

8th National Counselling E-Conference

National Association of Christian Counsellors (NACC) Malaysia



Theme:

Addictions: Prevention, Intervention and Restoration from a Biblical and Psychological Perspective

Synopsis: Addiction affects people regardless of race, class, gender, and religion – including those of the Christian faith. Individuals struggling with addiction often experience psychological problems such as shame, guilt, depression and anxiety which affect their mental health, career, marriage and family life. This conference aims to help participants understand the underlying causes of addictions and provide them with a spiritual and psychological framework and process for prevention, intervention and restoration purposes, be it for themselves, their loved ones or any other people they want to help.

Dates: 24 Oct & 31 Oct 2020 (Two Saturdays)
10 Contact Hours awarded!

Venue: Zoom 

Speakers:

Dr Munidasa Winslow has worked in general psychiatry and addiction medicine at the Institute of Mental Health (IMH) since 1988. He was one of the pioneers responsible for the setting up and development of addiction services both in the hospital and in the community. His last appointment was as Chief of the Addiction Medicine Department, IMH before he established his own practice, Promises Healthcare, in 2011. He is recognised as an expert in addiction and impulse control disorders such as alcohol, substance dependence, gambling, gaming, sexual compulsivity in the Asia-Pacific region and frequently speaks at conferences around the region. He has published and presented widely on both general psychological and addiction issues. While regularly seeing clients, he continues his academic and research interests by teaching in many medical, nursing, psychology and counselling courses. Inspired to be the “salt of the earth”, Dr Winslow co-founded Psalt Care, a Christian-managed charity organisation set up to support and sustain persons with diagnosed mental health and addiction challenges. Psalt Care’s activities aims to help others in their mental health recovery journey no matter their station in life. Dr Winslow is also actively involved in the Anglican Church community in Singapore and was a former lay leader.



Rev Sam Kuna is the Dean of the School of Counselling and an Associate Professor at TCA College, a multi-disciplinary Christian college pioneered by the Trinity Christian Centre, Singapore. Sam is a SAC Registered Counsellor and Registered Clinical Supervisor and elected in his second term as the President of the Singapore Association for Counselling (2018-2020). Starting his counselling practice since the late 1980s, Sam had further training in psychology as well as marriage, family and child counselling. He is a practicing family therapist, child counsellor, a sandplay practitioner, as well as a certified master addiction therapist. He is a clinical member of the Association for Marital and Family Therapy (Singapore) and Founding Board Member of the Asia Pacific Certification Board (APCB).



Nicholas Foong wants to see a society that believes in sparking positive change in every interaction. He is currently the Director of Services, spending his working hours driving synergy among the different teams to deploy programs and services that promote social mobility. He has been involved with social impact initiatives since 2010, especially in Cyber Wellness, and engages adults on Digital Parenting. Having a young child, Nick has taken an immense interest in the research and best practices surrounding digital parenting and wants to push this agenda to encourage mindful and intentional technology use. Having lived and worked for a variety of industries in America, Singapore, Thailand and Malaysia, he has a unique set of multi-cultural experiences which allows him to appreciate social and cultural connections on many levels. Nick has an MBA from the University of Iowa, Tippie College of Business as well as a Bachelor of Science (Hons) from National University of Singapore. Besides work, he can be enticed with a coffee chat on technology trends, Star Wars, and his favourite football club Tottenham Hotspur!



Patrick Cheng is the President of the National Association of Christian Counsellors (NACC) Malaysia. Prior to this, he has been in Christian full-time ministry in both the church and para-church context for more than three decades. Besides his theological training, he also has post-graduate degrees in both pastoral and professional counseling. He is a certified sexual recovery therapist with the American Association of Sexual Addiction Therapy and has also completed certificate courses in internet addiction. Apart from his work with NACC, he is a licensed counsellor at a professional counselling centre and a part-time lecturer at a few local universities.



Chris Sekar practises as the Addiction Therapist at Gleneagles Medical Centre. He has more than 30 years of counseling experience ranging from substance and behaviour addiction abuse to family issues. His qualifications include a Postgraduate Diploma in Counseling Psychology, a Master of Arts degree in Counseling from De La Salle University, a Bachelor



of Theology degree from Malaysia Bible Seminary, and is a Certified Addiction Therapist (CSAT) from the Asia Pacific Certification Board. Chris has a Master (Level 4) in Addiction Therapy and is the former President of the Asia Pacific Certification Board (M).

Dr. Yeo Pei Li is a licensed counsellor with the Malaysia’s Board of Counsellor since 2003. She specializes in trauma work, couple and family counseling, as well as career guidance. She has also been involved in various educational institutions since 2004 in the capacity of a student counsellor, senior lecturer and trainer. Her doctorate is in counsellor education and supervision from Regent University. She is currently the Dean of Counselling Studies at Alpha Omega International College (AOIC), lecturer at Monash University Malaysia, and one of the board members of the National Association of Christian Counsellors (NACC) Malaysia. She worships at Full Gospel Assembly (FGA). She is also a HAGGAI alumni and member of Soroptimist International Club of Bangsar.



Associate Professor Paul Nah Seang Hoo is a medical doctor and a retired anatomist. **Dr Chiam Yoke Choo** who is a physician in Internal Medicine, co-manages the Horeb Group of medical clinics. They have three adult children, two sons-in-law and four grandchildren. Both of them were spirit baptised in 1977. Paul has served as a deacon and as head of the Family life department for 18 years in the former church. Both of them were involved in teaching family life issues. As patrons of an orphanage in Port Dickson for thirteen years, they have been actively involved in advising as well as in fundraising. Since 2015, Dr Pastor Rosie Leong and the couple have been conducting Pornography Addiction Seminars to create awareness of this online addiction as well as to encourage the churches to set up ministries to help the victims. They are authors of two books, “The Durian Years of Marriage with some Hilarity” and “The Neuroscience of Porn Addiction made simple” Both of these books have been translated into Mandarin. They are currently attending Damansara Utama Methodist Church (DUMC) in Petaling Jaya.



Plenary 1 & 2: A Neurobiological and Psychological Perspective of Addiction (Dr Munidasa Winslow)

Addiction is an invisible force that has been on a steady rise with more variations added as the world and society changes. In this two-part session, he demystifies addiction, and its causes and effects on our brains and bodies from a seasoned expert’s point of view. Understand why addiction is not merely a matter of bad choices but is a disease of the mind. Learn how to help those with addictions and their loved ones on their journey to recovery.

Plenary 3: A Pastoral and Biblical Perspective of Addiction (Rev Sam Kuna)

Addiction has always been seen as abuse and has historically been categorised as moral failure and sin. In contrast, most medical and mental health professionals view addiction as a disease, hence preaching against it appears to be ineffective. Drawing from his experience as an addiction counsellor and also as a seminary lecturer, the speaker will share two overlapping models to this challenging subject.

Plenary 4: Addiction: The Way Forward - 2020 and Beyond (Patrick Cheng)

This session will bring into focus the strategies Christian organisations and ministries have been doing to help people manage addiction in our country and beyond. It will also discuss what local churches and concerned individuals can do to reach out and help their family members and friends who are facing addiction problems.

Workshops:

1. Gaming and Social Media Addiction

Part 1: Social Media & Gaming - The reality that really isn't a reality (Nicholas Foong)

The introduction of the smart phone and technological evolution with connectivity had a multi-dimensional impact on the world we live in. This session will explore how online interactions have shaped realities for society at large, our children and families. We will better understand the motivations of digital natives, how they interact, and learn handles to help them reclaim their digital lives.

Part 2: Managing Gaming and Social Media Addiction (Patrick Cheng)

Just like the Covid-19 pandemic which has infected myriads of people worldwide, internet addiction has drawn a similar malignancy. While the world has not found a vaccine to overcome the coronavirus, yet washing our hands with soap and water can be an effective prevention strategy. Based on the Cognitive Behavioural Therapy for Internet Addiction (CBT-IA), Patrick has developed the Soap and Water Therapy to help parents manage the internet pandemic which has affected millions of young people worldwide.

2. Porn and Sex Addiction: Understanding the Root Causes (Dr Paul Nah & Dr Chiam Yoke Choo)

Part 1: Psychosocial Issues of Porn Addiction in Malaysia

The session aims to convince Christian leaders that porn is no longer a minor issue among church members. Graphic illustrations will be used to enhance discussion. Statistics show that it has infiltrated the community at large as well as the church from as young an age as five years old. This pandemic has boosted online addiction. Even church leaders ranging from pastors, elders and department heads are not spared the scourge. Adverse effects spread across the individual to family members and to the community in churches and at workplaces. Root problems and remedies are discussed.

Part 2: The Brain Issues in Porn Addiction

This session aims to provide a simple understanding of the brain anatomical structures and the reward pathways common to all addictions. Brain structural, chemical and psychological damage resulting in compulsive, and obsessive behaviours are discussed. We will discuss how triggers make the addict repeat actions despite the negative damaging consequences.

The intrinsic property of the brain is 'Neuroplasticity', which is likened to a two-edged sword to harm or heal, can be used for breaking free from the addiction. The long road to recovery is made possible and easier with a better understanding of the brain issue, the help of Jesus and the power of the Holy Spirit.

3. Drugs & Alcohol Addiction: (Chris Sekar)

This is an introduction to Addiction Intervention, Counselling and Treatment Plan. It discusses the concepts and dynamics that are involved in the treatment and counselling process with the emphasis on providing a simple yet practical framework for those without much experience in addiction work.

4. Addiction to Body Image: (Dr Yeo Pei Li)

In a society that perpetuates the strive for an ideal appearance, a fit and perfect body has become synonymous with success, yet this is hard to achieve. Many, especially young people and women, have ongoing daily struggles with their own reflection when they look in the mirror. In this workshop, you will understand what is an unrealistic and unhealthy body image, what are the signs and symptoms to watch out for, the effects and impact of poor body image, which may lead to eating disorder and exercise addiction. Participants will also learn how to cultivate a healthy body image and a healthy relationship with their body.

Programme

	Oct 24 (Sat)	Oct 31 (Sat)
8.45 – 9.00 am	Log in and Welcome	
9.00 – 10.00 am	Addiction: A Neurobiological Perspective (Dr Munidasa Winslow)	Addiction: A Pastoral and Biblical Perspective (Rev Sam Kuna)
10.00 – 10.15 am	Break	Break
10.15 – 11.15 am	Addiction: A Psychological Perspective (Dr Munidasa Winslow)	Workshop 2 (Part 1)
11.15 – 12.00 noon	Questions and Answers	
12.00 – 1.00 pm	Lunch Break	Lunch Break
1.00 – 2.30 pm	Workshop 1 (Part 1)	Workshop 2 (Part 2)
2.30 – 3.00 pm	Break	Addiction: The Way Forward: 2020 & Beyond (Patrick Cheng) 2.30 - 3.30 pm
3.00 – 4.30 pm	Workshop 1 (Part 2)	Graduation Ceremony: Certificate in Lay Christian Counselling 3.30 - 4.00 pm

Conference Registration Fees:

	For NACC Members	For Non-NACC members	For Church Registrations of 10 participants or more
Before 30 Sept 2020	RM100	RM200	RM150
After 30 Sept 2020	RM120	RM240	RM170

Notes:

- Payment can be made:
 - By crossed cheque in the name of "National Asso of Christian Counsellors" or
 - By credit card using online registration at www.nacc-malaysia.org
- NACC Member's rates (50% discount) is given only to members whose subscription is up-to-date.
- New applicants for membership are also entitled to the discounted rate on conference fees. For other details, please refer to the Membership Form, available from our homepage at www.nacc-malaysia.org
- Closing Date: 20 Oct 2020
- Zoom link will be sent to participants in due course.

Online registration at www.nacc-malaysia.org

Registration Form NACC National Conference 2020

Name (Datuk/Dr/Rev/Ps/Mr/Ms) _____

Address _____

Handphone _____

Email _____

Payment Amount: RM _____

Payment Mode: Cash / Cheque / Bank Transfer Online

NACC Member: Yes/No. If yes, Membership No. is _____

Workshop (Select 1 only per day)

Oct 24 (Workshop 1)

- Addiction to Body Image Issues (Dr Yeo Pei Li)
- Porn and Sex Addiction (Dr Paul Nah & Dr Chiam)

Oct 31 (Workshop 2)

- Alcohol and Drug Addiction (Chris Sekar)
- Gaming and Social Media Addiction (Nicholas Foong & Patrick Cheng)

For further information:

Email: office@nacc-malaysia.org Website: www.nacc-malaysia.org
Organised by National Association of Christian Counsellors (NACC) Malaysia.