



**6TH ASIA-PACIFIC  
MENTAL HEALTH AND WELL-BEING  
CONGRESS**

23-24 Nov 2026 | Holiday Inn Express Bangkok, Thailand  
<https://scholarsconferences.com/asia-pacific-mental-health/>



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| Tentative Program                                |                                                                                                                                                                                                                                                                           |
|--------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Day 01   November 23, 2026   Bangkon   In-Person |                                                                                                                                                                                                                                                                           |
| 08:30-09:00                                      | Registrations                                                                                                                                                                                                                                                             |
| 09:30-09:40                                      | Opening Ceremony                                                                                                                                                                                                                                                          |
| Keynote Forum                                    |                                                                                                                                                                                                                                                                           |
| 09:40-10:15                                      | <b>Title:</b> Beyond Human Capital: Women Governing Intelligent Systems<br><b>Agnieszka Wójcik-Czerniawska</b> , SGH- Warsaw School of Economics, Poland                                                                                                                  |
| 10:15-10:50                                      | <b>Title:</b> Dreams and Dreamwork - Impulses from Psychology, Spirituality, Mysticism and Tradition for a Culture of Change and Empowerment in Mental Health and Therapy<br><b>Ernst Hans Juerg Meier</b> , Practice for Psychotherapy and Hypnosis Therapy, Switzerland |
| Group Photo                                      |                                                                                                                                                                                                                                                                           |
| Networking and Refreshments Break @ 10:50-11:10  |                                                                                                                                                                                                                                                                           |
| 11:10-11:45                                      | <b>Keynote Speaker Slots Available</b>                                                                                                                                                                                                                                    |
| Speaker Session                                  |                                                                                                                                                                                                                                                                           |
| Session Chair:                                   |                                                                                                                                                                                                                                                                           |
| 11:45-12:10                                      | <b>Title:</b> A Non-Clinical Digital Companion Model For Functional Participation In Social Anxiety<br><b>James Spence</b> , Cognitive Life Companion Technologies (CLCT), USA                                                                                            |
| 12:10-12:35                                      | <b>Title:</b> High-Functioning but Distressed? Examining Depression, Anxiety and Stress Among Malaysian Employees in Contemporary Work Environments<br><b>Azman Shah D. Aziz</b> , Performance Development Consultants Sdn Bhd, Malaysia                                  |
| 12:35-13:00                                      | <b>Speaker Slots Available</b>                                                                                                                                                                                                                                            |
| Lunch and Networking Break @ 13:00-13:45         |                                                                                                                                                                                                                                                                           |
| 13:45-14:10                                      | <b>Title:</b> Neuro-Informed Broadcasting for Scalable Mental Wellness Communication in the Asia-Pacific<br><b>Carol Ong</b> , DCO Brain Switch, Malaysia                                                                                                                 |
| 14:10-14:35                                      | <b>Title:</b> From Principal to Prisoner to Professor: Lived Experience as Transformational Leadership in Education and Justice Reform<br><b>Kenyetta Snapp</b> , Eastern Michigan University, USA                                                                        |
| 14:35-15:00                                      | <b>Title:</b> From Reproduction to Self-Production: A Comparative Reading of Imperfect Womanhood in Han Kang's The Vegetarian and Kawakami Mieko's Breasts and Eggs<br><b>Jingyi Wan</b> , University of Amsterdam, Netherlands                                           |
| 15:00-15:25                                      | <b>Title:</b> From Presence to Power: The Strategic Cost of Invisible Work, and Women's Human Advantage in the Intelligent Age<br><b>Abir Bouguerra</b> , SpeakEasyToo, Saint Kitts And Nevis                                                                             |

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|---------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>15:25-15:50</b>                          | <b>Title:</b> The Medicine Within: Mindfulness as a Practical Approach to Modern Mental Health                                                                                  |
|                                             | <b>Wannapaluck Boonsakulcharoen</b> , Prakaya, Thailand                                                                                                                         |
| <b>Speaker Slots Available</b>              |                                                                                                                                                                                 |
| <b>Networking and Refreshments Break</b>    |                                                                                                                                                                                 |
| <b>Poster Session</b>                       |                                                                                                                                                                                 |
| <b>EP001</b>                                | <b>Title:</b> Cultural Perceptions and Interpretations of Childhood Trauma: A Stakeholder Consultation on Research Efficacy within a Singaporean Counselling Training Programme |
|                                             | <b>Ellen Fong</b> , Keele University, Singapore                                                                                                                                 |
| <b>EP002</b>                                | <b>Title:</b> A Psychodynamic Case Formulation: An Object-Relational and Trauma-Focused Perspective on Disorganised Attachment                                                  |
|                                             | <b>Kok Han Ang</b> , Institute of Mental Health, Singapore                                                                                                                      |
| <b>EP003</b>                                | <b>Title:</b> Too Bright to Fail, Too Complex to Fit: Twice-Exceptionality in an Adolescent with ADHD, Autism, and Complex Mood and Behavioural Dysregulation                   |
|                                             | <b>Alena Foong</b> , MOHH, Singapore                                                                                                                                            |
| <b>EP004</b>                                | <b>Title:</b> Sheltered, Yet Shaped: Between Emotional Closeness and Pulling Away — A Psychodynamic Case of Relationally Transmitted Trauma                                     |
|                                             | <b>Hui Xin Jenies Foo</b> , Institute of Mental Health, Singapore                                                                                                               |
| <b>EP005</b>                                | <b>Title:</b> Knockout: A Case Report On Recurrent Self-Harm Through Self-Inflicted Facial Blows In A Filipino Adult With Schizophrenia                                         |
|                                             | <b>John Ruben Esperanza</b> , Cagayan Valley Medical Center, Philippines                                                                                                        |
| <b>Panel Discussions &amp; B2B Meetings</b> |                                                                                                                                                                                 |
| <b>Day 01 End</b>                           |                                                                                                                                                                                 |

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| <b>Day 02   November 24, 2026   In-Person</b>          |                                                                                                                                |
| <b>09:25-09:30</b>                                     | Introduction                                                                                                                   |
| <b>Keynote Forum</b>                                   |                                                                                                                                |
| <b>09:30-10:05</b>                                     | <b>Title:</b> Brain-Switch 2.0® A Neuroscience-Informed Approach to Rapid and Lasting Change. An experiential Workshop         |
|                                                        | <b>Joachim Lee Tai Loong</b> , Neuro-Therapy, Singapore                                                                        |
| <b>10:05-10:40</b>                                     | <b>Title:</b> Reversal of Alzheimer's Disease pathology by TB006 antibody targeting Galectin-3                                 |
|                                                        | <b>Suhail Rasool</b> , Suninflam Ltd, USA                                                                                      |
| <b>10:40-11:15</b>                                     | <b>Title:</b> Bridging Education and Enterprise: Challenges on the Student Startup Journey                                     |
|                                                        | <b>Sudarshana Borah</b> , The Assam Royal Global University, India                                                             |
| <b>Keynote Speaker Slots Available</b>                 |                                                                                                                                |
| <b>Networking and Refreshments Break @ 11:15-11:45</b> |                                                                                                                                |
| <b>Speaker Session</b>                                 |                                                                                                                                |
| <b>Session Chair:</b>                                  |                                                                                                                                |
| <b>11:45-12:10</b>                                     | <b>Title:</b> Online Adaptations of the Tavistock Model of Infant Observation: A Literature Review since the COVID-19 Pandemic |
|                                                        | <b>Akihito Fujomori</b> , International University of Health and Welfare, Japan                                                |
| <b>12:10-12:35</b>                                     | <b>Title:</b> Characteristics and Outcomes of Individuals Referred by CRT to IMH ES in 2023                                    |
|                                                        | <b>Magdelene Siow</b> , NHG, Singapore                                                                                         |

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| <b>12:35-13:00</b>                                     | <b>Title:</b> Nutrition-Sensitive Agriculture Toolkit Increases Yields, Market Participation, and Income Among Women Farmers in Lesotho                                                          |
|                                                        | <b>Lisebo Mothepu</b> , The Durban University of Technology, South Africa                                                                                                                        |
| <b>Speaker Slots Available</b>                         |                                                                                                                                                                                                  |
| <b>Lunch and Networking Break @ 13:00-13:50</b>        |                                                                                                                                                                                                  |
| <b>13:50-14:15</b>                                     | <b>Title:</b> Beyond Diagnosis: The CARE Framework for Youth and Adolescent Mental Health—A Cross-Cultural Clinical Perspective from India and the United Arab Emirates                          |
|                                                        | <b>Siji Raveendran</b> , Clinical Psychologist, UAE                                                                                                                                              |
| <b>14:15-14:40</b>                                     | <b>Title:</b> Analysis of Patient Profile in the Psychiatric Emergency Department of a Public Specialized Psychiatric Hospital Over the Past Decade                                              |
|                                                        | <b>Jen Chin Lee</b> , Taoyuan Psychiatric Center, Taiwan                                                                                                                                         |
| <b>14:40-15:05</b>                                     | <b>Title:</b> Feasibility and Acceptability of Self-Regulation, Economic and Combined Interventions to Prevent Depression and Anxiety Among Poverty-Affected Adolescents in Nepal: a Pilot C-RCT |
|                                                        | <b>Nagendra Luitel</b> , Transcultural Psychosocial Organization (TPO) Nepal, Nepal                                                                                                              |
| <b>15:05-15:30</b>                                     | <b>Title:</b> A Qualitative Study on the Role of Taekwondo in Promoting Psychological Wellbeing of Practitioners                                                                                 |
|                                                        | <b>Roji Maharjan</b> , Project Green Circle, Nepal                                                                                                                                               |
| <b>15:30-15:55</b>                                     | <b>Title:</b> From Physical Circles to the Metaverse: Leveraging Virtual Anonymity and the Online Disinhibition Effect to Neutralize Mental Health Stigma in Malaysia                            |
|                                                        | <b>Syahida Zulkarnain</b> , NGO Empati, Malaysia                                                                                                                                                 |
| <b>Speaker Slots Available</b>                         |                                                                                                                                                                                                  |
| <b>Networking and Refreshments Break @ 15:55-16:15</b> |                                                                                                                                                                                                  |
| <b>Panel Discussions &amp; B2B Meetings</b>            |                                                                                                                                                                                                  |
| <b>Day 02 End   Closing Ceremony</b>                   |                                                                                                                                                                                                  |

| <b>Day 02   November 24, 2026   Virtual   GMT+1</b> |                                                                                                                                                                  |
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| <b>08:45-09:00</b>                                  | Introduction                                                                                                                                                     |
| <b>Keynote Forum</b>                                |                                                                                                                                                                  |
| <b>09:00-09:25</b>                                  | <b>Title:</b> Beyond Hard Work Empowering Women Leaders to Build Profitable Futures                                                                              |
|                                                     | <b>Mosongo Moukwa</b> , Profit Coach, USA                                                                                                                        |
| <b>09:25-09:50</b>                                  | <b>Title:</b> Guiding Adolescents and Young People Intentionally: Building Safe Spaces, Mentorship, and Leadership Pathways for Adolescent Girls and Young Women |
|                                                     | <b>Georgina Mabezere</b> , Mwaka Nawila Foundation, Zambia                                                                                                       |
| <b>09:50-10:15</b>                                  | <b>Title:</b> Mindful Breathing with Music (MBM): An Integrative Wellness Approach to Supporting Emotional Self-Regulation                                       |
|                                                     | <b>Marilyn Immoos-Langlois</b> , Mindful Breathing with Music (MBM), Switzerland                                                                                 |
| <b>10:15-10:40</b>                                  | <b>Keynote Speaker Slots Available</b>                                                                                                                           |
| <b>10:40-11:05</b>                                  | <b>Keynote Speaker Slots Available</b>                                                                                                                           |
| <b>Break @ 11:05-11:15</b>                          |                                                                                                                                                                  |

| Poster Presentations |                                                                                                                                                                                                                           |
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| 11:15-11:25          | <b>Title:</b> Palliative-psychological care for severe and persistent mental illness: a qualitative expert study toward an integrative, interdisciplinary model<br><b>Gabi Gubel</b> , PUK Zurich, Switzerland            |
| 11:25-11:35          | <b>Title:</b> “You Will Never Replace My Father” Transference, Countertransference, and Enactment in a Trainee’s First Psychodynamic Case<br><b>Yiyang Aun</b> , National University Hospital, Singapore                  |
| Speaker Session      |                                                                                                                                                                                                                           |
| <b>Session Chair</b> |                                                                                                                                                                                                                           |
| 11:35-11:55          | <b>Title:</b> Addressing Sexual Harassment and Gender-Based Violence: A Systemic Approach from the Trinidadian Perspective<br><b>Mandesa Crevelle</b> , Magnolia Advocacy and Charity Foundation Inc, Trinidad And Tobago |
| 11:55-12:15          | <b>Title:</b> From Master to Student: Brainkinetik® in Dialogue with Asian Mind-Body Traditions as a Shared Model of Neuromotor Transmission in Trauma Work<br><b>Marzena Folusz</b> , Fachpraxis Marzena Folusz, Germany |
| 12:15-12:35          | <b>Title:</b> Understanding Burnout Amongst Occupational Therapists: A Qualitative Meta-Synthesis Review<br><b>Jess Chen</b> , Sengkang General Hospital, Singapore                                                       |
| 12:35-12:55          | <b>Title:</b> Social Determinants of Depression among Low-Income Women in Vietnam: The Roles of Social Support, Self-efficacy, and Socio-Demographic Factors<br><b>Mina Nguyen</b> , Fordham University, USA              |
| 12:55-13:15          | <b>Title:</b> Transition to Adulthood for Children Who Experienced Acquired Brain Injury: What we know<br><b>Juliet Haarbauer-Krupa</b> , Emory University School of Medicine, USA                                        |