



MALAYSIA MIND-BODY
MEDICINE PRACTITIONERS
ASSOCIATION

PSYCHOLOGICAL HEALTH FIRST AID

Psychological health first aid is a course that teaches you how to help someone who is developing a mental health problem or experiencing a mental health crisis. The training helps you identify, understand and respond to signs of addictions and mental illnesses.



***THROUGH RAPID, A PSYCHOLOGICAL HEALTH
FIRST AID WORKSHOP ENDORSED BY WHO***

PRESENTED BY

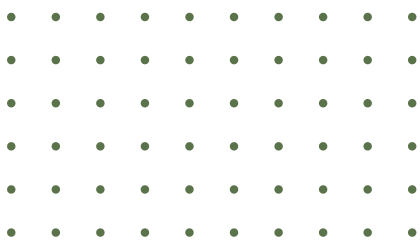
MALAYSIA MIND-BODY MEDICINE
PRACTITIONERS ASSOCIATION


Foundation Level:

Date: 12th & 13th Oct 2024

Time: 9am - 5pm

Venue: University Malaya



Register here 



MENTAL HEALTH IN MALAYSIA

In Malaysia's fast-paced corporate environment, employees are increasingly facing pressures and unpredictable challenges that can lead to psychological distress. To address this issue, MBMPA proposes a 2 days RAPID Psychological health First Aid (PHFA) training specifically tailored for Malaysian workplaces. This program is designed to equip your employees with the skills needed to provide immediate, compassionate support during times of acute distress, fostering resilience and well-being within your organization.



- Recent studies highlight the critical state of mental health among Malaysian employees:
- 51% of Malaysian workers reported higher stress levels post-pandemic (Malaysian Employers Federation, 2021).
- Mental health issues cost the Malaysian economy RM14.46 billion in 2018 (Malaysian Psychiatric Association).
- Only 30% of Malaysian employees feel their employers prioritize mental health (AIA Vitality Survey, 2019).

With increasing awareness of mental health in the corporate world, investing in RAPID PFA training is a forward-thinking strategy to build a more resilient workforce.



OUR SOLUTION:

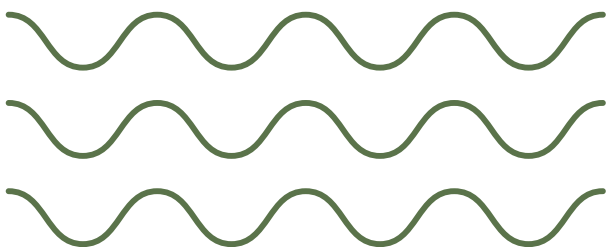
RAPID PHFA

TRAINING

The RAPID PHFA program is an evidence-based and culturally adapted approach to addressing acute distress in Malaysian workplaces. It follows a practical, structured model that helps employees provide immediate support to their peers in times of crisis.

Key Objectives of the Training:

1. Foster a supportive work environment that aligns with Malaysian values of care and community.
2. Reduce absenteeism and presenteeism, enhancing productivity in your Malaysian workforce.
3. Improve employee morale and engagement, leading to higher retention rates.
4. Enhance corporate crisis response capabilities, preparing staff to handle unexpected challenges.
5. Support Malaysia's National Mental Health Policy and corporate social responsibility goals.



4 REASONS TO BECOME A PSYCHOLOGICAL HEALTH FIRST AIDER

1

Be Prepared
When a mental
health crisis
happens, know
what to do

3

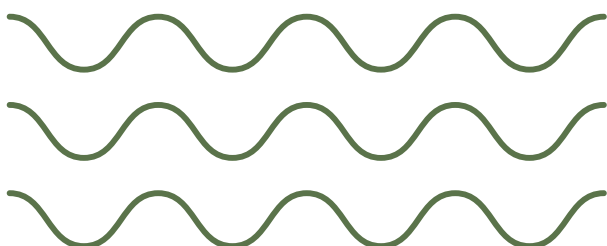
Mental illnesses
are common
1 in 5 adults in
any given year

2

You Can Help
People with
mental illnesses
that often suffer
alone

4

You Care
Be there for a
friend, family
member, or
colleague



WHAT IS PSYCHOLOGICAL HEALTH FIRST AID?



Learn to provide psychological support to people in an emergency by employing the RAPID model: Reflective listening, Assessment of needs, Prioritization, Intervention, and Disposition.

Utilizing the RAPID model (Reflective listening Assessment of needs, Prioritization Intervention, and Disposition), this specialized course provides perspectives on injuries and trauma that are beyond those physical in nature.

The RAPID model is readily applicable to public health settings, the workplace, the military, faith-based organizations, mass disaster venues, and even the demands of more commonplace critical events, e.g., dealing with the psychological aftermath of accidents, robberies, suicide, homicide, or community violence. In addition, the RAPID model has been found effective in promoting personal and community resilience



WHAT YOU WILL LEARN?

Participants will increase their abilities to:

- Discuss key concepts related to PFA
- Listen reflectively
- Differentiate benign, non-incapacitating psychological behavioral crisis reactions from more severe, potentially incapacitating, crisis reactions

- Prioritize (triage) psychological/behavioral crisis reactions
- Mitigate acute distress and dysfunction, as appropriate
- Recognize when to facilitate access to further psychological health support
- Practice self-care.



RAPID PSYCHOLOGICAL HEALTH FIRST AID

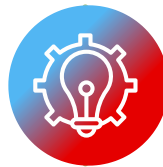
Psychological Health First Aid has been endorsed by such leading international organizations as the World Health Organization, the National Institute of Mental Health and the American Red Cross.

RAPID psychological health first aid workshops are available through Johns Hopkins HealthCare Solutions.



RAPPORT/ REFLECTIVE LISTENING

say who you are, demonstrate calm and meet any basic physical needs



ASSESSMENT

screen for evidence of adverse reactions



PRIORITIZATION

determine the urgency for psychological intervention



INTERVENTION

briefly summarize what you've heard, normalize reactions, provide reassurance, help form a plan



DISPOSITION

end the contact and plan a follow up

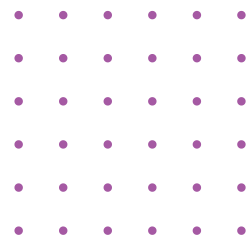


OUR FACULTY MEMBERS/ TRAINERS



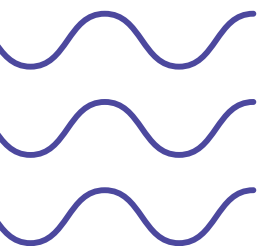
Dr Madelene Ong
President

Dr. Madelene Ong is a seasoned medical professional specializing in emotional wellness and holistic health. Beginning her career in patient care, she has expertise in stress management, lifestyle transformation, and clinical hypnotherapy. A founder of multiple health organizations, Dr. Ong offers comprehensive training in personal and professional effectiveness, promoting integrated health and emotional wellness through her extensive experience in preventive care and holistic healing.



Ko Teik Yen
Vice President

Ko Teik Yen, also known as TY, is a clinical hypnotherapist and psychotherapist at The Mind Faculty and Lifecare Oncology. With over 30 years of experience, he integrates somatic experiencing, hypnotherapy, and mindfulness into his practice, focusing on mindset shifts for growth and fulfillment. A passionate advocate for self-discovery, TY also authored Parenting 2.0.

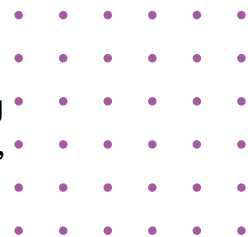


OUR FACULTY MEMBERS/ TRAINERS



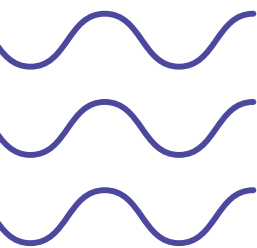
David Chan
Secretary

David TW Chan, with over 25 years of strategic management experience, is a certified ergonomist and mental health expert dedicated to enhancing employee well-being. Holding an MBA, a BS in Marketing, and a BS in Psychology, he specializes in optimizing workplace design and fostering mental health. David's certifications include clinical hypnotherapy and Mind & Body Medicine. He leads programs on workplace stress management, therapeutic communication, and mental health first aid, aiming to create environments that support both physical and mental health. Based in Selangor, Malaysia, David is passionate about promoting holistic well-being in corporate settings.



Sindy Yip
Treasurer

Sindy Yip, a Business Administration graduate from University Tun Abdul Razak, is a hypnotherapist with a diploma from LCCH. She has diverse industry experience and runs her own business. A certified HRD Corp Trainer, she has 2 years of experience in Mandarin language training and facilitating mental health workshops, practicing Body Mind Reprogramming to aid mental health and lifestyle improvements.



Time	Topic	Details
Level 1: Foundation Level		
Time	Module	Content
Day 1: Understanding Crisis and PHFA Fundamentals		
9.00am - 9.30am	Module 1: Introduction to PHFA	Overview of the PHFA course objectives, importance of psychological health first aid, and its relevance in crisis situations.
9.30am - 10.30am	Module 2: Defining Crisis	<ul style="list-style-type: none"> - Internal vs. External Factors - Human Error vs. Environmental Issues - How crises develop and the key differences between internal and external causes.
10.30am - 10.45am	Coffee Break	
10.45am - 12.00p,	Module 3: Crisis Management vs. Conflict Management	<ul style="list-style-type: none"> - Understanding the distinction between managing crises and conflicts. - Practical examples and scenario-based learning.
12.00pm - 1.00pm	Lunch Break	
1.00pm - 2.00pm	Module 4: Mental Health Issues Related to Crisis	Overview of common mental health disorders that emerge in crisis situations, including PTSD, Depression, Generalized Anxiety, Panic Disorder, Substance Use, and Psychophysiological Stress Syndromes.
2.00pm - 3.15pm	Module 5: Defining PHFA and the Look, Listen, Link Framework	<ul style="list-style-type: none"> - Introduction to the PHFA (Psychological Health First Aid) model. - Detailed explanation of the Look, Listen, Link framework. - Practical applications in workplace or community crises.
3.15pm - 3.30pm	Tea break	
3.30pm - 5.00pm	Module 6: Self-Care and Setting Healthy Boundaries	<ul style="list-style-type: none"> - Importance of self-care for first aiders. - How to set boundaries while offering psychological help to avoid burnout. - Self-management techniques.



Time	Topic	Details
Level 1: Foundation Level		
Time	Module	Content
Day 2: RAPID Framework and Practical Application		
9.00am - 9.30am	Module 7: Introduction to the RAPID Framework	<ul style="list-style-type: none"> - Overview of the five steps: Rapport, Assessment, Prioritization, Intervention, Disposition. - In-depth understanding of each step and its application.
9.30am - 10.30am	Module 8: Case Scenario Exercises	<ul style="list-style-type: none"> - Role-playing different crisis scenarios using the RAPID framework. - Group discussions on how to approach each scenario and provide support.
10.30am - 10.45am	Coffee Break	
10.45am - 12.00p,	Module 8: Case Scenario Exercises	
12.00pm - 1.00pm	Lunch Break	
1.00pm - 3.00pm	Module 9: RAPID Framework Application	<ul style="list-style-type: none"> - Practical role-playing sessions where participants practice applying the RAPID model. - Group feedback and discussion on challenges.
3.15pm - 3.30pm	Tea break	
3.30pm - 4.45pm	Module 10: Assessment of RAPID Framework Skills	<ul style="list-style-type: none"> - Participants are assessed based on their application of the RAPID framework. - Trainer and peer feedback provided. - Suggestions for improvement and mastery.
4.45pm - 5.00pm	Closing and Wrap-Up	Recap of 2 Days learnings, distribution of resources for future practice, and an open Q&A session.

Overview of the Module Structure

- Modules 1-6 cover the theoretical foundation of crisis management, mental health conditions, and the PHFA model.
- Modules 7-11 focus on applying the RAPID framework with practical case studies and scenario-based learning to solidify the concepts taught in Day



COURSE FEE

COURSES (9AM - 5PM)	MEMBER (RM)	NON-MEMBER (RM)
FOUNDATION LEVEL 1 & 2 (2 DAYS)	450	900

- * This training course involves extensive learning based on practical skills, role play with case scenarios and intervention protocols
- * Certificate will be awarded upon completion
- * Materials will be provided

The Psychological Health First Aid will be conducted every 2 months, please contact mbmpa admin for find out the dates, limited seats only available.



 Register Now!!!

FOR INQUIRIES, CONTACT US



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