

Scientific Program	
Day 01 | November 23, 2026 | Eagle | Bangkok	
08:30-09:00	Registrations
09:30-09:40	Opening Ceremony
Keynote Forum	
09:40-10:15	**Title:** Brain-Switch 2.0® A Neuroscience-Informed Approach to Rapid and Lasting Change. An experiential Workshop
	Joachim Lee Tai Loong, PBM, Neuro-Therapy, Singapore
10:15-10:50	**Title:** Dreams and Dreamwork - Impulses from Psychology, Spirituality, Mysticism and Tradition for a Culture of Change and Empowerment in Mental Health and Therapy
	Ernst Hans Juerg Meier, Practice for Psychotherapy and Hypnosis Therapy, Switzerland
Group Photo	
Networking and Refreshments Break @ 10:50-11:10	
11:10-11:45	**Title:** Women's Perceived Mental Health and Healthcare Support Needs Following Intrauterine Fetal Death in Rural South Africa
	Mary Maluleke, University of Venda, South Africa
Speaker Session	
Session Chair: Joachim Lee Tai Loong, PBM, Neuro-Therapy, Singapore	
11:45-12:10	**Title:** Beyond Talk Therapy: A Conceptual Framework for Tactile Cognitive Restructuring and Structured Play in Adult Psychotherapy
	Selinta Clarke, The Holistic Psychotherapy Centre, Thailand
12:10-12:35	**Title**: High-Functioning but Distressed? Examining Depression, Anxiety and Stress Among Malaysian Employees in Contemporary Work Environments
	Azman Shah D Aziz, Performance Development Consultants Sdn Bhd, Malaysia
12:35-13:00	**Title:** A secondary analysis of a mixed-methods cross-sectional survey to explore the associations between antenatal stress and anxiety, birth trauma and post-birth recovery experience in mothers of multiples
	Sze-Ning Chuah, Monash Health, Australia
Lunch and Networking Break @ 13:00-13:50	
13:50-14:15	**Title:** Neuro-Informed Broadcasting for Scalable Mental Wellness Communication in the Asia-Pacific
	Carol Ong, DCO Brain Switch, Malaysia
14:40-14:55	**Title:** Cultural Perceptions and Interpretations of Childhood Trauma: A Stakeholder Consultation on Research Efficacy within a Singaporean Counselling Training Programme
	Ellen Fong, Keele University, Singapore

14:55-15:20	**Title:** Self-knowledge as self-improvement in Plato's dialogues and Cognitive Behavioural Therapy
	Chloe Bamboulis, Clinical Psychological Therapy Limited, UK
15:20-15:45	**Title:** Supporting the Developing Self: Adolescent Identity, Agency and Mental Wellbeing in Schools
	Pamela Christie, Inclusive Future Ltd, Vietnam
Networking and Refreshments Break @ 15:45-16:05	
16:05-16:30	**Title:** Peer Support Programme in the Singapore Civil Defence Force: A Community-Embedded Model for Mental Health Support in Young Emergency Services Personnel
	Chan Luo Ming (Kada), Singapore Civil Defence Force, Singapore
16:30-16:55	**Title**: Blame, Guilt and Shattered Hopes: Psychological Experiences of Women Following Intrauterine Fetal Death in Rural South Africa
	Thingahangwi Cecilia Masutha, University of Venda, South Africa
16:55-17:20	**Title:** When Care Falls Silent: Perceived Bereavement-Care Gaps Following Intrauterine Fetal Death in Rural South African Hospitals
	Mphedziseni Eshter Rangwaneni, University of Venda, South Africa
Poster Session @ 17:20-17:50	
EP001	**Title:** A Psychodynamic Case Formulation: An Object-Relational and Trauma-Focused Perspective on Disorganised Attachment
	Kok Han Ang, Institute of Mental Health, Singapore
EP002	**Title:** Too Bright to Fail, Too Complex to Fit: Twice-Exceptionality in an Adolescent with ADHD, Autism, and Complex Mood and Behavioural Dysregulation
	Alena Foong, MOHH, Singapore
EP003	**Title:** Online Adaptations of the Tavistock Model of Infant Observation: A Literature Review since the COVID-19 Pandemic
	Akihito Fujomori, International University of Health and Welfare, Japan
EP004	**Title**: "You Will Never Replace My Father" Transference, Countertransference, and Enactment in a Trainee's First Psychodynamic Case
	Yiyang Aun, National University Hospital, Singapore
EP005	**Title**: Characteristics and Outcomes of Individuals Referred by CRT to IMH ES in 202
	Magdelene Siow, NHG, Singapore
EP006	**Title:** Sheltered, Yet Shaped: Between Emotional Closeness and Pulling Away — A Psychodynamic Case of Relationally Transmitted Trauma
	Hui Xin Jenies Foo, Institute of Mental Health, Singapore
EP007	**Title:** Knockout: A Case Report On Recurrent Self-Harm Through Self-Inflicted Facial Blows In A Filipino Adult With Schizophrenia
	John Ruben Esperanza, Cagayan Valley Medical Center, Philippines
Panel Discussions & B2B Meetings	
Day 01 End	

Day 02 | November 24, 2026 | Virtual | GMT +1	
08:45-09:00	Introduction
Keynote Forum	
09:00-09:30	**Title:** Real Conversations, Real Change: The Check-In Framework
	Nicholas Bloom, Nic Bloom Pty Ltd, Australia
09:30-10:00	**Title:** Interdisciplinary Studies as an Approach to Humanizing Educational Curricula: A Comparative Field Study in Five Arab Countries
	Mandour Abdelsalam Fathalla, National Center for Educational Research and Development, Egypt
10:00-10:30	**Title**: Giftedness Under Pressure: Mental Health, Identity and Sustainable High Performance
	Heather O'Donnell, TGR The Green Room, Germany
10:30-11:00	**Title:** Mindful Breathing with Music (MBM): An Integrative Wellness Approach to Supporting Emotional Self-Regulation
	Marilyn Immoos-Langlois, Mindful Breathing with Music (MBM), Switzerland
Break @ 11:00-11:15	
11:15-11:45	**Title:** The Missing Curriculum: Purpose, Attention and Mental Wellbeing in a Hyper-Connected World
	Anish Baheti, Train My Brain® , India
Speaker Session	
Session Chair: Marilyn Immoos-Langlois, Mindful Breathing with Music (MBM), Switzerland	
11:45-12:05	**Title:** Palliative-psychological care for severe and persistent mental illness: a qualitative expert study toward an integrative, interdisciplinary model
	Gabi Gubel, PUK Zurich, Switzerland
12:05-12:25	**Title:** Power Home as an Author Developed Pedagogical and Psychoeducational Framework for Well Being From Prevention to Supporting Adolescents After Crisis and Trauma
	Marzena Folusz, Stiftung Jugendhilfe Aktiv, Germany
12:25-12:45	**Title:** Understanding Burnout Amongst Occupational Therapists: A Qualitative Meta-Synthesis Review
	Jess Chen, Sengkang General Hospital, Singapore
12:45-13:05	**Title:** The Effect of Psychodrama Group Therapy on Anxiety Levels in Parents of Children with Anorectal Malformations
	Aslihan Eslek, Izmir University of Economics Faculty of Medicine, Turkey
13:05-13:25	**Title:** Understanding How mTBI Impacts the Career and Independence of Young Adults
	Juliet Haarbauer-Krupa, Emory University School of Medicine, USA
Break @ 13:25-13:40	
13:40-14:00	**Title:** Developing Life Skills Training Module in Drug Abuse Preventive Program among Adolescents in Mumbai
	Meena Zore, Smt Vimladevi Kkhyalilalji Vagarecha College of Nursing Education, India

14:00-14:20	**Title:** Counselling for Duchenne Muscular Dystrophy (DMD): Integrating Psychosocial Perspective
	Kripa Arora, Christ University, India
14:20-14:40	**Title:** Attitudes Towards Mental Illness Among Student Nurses
	Shannah Marie Alkonga, St. Paul University Iloilo, Philippines
14:40-15:00	**Title:** 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
	Nagendra Luitel, Transcultural Psychosocial Organization (TPO), Nepal
Panel Discussions	
Day 02 End | Closing Ceremony	