



PROGRAM SCHEDULE



8:45 - 9:00 am
(MYT; UTC+8)
9:00 - 9:30 am

Registration

Opening Ceremony: Welcoming Speeches

Firdaus Mukhtar
President of Asian
Cognitive Behavioral Therapy
Association

Lynne Yong Ee Lin
President of Malaysian Society of
Clinical Psychology

Moderated by:

Sibrandes Poppema
President of Sunway University

Alvin Ng Lai Oon
Chairperson of 7th Asian Cognitive
Behavior Therapy Conference

9:30 - 10:00am

Keynote Address

**Depression and COVID-19: What
the Global Pandemic has Taught
us About Models of Risk,
Resilience, and Treatment**

Keith Dobson
President of World Confederation
Cognitive Behavior Therapies

Moderated by: Lynne Yong Ee Lin

10:00 - 10:30am

Oral Presentations 1

10:30 - 11:00am

CBT & COVID-19 Updates 1

**CBT and Covid-19 Updates in
Indonesia**

Diana Setiyawati

**Analysis on the Element of
Cognitive Behavioural Approach in
Managing COVID-19 in Malaysia**

Firdaus Mukhtar

**Cognitive-Behaviour Therapy for
Delinquent Youth With Mental
Health Problems: A Comparison to
Mindfulness Intervention**

Wong Fu Keung, Daniel

**Cultural Nuances of the COVID-19
Outbreak in India: Prospects and
Challenges for CBT Practice**

Nimisha Kumar

Moderated by: Nooraini Darus

11:00 - 11:30am

30-Minutes with Expert 1

Rational Emotive Behavior Therapy (REBT: Grandfather of CBT)

Dominic DiMattia

Moderated by: Zhang Yujia

11:30 - 12:00am

Research Updates 1

**The Role of Maladaptive and Five-Factor Personality Traits in Mental
Health and Preventive Behaviour During the COVID-19 Pandemic
Situation: A 10-Month Longitudinal Study**

Choi Kee-Hong

Moderated by: Jusmawati
Fauzaman



PROGRAM SCHEDULE



12:00nn- 2:00pm

Poster Presentations 1

2:00- 2:30pm

30-Minutes with Expert 2

Case Conceptualization in Complex PTSD: Integrating Theory and Practice in a Conflict Area

Siti Irma Fadhilah

Moderated by: Mahadir Ahmad

2:30 - 3:00pm

30-Minutes with Expert 3

Trauma-Informed Telemental Health in the Time of the Pandemic

Leoniek Kroneman

Moderated by: Nurul Miza Mohd Rashid

3:00 - 3:30pm

30-Minutes with Expert 4

Micro-Skill Training in Motivational Interviewing

John Forbes

Moderated by: Pamilia A/P Lourdunathan

3:30 - 4:00pm

Oral Presentations 2

4:00 - 4:30pm

30-Minutes with Expert 5

Cognitive Behavioural Interventions in the Management of Chronic Pain

Zubaidah Jamil

Moderated by: Serena In

4:30 - 5:00pm

Research Updates 2

Age Appropriate CBT and Wisdom Enhancement With Older People

Kenneth Laidlaw

Moderated by: Ponnusamy A/L Subramaniam

5:00 - 8:30pm

BREAK

8:30 - 9:30pm

The Prime Time Session with Debbie Joffe Ellis

REBT: History, Impact on CBT Development, and Relevance During the COVID-19 Pandemic

Moderated by: Alvin Ng Lai Oon



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CBT & COVID-19 Updates 2

CBT in Thailand - How we Have Grown, Despite the Challenges of the Pandemic

Nuttorn Pityaratstian

Applying CBT for Post-COVID Psychological Distress – A Pakistani Perspective

Iram Zehra Bokharey

Unified Management of Mental Intervention During COVID-19 in China

Chun Wang

Moderated by: Masyitah Minhad

**Case Supervision 1 - Freedom Leung Yiu-kin
On Borderline Personality Disorder**

Moderated by: Firdaus Mukhtar

9:30 - 10:00am

10:00 - 10:30am

Oral Presentations 3

10:30 - 11:00am

Research Updates 3

Doing CBT in the Era of Neuroscience: A Mechanism-Based Treatment Model

Freedom Leung Yiu-kin

Moderated by: Mohamed Faiz
Mohamed Mustafar

11:00 - 11:30am

30-Minutes with Expert 6

Validation: A Cornerstone of Dialectical Behavior Therapy

Shian-Ling Keng

Moderated by: Natasha Subhas

11:30am - 12:00nn

Research Updates 4

Evidence-Based Formulations and Solutions for Treating Obsessive Compulsive and Related Disorders: New Ways Forward

Michael Kyrios

Moderated by: Ahmad Nabil
Md. Rosli

12:00nn- 2:00pm

Poster Presentations 2



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2:00- 2:30pm

30-Minutes with Expert 7

Integrating Mindfulness-Based CBT for Anxiety in a Psychiatric Clinic

Phang Cheng Kar

Moderated by: Siti Aminah Omar

2:30 - 3:00pm

30-Minutes with Expert 8

Role of Clinical Psychologist in Bariatric Surgery

Rahmatullah Khan

Moderated by: Aida Farhana Suhaimi

3:00 - 3:30pm

30-Minutes with Expert 9

Focusing on Processes of Change in the Therapeutic Relationship

Steven C. Hayes

Moderated by: Lee Sook Huey

3:30 - 4:00pm

Oral Presentations 4

4:00 - 4:30pm

30-Minutes with Expert 10

Recovery-Oriented Cognitive Therapy Program for Serious Mental Health Conditions

Paul Grant & Ellen Inverso

Moderated by: Hazli Zakaria

4:30 - 5:00pm

Research Updates 5

Anxiety in Young People: Using Super Skills for Life Program to Adapt to the “New” Normal

Cecilia Essau

Moderated by: Tan Yen Teng

5:00 - 8:30pm

BREAK

8:30 - 9:00pm

Special Appearance by Judith Beck and Allen Miller

Training in CBT: A Pilot Study of a New International Training Program

Moderated by: Dmitrii Kovpak



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CBT & COVID-19 Updates 3

Self-Guided App-Based CBT for Smartphone Addiction Among College Students in Taiwan During the COVID-19 Pandemic
Jenny Huei-Chen Ko

CBT & COVID-19 Updates From Singapore: Challenges and Opportunities

Sharon Sung

COVID-19 Situation in Tokyo and What CBT Can Do

Satoko Sasagawa

Special Adaptation of CBT-E (CBT Enhanced for the Treatment of Eating Disorders) for Remote Use During the COVID-19 Pandemic

Carine El Khazen

Moderated by: Norhameza Ahmad Badruddin

9:30 - 10:00am

Case Supervision 2 - Lata K. McGinn

On Obsessive Compulsive Disorder

Moderated by: Firdaus Mukhtar

10:00 - 10:30am

Oral Presentations 5

10:30 - 11:00am

30-Minutes with Expert 11

Implementation of Culturally Adapted CBT on a National Level: An Example From a Low-Income Country

Farooq Naeem

Moderated by: Saw Jo Anne

11:00 - 11:30am

Research Updates 6

The Effectiveness of Cognitive Training in Children With Developmental Conditions

Marieke De Vries

Moderated by: Kartini Ilias

11:30am - 12:00nn

Research Updates 7

The Effects of Behavioral Techniques Training on Feeding Problems Among Children With Neurological Impairments

Azizah Othman

Moderated by: Sakinah Idris

12:00nn- 2:00pm

Poster Presentations 3



PROGRAM SCHEDULE



2:00- 2:30pm

30-Minutes with Expert 12

Managing Procrastination

Shishir Palsapure

Moderated by: Asma Perveen

2:30 - 3:00pm

Research Update 8

Cognitive Behavior Therapy Limitations in Pakistan

Nashi Khan

Moderated by: Hilwa Abdullah

3:00 - 3:30pm

30-Minutes with Expert 13

Neurocognitive Science of CBT

Anke Karl

Moderated by: Yang Wai Wai

3:30 - 4:00pm

Oral Presentations 6

4:00 - 5:00pm

Closing Ceremony

- Special Message from HRH Princess Iman Afzan Al-Sultan Abdullah of Malaysia, International Patron of World Mental Health Day 2020
- Closing message from Firdaus Mukhtar, ACBTA President
- Message from Muhammad Irfan, ACBTA Director of Research and Innovation
- Message from Shin-Ichi Ishikawa, ACBTA Director of Training and Development
- Invitation from Nimisha Kumar, ACBTA President-Elect, to the 8th Asian Cognitive Behavioral Therapy Conference 2024
- Invitation from Jung-Hye Kwon, Past President of ACBTA to the 10th World Congress of Cognitive Behavioural Therapies 2023, in Seoul, South Korea
- Award Ceremony

Moderated by: Joel Low