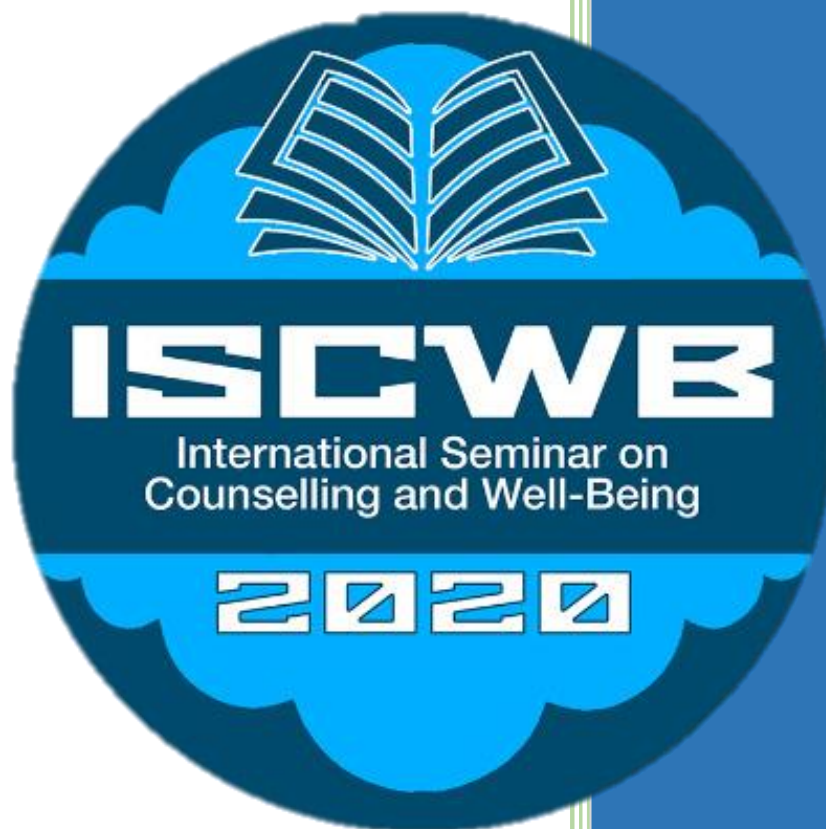


Program

**INTERNATIONAL SEMINAR ON
COUNSELLING AND WELL-BEING
(ISCWB 2020)**

Thursday, 19th November



PROGRAM OVERVIEW

Thursday, 19th November 2020

Time (MYT)	Details					
0800 - 0815	Welcoming and Briefing					
0815 - 0830	Opening Ceremony					
0830 - 0900	Keynote Speaker: Prof. Noran Naqiah Binti Mohd Hairi Title: <i>“Working Together through the Challenges of COVID-19 – Wellness Matters”</i>					
0900 - 0915	Break					
0915 - 0945	Keynote Speaker: Prof. Dr. Y. Joel Wong Title: <i>“Harnessing the Power of Encouragement During the COVID-19 Pandemic.”</i>					
0945 - 1000	Break					
1000 - 1100	Parallel Session 1					
	Session 1 Theme: Youth and Wellbeing 1 Moderator: Dr MadhyaZhagan A/L Ganesan	Session 2 Theme: Women and Wellbeing Moderator: Dr. Norsafatul Aznin binti A.Razak	Session 3 Theme: Counseling and Wellbeing Moderator: Dr Lau Poh Li	Session 4 Theme: Wellbeing in Workplace Moderator: Dr Ida Hartina Ahmed Tharbe	Session 5 Theme: Youth and Wellbeing 2 Moderator: Dr Fonny Dameaty Hutagalung	Session 6 Theme: Therapy and Psychological Support Moderator: Dr Rafidah Aga Mohd Jaladin
	033- The effects of university students’ personal strengths in increasing resiliency during the three phases of coronavirus lockdown in Sabah, Malaysia (Getrude Ah Gang)	004-Women and Resilience: Challenges Faced by Cancer Surviving Employed Women (Nordinah Binti Mohd Kassim, Melati Sumari)	019-Kelebihan dan Cabaran Kaunseling Atas Talian: Satu Kajian Kualitatif Pengalaman Kaunselor di Malaysia (Poh Li Lau,Siaw Leng Chan)	001-Occupational Psychological Well-Being Among Emergency Medical Service Ambulance Driver in Hospital Kuala Lumpur (Rosdi Zainol,Shuib Rambat, Norazlinda Saad)	008-Coping Strategies of Secondary School’s Students with Delinquent Behaviour (Nurul Fazzuan Bin Khalid)	028- Development of a Cognitive Therapy Module for Enhancing Self-Esteem among Youths with Physical Disabilities (Rafidah Aga Mohd Jaladin, Janet Ann Fernandez, Ahmad Shamsuri, Aina Razlin Mohammad Roose)

1000 – 1100	<p>005-Neuro-Linguistic Programming Toy Story as An Educational Media of Sexual Violence Prevention in Elementary Students (Yuni Sasfiranti, Zhalilla Viola Risqa Setiani, Alma Nabella Shoolicha K., Anisa Fitriani)</p>	<p>009-Kelangsungan hidup dari Perspektif Wanita dalam Generasi Sandwich: Ke arah Mempromosi Kesejahteraan Hidup dalam era Pandemik (Norsafatul Aznin A. Razak, Norfaezah Md Khalid, Ahmad Shamsuri Muhamad)</p>	<p>022-Resilience and Psychological Well-Being among Counselors in Malaysia (Voon Siok Ping, Lau Poh Li)</p>	<p>002-Cabin Fever in Malaysia (Chin Wen Cong, Mohtaram Rabbani)</p>	<p>034-Kesejahteraan psikososial dalam kalangan kanak-kanak menghidap kanser: Satu kajian rintis (Norsafatul Aznin A.Razak, Fonny Demeaty Hutagalung, Mariani, Revathi)</p>	<p>024- ‘Sikh’ing Support: Personal Journeys of Malaysian Sikh Individuals in Seeking Psychological Assistance (Harminder Kaur)</p>
	<p>007-Impact of Multi-Type Childhood Abuse on Psychological Development and the Coping Strategies among University Students (Nurin Sarah Noor Azaf, Kyshanty Vizabaskaran, Kanakeswary Karisnan, Anne Jamaludin)</p>	<p>025-Covid-19: Self-Empowerment among Women through Assertive Training (Azmawaty Mohamad Nor, Siaw Yan Li, Norsafatul Aznin A. Razak, Fatimah Az Zahrah Zolkeplai, Hairol Kamal bin Ab Rahman, Wan Marzuki Wan Jaafar)</p>	<p>026-Perlaksanaan Latihan Intership dalam Tempoh Pandemik dari Kaca Mata Kaunselor Pelatih (Dharatun Nissa Fuad Mohd Karim)</p>	<p>010-Workplace Support and Well-Being Among Working Parents in Klang Valley (Chen Zi Ying, Azmawaty Mohamad Nor)</p>	<p>035-Internet addiction during pandemic: the role of loneliness among university students (Norsimah Dasan)</p>	
1100 – 1115	<i>Break</i>					
1115 - 1300	Workshop 1			Workshop 2		
	Title: “How To Do Online Counselling - The Dos And Don’ts” Facilitator: Dr. Teoh Gaik Kin			Title: “Academic Publication: Where and How” Facilitator: Associate Prof. Dr. Mohd Awang B Idris		
1300 - 1400	<i>Lunch Break</i>					

Parallel Session 2

1400 - 1500	<p>Session 7 Theme: Youth and Wellbeing 3</p> <p>Moderator: Dr Azmawaty Mohamad Nor</p>	<p>Session 8 Theme: Adulthood and Wellbeing</p> <p>Moderator: Dr Ahmad Shamsuri Muhamad</p>	<p>Session 9 Theme: Education and Wellbeing</p> <p>Moderator: Dr. Mohd Nazri Abdul Rahman</p>	<p>Session 10 Theme: Measurement Issues</p> <p>Moderator: Dr Harris Shah Abd Hamid</p>	<p>Session 11 Theme: Health Issues</p> <p>Moderator: Dr Norfaezah Md Khalid</p>	<p>Session 12 Theme: General Wellbeing</p> <p>Moderator: Dr Lau Poh Li</p>
	<p>016-Social Media Use, Perceived Social Support, and Loneliness among University Students during the COVID-19 Pandemic (Koay Ting Yin, Norzihan binti Ayub)</p>	<p>003-Role of Happiness and Spiritual Well-Being in Depression among Geriatrics with and Without Alzheimer’s Disease (Rusel Lika R. Abrigo, Jessa Marie F. Alvarez, Sharinna Faith P. Aragonas, Lyka T. Lara, Marian Eliason Sevilla, Adrian M. Segovia)</p>	<p>013-Islamic Values Practices and Achievement Motivation among Muslim Lecturers in Indonesia and Brunei Higher Education (Witrie Annisa, Gamal Abdul Nasir Hamim Zakaria, Shamsinar Husain)</p>	<p>017-Psychosocial Safety Climate: The Validation of the PSC-12 and PSC-4 Measurement Tools in the Malaysian Context (Yulita, Mohd Awang Idris, Nor Shafiza Abdullah)</p>	<p>012-Effects of an Exercise Intervention on the Mood Among Smokers during Temporary Smoking Abstinent (Nur-Hasanah Ruslan, Siti Munira Yasin, Mohamad Rodi Isa, Nadzimah Mohd Nasir, Mohd Rajikin)</p>	<p>021-Dynamics of Post-Traumatic Growth (PTG) for Natural Disaster Survivors in Palu, Central Sulawesi (Andi Aisyah Alqumairah, Grestin Sandy, Mayenrisari Arifin)</p>
	<p>029- Meaning of Life based on the Resilience and Acceptance of Students affected by Covid-19 in Indonesia (Nur Hidayah, M. Ramli, Husni Hanafi)</p>	<p>032-Job satisfaction, happiness and meaningful life among staff in public university (Tee Lu-Teng Ahmad Shamsuri)</p>	<p>006-Readiness towards Online Learning Among University Students during the Movement Control Order in Malaysia (Muhammad Nasrullah Mohd Nasir, Azmawaty Mohamad Nor)</p>	<p>018-Validation of an Adapted Measure of Academic Burnout among Malaysian University Students (Harris Shah Abd Hamid, Hala Shehada, Lim Hooi San, Mani Arasan A/I Parameswaran, Mohd Hazrul Ishak, Usti Desliana, Wan Noorhanim Abd Aziz)</p>	<p>027-Self-Esteem and Coping Strategies among Youths with Physical Disabilities: Implications for Counsellors (Rafidah Aga Mohd Jaladin, Janet Ann Fernandez)</p>	<p>011-Gender Differences in Perceived Parenting Styles amongst Adolescents in Klang Valley (Ho Meng Chuan)</p>

1400 - 1500	<p>020-Emotion Regulation among Adolescents with Drug Abuse: A Qualitative Study Azmawaty Mohamad Nor, Farhana Nabila Fakaruddin</p>	<p>014-Covid-19 and Its Impact on Adjusting Marital Relationship (Nurul Syuhaida Aman, Melati Sumari)</p>	<p>023-Kesejahteraan Hidup Guru Prasekolah Di Malaysia: Isu Jantina Dan Umur (Wan Izani bin Wan Idris, Mohd. Nazri bin Abdul Rahman)</p>	<p>031-Psychometric evaluation of Kessler Psychological Distress Scale (K10) and satisfaction with Life (SWLS) among institutionalized children in Sabah (Laila Wati Madlan @ Endalan, Adeymend Reny Japil, Alfred Chan Huan Zhi, Muhammad Idris Bullare @ Bahari, & Nur Farhana Ardillah Aftar)</p>	<p>015-Intervensi Berasaskan Keluarga Sebagai Sokongan Kepada Penjaga Pesakit (Norfaezah Md Khalid)</p>	<p>030-Examining the followers' personality traits and perceived transformational leadership among university faculty members in East Java (Ninik Setiowati)</p>
1500 - 1510	<i>Break</i>					
1510 - 1550	<p>Keynote Speaker: Prof. Dr. Uichol Kim Title: <i>“Leadership and Collaboration During the Times of Global Pandemic Crisis: The Critical Role Healthcare Workers, Businesses and Government”</i></p>					
1550 - 1600	<i>Break</i>					
1600 - 1645	<p>Keynote Speaker: Prof. Dr. Viren Swami Title: <i>“The Importance of Spending Time in Nature Under Lockdown Condition”</i></p>					
1645 - 1650	Closing Ceremony					

PARALLEL SESSION 1

Thursday, 19th November 2020

SESSION 1

Theme: Youth and Wellbeing 1

Moderator: Dr. Madhyazhagan A/L Ganesan

Technical Assistant:

No.	Time	Presenter	Article
1	1000 - 1020	Getrude Ah Gang	033- The effects of university students' personal strengths in increasing resiliency during the three phases of coronavirus lockdown in Sabah, Malaysia
2	1020 - 1040	Yuni Sasfiranti Zhalilla Viola Risqa Setiani Alma Nabella Shoolicha K. Anisa Fitriani	005-Neuro-Linguistic Programming Toy Story as An Educational Media of Sexual Violence Prevention in Elementary Students
3	1040 - 1100	Nurin Sarah Noor Azaf Kyshanty Vizabaskaran Kanakewary Karisnan Anne Jamaludin	007-Impact of Multi-Type Childhood Abuse on Psychological Development and the Coping Strategies among University Students

SESSION 2

Theme: Women and Wellbeing

Moderator: Dr. Norsafatul Aznin binti A. Razak

Technical Assistant:

No.	Time	Presenter	Article
1	1000 - 1020	Nordinah Binti Mohd Kassim Melati Sumari	004-Women and Resilience: Challenges Faced by Cancer Surviving Employed Women
2	1020 - 1040	Norsafatul Aznin A. Razak Norfaezah Md Khalid Ahmad Shamsuri Muhamad	009-Kelangsungan hidup dari Perspektif Wanita dalam Generasi Sandwich: Ke arah Mempromosi Kesejahteraan Hidup dalam era Pandemik
3	1040 - 1100	Azmawaty Mohamad Nor Siaw Yan Li Norsafatul Aznin A. Razak Fatimah Az Zahrah Zolkeplai Hairol Kamal bin Ab Rahman Wan Marzuki Wan Jaafar	025-Covid-19: Self-Empowerment among Women through Assertive Training

PARALLEL SESSION 1

Thursday, 19th November 2020

SESSION 3

Theme: Counseling and Wellbeing

Moderator: Dr Lau Poh Li

Technical Assistant:

No.	Time	Presenter	Article
1	1000 - 1020	Lau Poh Li Chan Siaw Leng	019-Kelebihan dan Cabaran Kaunseling Atas Talian: Satu Kajian Kualitatif Pengalaman Kaunselor di Malaysia
2	1020 - 1040	Voon Siok Ping Lau Poh Li	022-Resilience and Psychological Well-Being among Counselors in Malaysia
3	1040 - 1100	Dharatun Nissa Fuad Mohd Karim	026-Perlaksanaan Latihan Intership dalam Tempoh Pandemik dari Kaca Mata Kaunselor Pelatih

SESSION 4

Theme: Wellbeing in Workplace

Moderator: Dr Ida Hartina Ahmed Tharbe

Technical Assistant:

No.	Time	Presenter	Article
1	1000 - 1020	Rosdi Zainol Shuib Rambat Norazlinda Saad	001-Occupational Psychological Well-Being Among Emergency Medical Service Ambulance Driver in Hospital Kuala Lumpur
2	1020 - 1040	Chin Wen Cong Mohtaram Rabbani	002-Cabin Fever in Malaysia
3	1040 - 1100	Chen Zi Ying Azmawaty Mohamad Nor	010-Workplace Support and Well-Being Among Working Parents in Klang Valley

PARALLEL SESSION 1

Thursday, 19th November 2020

SESSION 5

Theme: Youth and Wellbeing 2

Moderator: Dr Fony Dameaty Hutagalung

Technical Assistant:

No.	Time	Presenter	Article
1	1000 - 1020	Nurul Fazzuan Bin Khalid	008-Coping Strategies of Secondary School's Students with Delinquent Behaviour
2	1020 - 1040	Norsafatul Aznin A.Razak Fony Dameaty Hutagalung Mariani Md Nor Revathi Rajagopal	034-Kesejahteraan psikososial dalam kalangan kanak-kanak menghidap kanser: Satu kajian rintis
3	1040 - 1100	Norsimah Dasan	035-Internet addiction during pandemic: the role of loneliness among university students

SESSION 6

Theme: Therapy and Psychological Support

Moderator: Dr Rafidah Aga Mohd Jaladin

Technical Assistant:

No.	Time	Presenter	Article
1	1000 - 1020	Rafidah Aga Mohd Jaladin Janet Ann Fernandez Ahmad Shamsuri bin Muhamad Aina Razlin Mohammad Roose	028- Development of a Cognitive Therapy Module for Enhancing Self-Esteem among Youths with Physical Disabilities
2	1020 - 1040	Harminder Kaur	024- 'Sikh'ing Support: Personal Journeys of Malaysian Sikh Individuals in Seeking Psychological Assistance

PARALLEL SESSION 2

Thursday, 19th November 2020

SESSION 7

Theme: Youth and Wellbeing 3

Moderator: Dr Azmawaty Mohamad Nor

Technical Assistant:

No.	Time	Presenter	Article
1	1400 - 1420	Koay Ting Yin Norzihan binti Ayub	016-Social Media Use, Perceived Social Support, and Loneliness among University Students during the COVID-19 Pandemic
2	1420 - 1440	Nur Hidayah M. Ramli Husni Hanafi	029- Meaning of Life based on the Resilience and Acceptance of Students affected by Covid-19 in Indonesia
3	1440 - 1500	Azmawaty Mohamad Nor Farhana Nabila Fakaruddin	020-Emotion Regulation among Adolescents with Drug Abuse: A Qualitative Study

SESSION 8

Theme: Adulthood and Wellbeing

Moderator: Dr Ahmad Shamsuri Muhamad

Technical Assistant:

No.	Time	Presenter	Article
1	1400 - 1420	Rusel Lika R. Abrigo Jessa Marie F. Alvarez Sharinna Faith P. Aragonés Lyka T. Lara Marian Eliason Sevilla Adrian M. Segovia	003-Role of Happiness and Spiritual Well-Being in Depression among Geriatrics with and Without Alzheimer's Disease
2	1420 - 1440	Tee Lu-Teng Ahmad Shamsuri Muhamad	032-Job satisfaction, happiness and meaningful life among staff in public university
3	1440 - 1500	Nurul Syuhaida Aman Melati Sumari	014-Covid-19 and Its Impact on Adjusting Marital Relationship

PARALLEL SESSION 2

Thursday, 19th November 2020

SESSION 9

Theme: Education and Wellbeing

Moderator: Dr. Mohd Nazri Abdul Rahman

Technical Assistant:

No.	Time	Presenter	Article
1	1400 - 1420	Witrie Annisa Gamal Abdul Nasir Hamim Zakaria Shamsinar Husain	013-Islamic Values Practices and Achievement Motivation among Muslim Lecturers in Indonesia and Brunei Higher Education
2	1420 - 1440	Muhammad Nasrullah Mohd Nasir Azmawaty Mohamad Nor	006-Readiness towards Online Learning Among University Students during the Movement Control Order in Malaysia
3	1440 - 1500	Wan Izani bin Wan Idris Mohd Nazri bin Abdul Rahman	023-Kesejahteraan Hidup Guru Prasekolah Di Malaysia: Isu Jantina Dan Umur

SESSION 10

Theme: Measurement Issues

Moderator: Dr Harris Shah Abd Hamid

Technical Assistant:

No.	Time	Presenter	Article
1	1400 - 1420	Yulita Mohd Awang Idris Nor Shafiza Abdullah	017-Psychosocial Safety Climate: The Validation of the PSC-12 and PSC-4 Measurement Tools in the Malaysian Context
2	1420 - 1440	Harris Shah Abd Hamid Hala Shehada Lim Hooi San Mani Arasan A/l Parameswaran Mohd Hazrul Ishak Usti Desliana Wan Noorhanim Abd Aziz	018-Validation of an Adapted Measure of Academic Burnout among Malaysian University Students
3	1440 - 1500	Laila Wati Madlan @ Endalan, Adeymend Reny Japil Alfred Chan Huan Zhi Muhammad Idris Bullare @ Bahari Nur Farhana Ardillah Aftar	031-Psychometric evaluation of Kessler Psychological Distress Scale (K10) and Satisfaction with Life (SWLS) among institutionalized children in Sabah

PARALLEL SESSION 2

Thursday, 19th November 2020

SESSION 11

Theme: Health Issues

Moderator: Dr Norfaezah Md Khalid

Technical Assistant:

No.	Time	Presenter	Article
1	1400 - 1420	Nur-Hasanah Ruslan Siti Munira Yasin Mohamad Rodi Isa Nadzimah Mohd Nasir Mohd Rajikin	012-Effects of an Exercise Intervention on the Mood Among Smokers during Temporary Smoking Abstinence
2	1420 - 1440	Rafidah Aga Mohd Jaladin Janet Ann Fernandez	027-Self-Esteem and Coping Strategies among Youths with Physical Disabilities: Implications for Counsellors
3	1440 - 1500	Norfaezah Md Khalid	015-Intervensi Berasaskan Keluarga Sebagai Sokongan kepada Penjaga Pesakit

SESSION 12

Theme: General Wellbeing

Moderator: Dr Lau Poh Li

Technical Assistant:

No.	Time	Presenter	Article
1	1400 - 1420	Andi Aisyah Alqumairah Grestin Sandy Mayenrisari Arifin	021-Dynamics of Post-Traumatic Growth (PTG) for Natural Disaster Survivors in Palu, Central Sulawesi
2	1420 - 1440	Ho Meng Chuan	011-Gender Differences in Perceived Parenting Styles amongst Adolescents in Klang Valley
3	1440 - 1500	Ninik Setiowati	030-Examining the followers' personality traits and perceived transformational leadership among university faculty members in East Java

KEYNOTE SPEAKER 1



Prof Dr. Noran Naqiah Hairi

Title: "Working Together through the Challenges of COVID-19 – Wellness Matters"

Noran N Hairi is studied medicine at the University of Malaya and graduated in 1996. She commenced her Master of Public Health and Master of Public Health (Epidemiology) and was awarded a distinction for both master's degrees from the University of Malaya in 2003 and 2004. Noran obtained her PhD degree in 2011 from the School of Public Health, University of Sydney, Australia. Noran is actively engaged in research, teaching, service and consultancy. She has research interests in the epidemiology of ageing and ageing-related diseases. Her work has included older people health assessment, frailty, sarcopenia physical disability and functional limitation, cognitive impairment, dementia and elder victimization. Noran is currently the Principal Investigator for UM Grand Challenge on Prevent Elder Abuse and Neglect Initiative also known as PEACE. She is currently involved in the Malaysian Ageing and Retirement Survey (MARS). Noran has also been involved in various research activities with many agencies such as the Ministry of Health, Ministry of Defence Malaysia and LPPKN. Noran has experience in training researchers at masters and doctoral level. Under her supervision, fifteen students have completed their Master's and PhD's. Her field of specialization is Epidemiology, Public Health, and Geriatrics and Gerontology. Administratively, Noran is the Head Centre for Epidemiology and Evidence-Based Practice.

KEYNOTE SPEAKER 2



Prof. Dr. Y. Joel Wong

Title: "Harnessing the Power of Encouragement During the COVID-19 Pandemic."

Y. Joel Wong is the Professor, Counseling and Educational Psychology Department Chair. He is the tenured Professor in the Counseling and Counseling Psychology Programs at Indiana University. His research interests are in positive psychology (especially the psychology of gratitude and the psychology of encouragement), Asian/Asian American mental health, and the psychology of men and masculinities. He coedited two books on the psychology of men and masculinities: the APA Handbook of Men and Masculinities (Wong & Wester, 2016) and the Psychology of Men and Masculinities (Levant & Wong, 2017). He is a fellow of the American Psychological Association (Division 17, 45, and 51) and of the Asian American Psychological Association. In terms of professional service, he is the associate editor of the Psychology and Men and Masculinity and a former associate editor of the Journal of Counseling Psychology. He has authored or co-authored over 99 scholarly publications and in-press papers, which have collectively been cited over 1700 times. Regarding his clinical interests, he recently developed a psychoeducational group program in order to examine the psychology of gratitude and encouragement, and the role they have in psychological interventions.

KEYNOTE SPEAKER 3



Prof. Dr. Uichol Kim

Title: “Leadership and Collaboration During the Times of Global Pandemic Crisis: The Critical Role Healthcare Workers, Businesses and Government”

Uichol Kim is the Professor, College of Business Administration, Inha University, Korea (2005-present). He has taught at the Department of Psychology, Chung-Ang University (1995-2005), Department of Social Psychology, University of Tokyo, Japan (1994) and Department of Psychology, University of Hawaii at Manoa, USA (1988-1994). He was a visiting professor, Stanford University (2004) and University of Bergen, Norway (2004). He is a Senior Advisor Asia, Global Peter Drucker Forum, International Advisor, World Pandemic Research Network, Honorary Professor, Gratia Christina College, Hong Kong, International Advisory Board Member of Business School, National Institute for Development Administration, Thailand, and Board Member of Bachelor of Human Sciences in Psychology Program, International Islamic University. He has been recognized as the second most cited Social Scientist in Korea (2016) and was recognized as Outstanding Research Professor at Inha University (2011) and Chung-Ang University (2002). He has conducted research in the area of family and parent-child relationship, education attainment and school violence, organizational culture and change, health and subjective well-being, and democracy, human rights and political culture. He has provided consulting services for governmental agencies and multi-national companies in Canada, Denmark, France, Hong Kong, India, Korea, Malaysia, Singapore, Thailand, and USA. He is the founding editor of Asian Journal of Social Psychology.

KEYNOTE SPEAKER 4



Prof. Dr. Viren Swami

Title: "The Importance of Spending Time in Nature Under Lockdown Condition"

Viren joined Anglia Ruskin University as Professor of Social Psychology in 2015, having previously worked at the University of Westminster and the University of Liverpool. He is also the Director of, and Adjunct Professor at, the Centre for Psychological Medicine, a collaborative research centre between Anglia Ruskin University and Perdana University in Malaysia. He is a Chartered Psychologist and Associate Fellow of the British Psychological Society, and an Associate Editor for the journals *Body Image* and *PLOS One*. Besides, he is a prominent science communicator and author, with extensive experience of television, radio, and digital and print media work. He also frequently presents his research at science, literary, and music festivals, and works with Guerilla Science to dispel myths of attraction through Attraction Labs. Viren's most recent book, *Attraction Explained*, has received critical acclaim, being praised as "beautifully written" while managing to be "scrupulously accurate". He is also the convenor of Mind-Body Matters, a series of public engagement events held at Anglia Ruskin University. His work on body image and human appearance is focused on situating embodiment within different cultural, economic, and socio-political contexts. He is particularly interested in cross-cultural differences in body image and beauty ideals, and his research seeks to map changing patterns of body image across world regions. His other research on body image borrows concepts from feminist scholarship to examine the way in which beauty ideals and practices shift awareness away from real competencies to superficial aspects related to beauty and appearance.

WORKSHOP FACILITATORS



Workshop 1

Facilitator: Dr. Teoh Gaik Kin

Title: "How to Do Online Counselling - The Dos and Don'ts"

She is currently a lecturer in psychology and counselling at the Department of Psychology at International Medical University (IMU). She is a registered counselor. She has practiced counselling since year 2001 with various NGOs. Her PhD research focused on marital strengths of long term married couples. Her postdoctoral research (UM) focused on building community partnerships. She has published articles, book chapter and book in areas such as promoting active ageing, support for elderly care, marriages, and community-based participatory research.



Workshop 2

**Facilitator: Associate Prof.
Dr. Mohd Awang B Idris**

Title: "Academic Publication: Where and How"

Dr. Mohd Awang Idris, is a lecturer in Work and Organizational Psychology, Department Anthropology and Sociology, University of Malaya. He is Elected President of the Asia Pacific Academy for Psychosocial Factors at Work. He had worked for several private organizations between 1996 to 2007 and hold several management positions such as Head of Marketing, Chief Operating Officer and Senior Manager, Training and Development. He joined University of Malaya in 2007. His research interests include job stress, psychosocial safety climate, leadership, job engagement, workplace injuries and team performance. He has ISI-H index 9 (235 citations), and Scopus H Index 10, with 318 citations. He publishes several papers in ISI-outlets publications, and also a reviewer for some well-known journals such as Safety Science, Work & Stress, Journal Occupational and Organizational Psychology, International Journal of Stress Management, Cross-Cultural Management: An International Journal; and Journal Occupational Health Psychology. He won the Tony Winefield Thesis Prize award for the best PhD thesis in psychology for 2010-2011 from the University of South Australia, Adelaide. He is also a columnist in the "Psikologi & Masyarakat" [Psychology & Society] for the Thursday edition of the daily Malay newspaper, Kosmo!