1st Symposium on Child & Adolescent Mental Health
Penang

Day One - “Raising Psychologically Healthy & Resilient Children & Adolescents” – 9th April 2016

- Common Childhood and Adolescent Disorders
- How to Recognize and Help Troubled Young People?
- Neurofeedback Assessment & Treatment of ADHD
- Building Resilient Children and Adolescent – looking for competence and resources


- School Refusal in the M’sian Context
- Assessment, Management & Treatment from a Biopsychosocial Medical Perspective
- School Refusal: A Stubborn Habit …and a “Serious” Problem from a Family Therapist Perspective

Organised by School of Psychology and Centre for Continuing and Professional Development

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Dr Lai Fong Hwa has been practising as a psychiatrist in Penang General Hospital since 1994. He graduated in medicine from University of Malaya in 1987 and completed his Master’s in Psychological Medicine in 1994 at University of Malaya. Dr Lai was awarded a Malaysian government scholarship to pursue subspeciality training in Child & Adolescent Psychiatry in United Kingdom from 2001 – 2002 and trained at the Oxford Cognitive Therapy Centre and the Institute of Family Therapy, London. He is a certified affiliate and diplomate of the Academy of Cognitive Therapy (America) after completing supervision in cognitive behaviour therapy in 2009.

As a consultant psychiatrist in Penang General Hospital, Dr Lai spearheaded depression awareness programmes and initiated post-partum depression screening at maternal health clinics in Penang and worked with NGOs to set up depression support groups. He also worked on a team approach to managing eating disorders.

Being a proponent of the multi-disciplinary approach to child & adolescent psychiatry, Dr Lai focused on establishing comprehensive child and adolescent psychiatry services in Penang upon his return from Oxford in 2002. He worked with the Penang Mental Health Association to provide assessment and intervention services for children and teens with special educational needs by establishing the 2 Way Centre. He also trained occupational therapists in Hospital Pulau Pinang to run positive parenting workshops.

Dr Lai established the Penang Psychosocial Response Trauma Team in 2008 to provide services for children and adolescents suffering from trauma as a result of disasters. The Ministry of Health subsequently invited the Penang team's senior members led by Dr Lai to conduct training to establish psychosocial trauma response teams in Malaysia. Most notably, Dr Lai and his training team were tasked to equip mental health staff to provide psychological first aid in Lahad Datu following the deadly 2013 intrusion of Sulu extremists into Sabah. In 2014, Dr Lai was assigned to train ministry of health staff to provide psychosocial support after MAS flight MH370 went missing.

Acknowledging his high standard of clinical work and for expanding the provision of psychiatric services in the state, Dr Lai was twice awarded excellent service awards by the Penang State Government. In recognition of his commitment to developing mental health services in the state the Governor of Penang has bestowed 3 Penang state awards on Dr Lai - Darjah Johan Negeri (DJN) 2010, Pingat Kelakuan Terpuji (PKT) 2008, Pingat Jasa Khidmat (PJK) 2000.

Dr Lai who has less than 2% central vision was awarded the Tokoh Orang Kurang Upaya Pulau Pinang 2006 by the Governor of Penang.
Silviana Bonadei (Special Educator, Geneva, Switzerland)

Silviana Bonadei is a Swiss trained Special Educator who has worked in South East Asia and Penang for over 20 years. Silviana has extensive experience working with children and adolescents with emotional and learning difficulties in Scotland and Switzerland, and also served under the ICRC International Committee of the Red Cross prior to relocating to Penang.

Silviana established and currently coordinates the activities of the 2 Way Centre under the umbrella of a local NGO called the Mental Health Association of Penang. The centre provides assessment and intervention for children with various emotional, developmental and educational challenges. The centre also provides camps and training for teachers as well as workshops for school teachers. As a member of the child psychiatry multi-disciplinary team of Penang General Hospital, Silviana works closely with professionals, educators, caregivers and many others in ensuring the best interest of children and adolescents under her care. She also conducts school visits to obtain feedback from teachers and to conduct psychoeducation.

Silviana is a founding member of the Penang Child Trauma Psychosocial Response Team. Under the auspices of Kementerian Kesihatan Malaysia, Silviane and other senior members of the Penang team have been conducting training to establish psychosocial trauma response teams all over Malaysia. She is a volunteer with Mercy Malaysia and has carried out trauma work with children and training first responders in trauma recovery techniques including responding to Typhoon Haiyan in Philippines and the Earthquake in Nepal.

Dr Kam Wong, MB., BS., DRACOG, FRANZCP, Cert. Child & Adolescent Psych.

Dr. Kam Wong is a highly respected Child, Adolescent and Adult Psychiatrist in private practice in Sydney, Australia. He has a wide range of experience in treating different disorders across all age groups and diverse cultures. His background and practice includes individual therapy, family and group therapies.

Dr. Kam Wong is a Fellow of the Royal Australian and New Zealand College of Psychiatrists, Member of the Faculty of Child and Adolescent Psychiatry and Diplomate of the Royal Australian College of Obstetricians and Gynaecologists.

As a physician and therapist, Dr. Kam Wong believes everyone has a basic right to good physical and psychological health. His approach is to empower individuals and their families to manage their problems and disorders, and he has helped many towards optimum health and achieving their full potential in life.

Dr Wong is the director of Healthy Mind Concepts Pty. Ltd. which is a company dedicated to the promotion and education of psychological health among the general population. Dr Wong is the creator of the Anxiety Toolkit for the Young, Stress Toolkit for the Young, Calm Optimizer, Building Your Child’s Self-Esteem and Positive Child Management which are all home based self-help programs designed for the general public.
David Hong is a practicing Family & Couple Therapist with over 38 years experience in mental health service. He is the Founding Director of The Delta Clinic since 2010, a private "one stop therapy centre" specializing in Child & Adolescent Mental Health in Sydney, Australia. Since 2013 David has conducted numerous workshops and organised two Symposium, launched the first Certificate in Family Therapy and form a consultancy company in M'sia.

David has over 20 years experience working with children and adolescents with serious emotional & behavioural issues, and or mental health problems, & their families. He was the Senior Nursing Manager of Redbank House, a specialist mental health tertiary service for Children & Adolescents in Western Sydney and has worked for many years in the Catholic School System as an outreach family therapist and School Counsellor. David has developed an innovative and systemic approach working with suicidal depressed adolescents whom have attempted suicide at time of crisis in a major teaching hospital.

David has a special interest working with ADHD & Family System, School Refusal and incorporated both Family and School System for many years. In his role as a Clinical Nurse Consultant/Family Therapist in a major teaching hospital he has developed an innovative and systemic approach working with suicidal depressed adolescents whom have attempted suicide at time of crisis. David has presented in local and international conferences.

Since 2005, David has ongoing advanced training and supervision under the guidance of Professor Maurizio Andolfi, Master Family Therapist and a trained Child Psychiatrist. He has attended the Intensive Experiential Clinical Practicum and “the use of self of the therapist” in therapy at the prestigious Accademia di Psicoterapia Familiare in Rome, Italy. Last year David was invited to attend the Supa-meta Praticum in Todi, Umbria, Italy with 18 family therapists from around the world. David has ongoing supervision with Professor Bryanne Barnett, Infant, Child & Adolescent Psychiatrist who is an authority on attachment for the last 10 years.

Maria Podbury is an Individual, Couple and Family Therapist, Clinical Supervisor.

Maria has worked in her private practice which she established in 2009 after spending over 35 years working in the health and welfare sector in Melbourne, Australia. Maria has worked across a broad spectrum of services throughout her career in numerous roles including Youth Outreach Worker, Hospital Social Worker, Coordinator of Family Services, Senior Clinician, Manager of Counselling and Support Services and University Tutor in Social Work.

Much of Maria’s work has focused on working with families with complex needs including mental health problems, drug and alcohol addictions, family violence, sexual and physical abuse, childhood trauma, children and adolescent acting out behaviour, parenting difficulties and family breakdown.
Maria has presented at numerous conferences/workshops; she has facilitated parenting education programs; ran professional development workshops in a number of topics including working with couples and families affected by drug and alcohol dependencies, organizational and team development. She has taught counselling skills in the School of Social Work at La Trobe University, Australia; and in recent times Maria is co-facilitating with David Hong the inaugural Certificate of Family Therapy in Malaysia.

Maria is a Registered Clinical Member and Accredited Supervisor of the Australian Association of Family Therapy and Accredited Mental Health Social Worker with the Australian Association of Social Workers.

Prof Dr Gabriel Tan  PhD, ABPP
B.S. (Chemical Engineering), M.E.S. (Engineering Science), M.S. (Clinical Psychology), Ph.D. (Interdisciplinary Community Psychology), Post Ph.D. (Advanced graduate courses in psychotherapy, hypnotherapy and family therapy), Post–doctoral (Emphasis on neuropsychological assessment, behavioral medicine and advanced clinical psychology), Doctoral Internship in Clinical Psychology (APA approved)

Born in Medan, Indonesia and attended secondary school in Penang, Prof Dr Tan left for the United States when he was 17 years old to further his education. He has lived and worked in North America (Canada and USA) for over 40 years. He returned to S.E. Asia in 2011 to take up the position as Associate Professor and Director of the Clinical Psychology Programs (2011-2015) at the National University of Singapore.

His broad background (which also included a Master’s degree in chemical engineering) has allowed him to acquire a unique perspective and a blend of Asian and Western cultures and values which he has integrated into his career and practice as a clinical psychologist.

Prof Dr Tan is an American trained PhD Clinical Psychologist with additional advanced practitioner board-certified specialty in clinical health psychology. In addition to helping individuals and families cope with psychological/emotional problems, his expertise in clinical health psychology expands this to helping individuals suffering from chronic medical illnesses (such as cardiovascular diseases, stroke, cancer, and diabetes) to cope with the stress and impact of these medical conditions and the associated adjustment problems. With over 40 years of clinical experience solidly derived from an academic and research background, he has spent a lot of his life working with children, adolescents, adults, families as well as business and organizations.

His specialties include helping people who suffer from chronic persistent pain, irritable bowel syndrome, childhood traumas, anxiety disorders such as panic attacks and agoraphobias, and dissatisfaction with life and living. Besides counselling and talk therapy, he also uses hypnosis, biofeedback and neurofeedback and other technologies to enhance health and performance. He has also consulted with business and organizations to help employers and employees better manage work-related stress and interpersonal conflicts, selection of executives, and vocational counselling.
# 1st Symposium on Child & Adolescent Mental Health Penang

**Day One (9th April 2016, Saturday) – “Raising Psychologically Healthy & Resilient Children & Adolescents”**

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<tr>
<td>8:30am – 9:00am</td>
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| 9:30am – 11:00am | Common Childhood and Adolescent Disorders How to Recognize and Help Troubled Young People?  
Dr Kam Wong |
| 11:00am – 11:30am | Morning Tea                                                             |
| 11:30am – 1:00pm | Neurofeedback Assessment and Treatment of ADHD  
Prof Dr Gabriel Tan |
| 1:00pm – 2:00pm | Lunch                                                                   |
| 2:00pm – 3:30pm | Raising Resilient Parents, Families and Community  
Maria Podbury |
| 3:30pm – 4:30pm | Stories of Families – Looking for Competence and Resources in Family System and the Wider Community  
David Hong |
| 4:30pm – 5:00pm | Afternoon Tea                                                           |

**Day Two (10th April 2016, Sunday) – “The Many Masks of School Refusal”**

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| 9:00am – 10:30am | School Refusal – A Penang Experience  
Dr Lai Fong Hwa & Silviana Bonadei |
| 10:30am – 11:00am | Morning Tea                                                             |
| 11:00am – 12:30pm | Assessment, Management & Treatment from a Biopsychosocial Medical Perspective  
Dr Kam Wong |
| 12:30am – 1:30pm | Lunch                                                                   |
| 1:30am – 3:00pm | School Refusal: A Stubborn Habit ...and a “Serious” Problem from a Family Therapist Perspective  
David Hong |
| 3:00pm – 4:00pm | Moving Forward: Discussion and Panel Q & A                              |
| 4:00pm – 4:30pm | Closing and Appreciation                                                 |
| 4:30pm – 5:00pm | Afternoon Tea                                                           |

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1st Symposium on Child & Adolescent Mental Health Penang

Registration Form

Full Name:__________________________________________________________

Organization/Position:________________________________________________

Address:____________________________________________________________
____________________________________________________________________

Telephone:___________________________________________________________

Email:_______________________________________________________________

Diet Preference: Non Vegetarian ☐  Vegetarian ☐
(Catering includes lunch & tea breaks)

Registration Fees (please check one):

☐ Two-Day Symposium – RM350
☐ Early Bird Rebate (before 25 March, 2016) – RM300
*Group Registration Rebates (3 or more):
    ☐ Early Bird entitlement – RM270 each
    ☐ After 25 March – RM315 each
☐ Student – RM100
☐ DISTED Student – RM50
(Student verification to be attached & submitted with Registration Form)

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(Receipt to be attached & submitted with Registration Form as proof of payment)

Email Registration Form & Attachment(s) and Enquiries to:
socamhp2016@disted.edu.my

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