |
|-------------|--|
| 0800 - 0830 | Registration   |
| 0900 - 1200 | Poster Judging Session   |
| 0830 - 0900 | Vice Chancellor's Welcoming Remarks "The Role of Leaders in Promoting Mental Health and Well-Being in the Public Sector" YBhg Professor Dr. Ahmad Hata bin Rasit, UNIMAS Vice Chancellor                 |
| 0900 - 1000 | Keynote Session I "Resilient Workforce: Preparing for Psychological Challenges in an Ever-Changing World" YBhg Dato' Dr Abd Halim bin Mohd Hussin, President of the Malaysian Counselling Association    |
| 1000 - 1100 | Keynote Session 2 "Building Resilience in the Workplace: Trends, Challenges and Technological Solutions" YBhg Laksamana Madya Datuk Sabri bin Zali, President of the National Centre for Defence Studies |
| 1100 - 1200 | Inspiration Segment with Celebrity   |
| 1200 - 1400 | Lunch  |
| 1430 - 1630 | Launching of National Counselling Month 2024   |
| 1630 - 1700 | Closing Tea Break  |



























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Date: 1st-2nd October 2024 Venue: Grand Ballroom, Hilton Kuching

## WEDNESDAY, 2ND OCTOBER 2024

| 0800 - 0830 | Registration   |
|-------------|--|
| 0830 - 0900 | <b>Welcoming Remarks</b><br>YBrs Dr. Abdul Jalil bin Hassan,<br>Co-Chairman of ICOPW2024   |
| 0915 - 1015 | Interactive Session I "Innovative Approaches to Workplace Well-Being: Case Studies and Best Practices" YBrs Dr. Pau Kee, Sultan Idris University of Education  |
| 1030 - 1130 | Interactive Session II "Creative Arts Therapy: Exploring the Healing Power of Arts and Music YBrs Madam Mutia Ribowo, Founder ART+i Art Therapy Jakarta  |
| 1145 - 1245 | Interactive Session III "The Power of Positive Psychology: Techniques for Cultivating Happiness and Well-Being" YBhg Major (RTD) Awang Rusli Bujang, President of the Brunei Darussalam Counseling Association |
| 1200 - 1400 | Lunch  |
| 1400 - 1600 | Psychological Wellbeing Forum "Navigating SDG 3: Nurturing Mental Wellness in a Changing World" 4 Panelists  |
| 1600 - 1630 | Concluding Remarks<br>YBrs Haji Azlan bin Ramli,<br>Chairman of ICOPW2024  |
| 1630 - 1700 | Closing Tea Break  |
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