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## **INTRODUCTION**

After being the resident clinical psychologist at D'HOME Mental Health Association for more than 7 years, I have been in private practice since April 2017. I see clients on appointment basis at my Teh Healinghart Centre located in Tanjung Bungah. My services include psychotherapy for individuals, couples and family. In cases whereby caregivers need guidance and support to cope with loved ones with mental disorders, I provide supportive therapy. When needed, I am able to do home visits especially for elderly clients. I also see clients in other states i.e. Kedah and Selangor. Through my facebook page and website, I aim to continue to generate greater awareness of the importance of mental health, to educate and share inspirational and helpful information for my readers to remember, they are not alone. There are professionals who can help them and to seek help before they feel totally incapacitated. Often, until childhood traumas or repressed painful experiences are processed successfully, we will be unable to move forward to live healthy and fulfilling lives. In addition, when we gain greater self-awareness, learn self-care and empower ourselves, we can be our authentic selves and lead more meaningful and purposeful lives.

I am a member of the Malaysian Society of Clinical Psychology (MSCP) since its inception, and the Secretary of the Penang Association of Counselling Psychology (PACP) for more than 5 years. I have been the Industrial Advisor for SEGI University's Psychology Programme for several years; conducted talks at Finn Financial Freedom, USM and conducted workshops for NGOs like St. Nicholas Home.

## **ACADEMIC QUALIFICATION**

*April 2000* *National University of Malaysia*  
*Kuala Lumpur, Malaysia*

- Masters Degree in Clinical Psychology PNGS: 3.95

*Sept 1997* *Derner Institute of Advanced Psychological Studies*  
*Garden City, New York* *Adelphi University*

- Candidate in Doctoral program in Clinical Psychology

August 1995

University of Manitoba

Winnipeg, Canada

- Bachelor of Arts, Advanced

Major: Psychology    Minor: Sociology    GPA: 3.80

## **PROFESSIONAL EXPERIENCE**

April 2017 – present      *Teh Healinghart Centre*

Penang, Malaysia

*Clinical Psychologist (Private Consultant)*

- Individual, couples and family psychotherapy
- Supportive Therapy
- Skills building i.e. Asset Building – develop & strengthen resiliency in children; ACE – self-awareness/ self-care & self-empowerment workshop for mothers
- Psychosociomotor activities for elderly clients
- Mental health talks and workshops for companies, NGOs, universities, colleges, schools i.e. stress management, relaxation skills
- Community outreach programs i.e. assist & support mental health programs by PACP & MHCP
- Fundraising events & family-oriented activities by invitations i.e. laughter yoga, music therapy & mindfulness exercises

2010 – April 2017      *D'Home Mental Health Association*

Penang, Malaysia

*Clinical Psychologist/ Administrator*

- Individual, couples and family psychotherapy
- Social interactive programs
- Psychosociomotor activities
- Skills Building
- Mental health talks and workshops for companies, universities, colleges, schools
- Community outreach programs
- Fundraising events & family-oriented activities

Mar 2001- Oct 2009  
NYC, USA

Queens Child Guidance Centre  
(QCGC), Child Centre of NY  
(new name since 2007)

*Associate Director of Youth Development Programs (since 2008)*

- Supervised 5 elementary OST (Out of School Time) and 4 middle school OST programs to ensure quality Asset based programming
- Worked closely with the Director of the Youth Development programs to ensure there is adequate budgets for all the programs, staffing, professional development for all supervisory and line staff, health and safety compliance to Department of Health and Department of Education
- Developed strategies to integrate and link the myriad services provided by various sites and clinics within CCNY
- Maximized resources and increased efficiency by introducing and implementing systems to ensure greater communication, understanding and support amongst the central administrative team, executive team, fiscal team and youth development unit

*Director of TASC After-School @ P.S. 24 Q (2001-2004)/ Director of LATCH-OST @ PS 24 Q (since 2005)*

- Coached the Director of another OST Elementary Site from September, 06
- Prepared and managed program's yearly budget since 2006; Implemented Asset Based Programming since 2005
- Conducted a workshop on "Creating Systems" for After-School Coordinators at a TASC Peer Conference in March 2007.
- Peer Facilitator for Queens Elementary Sites for monthly Peer Conference from September, 04 to June, 05 & September, 06 to June 07.
- TASC Training Advisory Committee member from September, 04
- Liaison for all stakeholders from funders, principals, parents, Community based organization and etc.

Sept 2000 – Mar 2001

Brooklyn Chinese-American  
Association (BCA)

#### *TASC After-School Site Coordinator P.S. 160*

- Conceived, developed and administered the program's curriculum
- Responsible for interviewing, hiring, training and managing staff members and volunteers
- Conducted classroom observations to gauge success of program, staff performance and students' response to the program
- Primary liaison BCA, TASC, school staff, parents, children, staff members and others
- Facilitated staff development through individual supervision, training and meetings
- Fostered parental involvement in after-school program through the creation of newsletter and "staff meet parents" days
- Attended TASC workshops and trainings

#### *July 2000 – August 2000*

##### *ESL Teacher*

- Conducted English classes for adult Chinese immigrants. Conceived and implemented creative methodologies to ensure continued and consistent progress for various levels of proficiency
- Introduced "group sharing" to allow students the opportunity to practice conversational English, interact with each other, and establish greater social support
- Developed and conducted activities for students during the summer camp to help nurture students' leadership skills
- Conducted classroom observations and advised counselors, assistant counselors and SYEP during the summer camp program
- Counseled students with behavioral issues and their parents

#### **HONORS AND AWARDS**

- PJM from Penang Governor in 2013

#### **PROFESSIONAL ORGANIZATIONS & PROFESSIONAL DEVELOPMENT**

- Secretary of Penang Association of Counselling & Psychology (PACP) since 2012
- Member of Malaysian Society of Clinical Psychology (MSCP) since its inception ~ 2011

- Laughter Yoga Certified Leader & Advanced training certificate (Laughter Yoga International University) ~ 2016
- Competency Certificate in SW Music Medicine (Open University Malaysia) ~ 2017
- Music Therapy workshop at Sirindhorn National Medical Rehabilitation Institute ~ 2018
- Couples Counselling: An Attachment Theory & Skills Perspective (PACP by Dr. Ben Lim, PhD, LMFT) ~ 13/10/18

