

SMHC 2017 Pre-Conference Workshop

Date: 7 Sept 2017, Thursday
Time: 9.00am – 12.30pm
Venue: Lecture Theatre, Institute of Mental Health
Fee: SGD 40 (7% GST is applicable)
Registration: Please contact the Secretariat at smhc@imh.com.sg for details

Programme

Time	Session
9.00am	<p>Mindfulness at the Workplace</p> <p>What's behind the new trend towards mindfulness at work? In recent years, a growing number of individuals and companies around the world have begun integrating mindfulness and emotional intelligence to enhance resilience, teamwork, and performance. Mindful leaders, companies, and teams are healthier, happier, more resilient and prosocial, less prone to absenteeism and burnout, and can turn fleeting bursts of peak performance into a readily accessible capacity. The latest research on stress and brain function, and the new science of mindfulness, emotional intelligence and exceptional performance are converging with innovative business principles to revolutionize the art of business leadership and the modern culture of work.</p> <p><i>Presenter: Dr Joe Loizzo, Founder and Director, Nalanda Institute for Contemplative Science, United States of America</i></p>
10.00am	Tea Break
10.30am	<p>I Choose to be Happy, What About You?</p> <p>Psychology has long been focusing on the negative emotions and clinical disorders. Until 1998, when Dr. Martin Seligman, a psychologist from University of Pennsylvania psychologist and the president of APA at that time, redefined the realm of psychology by encouraging psychologists to “turn toward understanding and building the human strengths to complement our emphasis on healing damage.” This speech opened a new field of psychology - positive psychology, which eventually led many to seek answers to questions of 'what is happiness' and 'what makes us happy'. Looking at the research on happiness, this talk aims to bring to our awareness what stops us from being happy and what we can do to help us become happier individuals</p> <p><i>Presenter: Ms Leung Hoi Ting, Senior Clinical Psychologist, Department of Psychology, Institute of Mental Health, Singapore</i></p>
11.30am	<p>Laughter Therapy as a Tool for Happiness</p> <p>The positive impact of laughter therapy and feeling happy are sometimes overlooked, particularly its impact on one’s mental health and wellness. People who actively practice laughter therapy tend to have a more positive outlook on life, and often have an</p>

	<p>infectious and uplifting influence on those around them to also feel happy. This session will show how laughter therapy can be used as a powerful tool to achieve happiness, and how this has a positive impact on mental health and mental wellbeing. Some laughter therapy techniques will be shared as well.</p> <p><i>Presenter: Ms Feliz Angela Hassan, Laughter Ambassador, Feliz Laughter Wellness Singapore</i></p>
12.30pm	End of Pre-Conference Workshop

Workshop Presenters



Dr Joe Loizzo, Founder and Director, Nalanda Institute for Contemplative Science, United States of America

Dr Joseph (Joe) Loizzo, MD., PhD. is a contemplative psychotherapist, clinical researcher, and Buddhist scholar-teacher who integrates ancient contemplative science and technology with current breakthroughs in neuroscience and optimal health. After training in psychiatry at Harvard and completing a PhD in Buddhist Studies at Columbia, he founded Nalanda Institute for Contemplative Science, a non-profit organisation that helps people build sustainable happiness, compassion, and leadership through integrating science-based contemplative skills into their daily lives.

On faculty at the Weill Cornell Center for Integrative Medicine and the Columbia University Center for Buddhist Studies, Dr Loizzo lectures widely on the role of meditative learning in the future of health, education, and leadership, and teaches regular public classes and workshops at his Nalanda Institute, and Tibet House US. He has published frequent articles on contemplative science in the Annual Review of Psychiatry, the Annals of the New York Academy of Sciences, Biomed Central and Alternative Therapies. His books include Nagarjuna's Reason Sixty with Chandrakirti's Commentary; Sustainable Happiness: The Mind Science of Well-Being, Altruism, and Inspiration, and most recently edited a volume of essays, Advances in Contemplative Psychotherapy: Accelerating Healing and Transformation. Dr Loizzo has a private psychotherapy practice in Manhattan, where he lives with his wife, Gerardine, and their sons Maitreya and Ananda.



Ms Leung Hoi Ting, Senior Clinical Psychologist, Department of Psychology, Institute of Mental Health, Singapore

Ms Leung Hoi Ting is a Clinical Psychologist in the Institute of Mental Health (IMH) who has seven years of experience in psychology work. Since her undergraduate days, Hoi Ting has been intrigued by ideas of happiness and was interested in making sense of what happiness is and how it works. Getting in touch with the research on happiness and her interactions with her patients have helped to redefine what happiness means to different people.

Hoi Ting also has a passion for crisis work. She is the coordinator for the crisis intervention team for the Psychology Department and has been activated for both local and overseas critical incidents involving Singaporeans. She is also part of the IMH corporate crisis training team.



Ms Feliz Hassan, Laughter Ambassador, Feliz Laughter Wellness Singapore

Ms Feliz Hassan has been a certified swimming coach with Singapore Sports Council since 1995, and specialises in teaching swimming to women. In 2010, she was Vice Chairperson of the Henderson Crescent Residents' Committee (RC), and set up the Laughter Club as part of the RC's activities. The club started with just 19 members, but she decided to open it up the public later on to promote healthy lifestyle habits, with the Haha Hehe Club being set up in April 2010. In just two months, the club had more than 50 members, with Laughter Club session conducted every Thursday. Feliz is now a Certified Laughter Club Leader and to date, more than 270 people have attended and benefitted from her Laughter Club sessions.