

### Speaker's Profile:



Dr. Tan Eng Kong (MBBS, MPM, FRANZCP) is the Founder and Chairman of Metta Clinic in Sydney, a group practice consisting of psychiatrists, psychologists and psychotherapists. He is the Founder President of the Australian Association of Buddhist Counsellors

& Psychotherapists (AABCAP). He is also the Director of Training of AABCAP's two year Graduate Diploma Course in Buddhism and Psychotherapy. He is a Fellow of the Royal Australian & New Zealand College of Psychiatrists (RANZCP) and Honorary Member of the New Zealand Institute of Psychoanalytic Psychotherapy (NZIPP). He graduated in Medicine in Malaysia's first and only Medical School in the University of Malaya in 1971 and was in the first batch of "Made in Malaysia" psychiatrist in the Master of Psychological Medicine course in the University of Malaya in 1975.

He was an Assistant Lecturer in the Department of Psychological Medicine, University of Malaya in 1972. He was Chairman, Section of Psychotherapy, RANZCP, and Chairman of Training, Psychoanalytic Psychotherapy Assoc. of Australia (PPAA). Previously he was also a member of the Training Advisory Board of the New South Wales Institute of Psychoanalytic Psychotherapy (NSWIPP) and Faculty of Training of the Australian & New Zealand Association of Psychotherapists (ANZAP). He is a member of the Australian Association of Group Psychotherapists (AAGP), a clinical supervisor of Australian Society of Hypnosis (ASH), and seminar leader of the New South Wales Institute of Psychoanalytic Psychotherapy (NSWIPP). Dr. Tan was the Founder President of Young Buddhist Association of Malaysia (YBAM) in 1971. He is also a Foundation Member of the University Buddhist Education Foundation (UBEF) in Australia.

## Mindfulness-Based Therapy For Therapists (MBTT) Workshop

**Date: 10-11<sup>th</sup> October, 2009**

**Time: 10.00 am to 6.00 pm**

**Venue: To be decided later**

\*Dr. Phang Cheng Kar (Psychiatrist) and Ms. Low Mi Yen (Clinical Psychologist) will be assisting Dr. Tan Eng Kong (Consultant Psychiatrist and Analytic Psychotherapist) in presenting this weekend workshop. A Hatha Yoga teacher, Ms. Angie Ng will also be assisting to lead the yoga exercise.

For further information, kindly contact

Dr. Phang Cheng Kar  
Tel: +6 016 396 9080 or  
[pckar@yahoo.com](mailto:pckar@yahoo.com)

## Mindfulness-Based Therapy For Therapists Workshop



**MINDFULNESS -**  
*Aware & Embrace the  
Present Moment*

by

**Kuala Lumpur**

**Buddhist Mental Health Association**

**(BMHA)**

## Introduction:

In the last three decades, there has been a fruitful integration of Buddhist thoughts in Western Medicine and Psychotherapies through the concept of Mindfulness. This is evidenced by waves of Mindfulness-Based Therapies such as Mindfulness-Based Stress Reduction (MBSR), Mindfulness-Based Cognitive Therapy (MBCT), Dialectical Behavioral Therapy (DBT), Acceptance and Commitment Therapy (ACT) etc. These empirically supported Mindfulness-Based therapies have also been shown to reduce stress and burnout in nursing staff, medical students, doctors and other health professionals. This MBTT workshop is tailored for medical and mental health professionals to apply Mindfulness in their personal lives and professional work.

## Who should attend?

All doctors, clinical psychologists, counsellors, psychiatrists, medical social workers, nursing staff, trainees in counselling, clinical psychology, psychiatry, teachers etc. As places are limited to ensure effective learning, application for the workshop is subjected to selection by the organizing committee.



## Programme:

### Day 1 (10<sup>th</sup> October 2009) Saturday

- Introduction to Mindfulness
- Mindfulness in Health & Healing
- Hatha Yoga Exercise
- Mindfulness of Breathing
- Body Scan Exercise

### Day 2 (11<sup>th</sup> October 2009) Sunday

- Mindfulness for Pain & Discomfort
- Mindfulness of Thoughts & Feelings
- Mindfulness in Relationship
- Video on Mindfulness-based Therapy
- Loving-kindness & Mountain Meditation

## Fee:

- 1) Early Bird by 24/8 – RM 400
- 2) After 24/8 – RM 550
- 4) Sangha member – sponsorship may be arranged
- 3) Student\* – RM 350
  - Only valid for those doing bachelor degree, age below 24 & with early bird registration

Registration ends on 20/9/2009

## Registration Form:

Name: \_\_\_\_\_

Contact number: \_\_\_\_\_

Profession: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

Correspondence Address: \_\_\_\_\_

Buddhist Organization (if any): \_\_\_\_\_

Reasons for Participating: \_\_\_\_\_

Previous Experience with Cognitive Behavioral Therapy (CBT) or any Mindfulness-based Therapy: \_\_\_\_\_

Submission Date: \_\_\_\_\_

1. By Cheque & with Registration Form, please mail to **TURNING POINT** at 18-2, Jalan Puteri 4/2, Bandar Puteri, 47100 Puchong, Selangor. Please issue cheque to **ONG TIEN KWAN**.

2. Through RHB bank under **ONG TIEN KWAN** (account no: 2-12237-90002138) & please fax Bank Slip & Registration Form to 03-80611636 at Turning Point.

*\*Dr. Ong Tien Kwan is the Treasurer of BMHA.*