

2023 WEBINAR SERIES:
COUNSELLING IN
SOUTHEAST ASIAN CONTEXTS

PROGRAMME



2023 WEBINAR SERIES: COUNSELLING IN SOUTHEAST ASIAN CONTEXTS

Counselling is a western concept that has taken root and has become a more common practice and approach in Southeast Asia in recent decades. What should we do to ensure that counselling is relevant to the rich and diverse cultural, political, socio-economic, and spiritual contexts in Southeast Asia? This webinar will broaden and deepen our conversation on contextualising counselling in Southeast Asian contexts.

This webinar grew from a meeting of counselling academics and practitioners who came together at the First International Conference for ASEAN Counsellors organised by the Professional Regulatory Board for Guidance and Counseling of the Professional Regulation Commission of the Philippines in November 2022.

There was real interest and enthusiasm to explore the development of a collaborative network of ASEAN Counsellors. As a result, Associate Professor Timothy SIM, Head of Programme, Master of Counselling, Singapore University of Social Sciences brought together a group of colleagues from ASEAN countries, including Cambodia, Indonesia, Malaysia, The Philippines, Thailand, and Singapore to explore salient issues in counselling practice, education, and research.

This webinar series will be held from 16 to 23 September 2023 and will focus on key issues in the use and development of counselling in Southeast Asian contexts. Some of the issues include how professionals ensure counselling has cultural relevance and consider different ways of knowing, indigenous healing practices, religion and spirituality, and our unique needs and contexts. This event includes an Opening Plenary, a series of 5 workshops, and a Closing Plenary. Ms SUN Xue Ling, Minister of State in the Ministry of Home Affairs and the Ministry of Social and Family Development of Singapore, has accepted our invitation to be the Guest of Honour at the Opening Plenary on 16 September 2023.

2023 WEBINAR SERIES: COUNSELLING IN SOUTHEAST ASIAN CONTEXTS

OPENING CEREMONY

16 SEP 2023 . SAT . 3PM – 3:30PM . SINGAPORE TIME . VIA ZOOM



Guest of Honour

Ms SUN Xue Ling

Minister of State in the Ministry of Home Affairs and
the Ministry of Social and Family Development

- | | |
|--------|--|
| 3:00pm | Opening Ceremony |
| 3:05pm | Opening Address by
Dr Justina Tan, SUSS Associate Vice President,
Strategic Partnership and Engagement |
| 3:15pm | Opening Remarks by Guest of Honour |
| 3:30pm | Opening Plenary |

SIGN UP NOW

To sign up for the
Opening Plenary, Workshops, and Closing Plenary,
kindly register:
https://suss.au1.qualtrics.com/jfe/form/SV_6fHRkJOFG6tPYIS

Or scan QR code:



OPENING PLENARY

16 SEP 2023 . SAT . 3.30PM – 6PM . SINGAPORE TIME . VIA ZOOM

Theme:

The Definition and Practice of Counselling in Southeast Asian Contexts: Adaptation, Innovation, and Impact

3:30pm	Introduction by Moderator Dr Timothy Sim
3:40pm	Singapore experience by Dr Lee Boon Ooi
4:00pm	Cambodia experience by Mr Hoeur Sethul
4:20pm	Indonesia experience by Dr Ipah Saripah
4:00pm	Philippines experience by Prof Rose Marie Clemeña
5:00pm	Thailand experience by Dr Marid Kaewchinda
5:20pm	Comments, Question and Answers via ZOOM
5:50pm	Conclusion

Abstract:

This opening plenary focuses on the definition and practice of counselling in various Southeast Asian countries with specific consideration on their cultural, political, spiritual, socio-economic and other contexts. Speakers will then focus on the implication of adapting and developing counselling to address the diverse personal and social predicaments in Southeast Asian contexts.

Registration:

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WORKSHOP PROGRAMME

17 – 21 SEP

WORKSHOP 1

Adapting Systemic Therapy for Working with Couples and Families with Faith Traditions.

ABSTRACT:

This workshop focuses on the adaptation of systemic concepts and methods for working with religious couples and families in Singapore and beyond.

SPEAKERS:

Fr Arsenio “Arsie” A Lumiqued Jr

Ms Wai Yee Chee

Mr Sufian Hanafi

Ms Maimunah Mosli

Mr Yang Yang Teh

MODERATOR: Dr Timothy SIM

FORMAT: ZOOM

REGISTRATION:

https://suss.au1.qualtrics.com/jfe/form/SV_6fHRkJOFG6tPYIS

WORKSHOP 2

Multicultural Competence Building in the Philippines.

ABSTRACT:

This workshop covers the importance of multicultural competence in counselling: Who it is for? How it is developed and integrated in the counselling practice? It will highlight multicultural counselling techniques and how they work in the Philippine context.

SPEAKERS:

Dr Jose Alberto “Joal” S. Reyes

Dr Lucille A. Montes

Ms Marissa C. Pascual

MODERATOR: Dr Aime T. Guarino

FORMAT: ZOOM

REGISTRATION:

https://suss.au1.qualtrics.com/jfe/form/SV_6fHRkJOFG6tPYIS

WORKSHOP 3

Psychoeducational Groups Based on Indigenous Values of Sunan Kalijaga's Dasa Pitutur to Enhance Other Group Orientation.

ABSTRACT:

This workshop focuses on Indonesian culture related to other group orientations (OGO). Understanding the rationale and urgency of psychoeducational groups in a cultural context to develop other group orientations (OGO) is a social skill needed in a pluralistic society. Specifically, this workshop aims to introduce psychoeducational groups by integrating the indigenous values of Dasa Pitutur Sunan Kalijaga, a Javanese spiritual leader known for his teachings and wisdom.

SPEAKERS:

Mr Mulawarman
Mr Sunawan
Mr Zakki Nurul Amin
Mr Sigit Hariyadi

MODERATOR: Mr Abdul Kholiq & Ms Eem Munawaroh

FORMAT: ZOOM

REGISTRATION:

https://suss.au1.qualtrics.com/jfe/form/SV_6fHRkJOFG6tPYIS

WORKSHOP 4

The Challenges and Opportunities of Counselling in the Disruptive Context of Thailand.

ABSTRACT:

Thai people are increasingly using different types of counselling and mental health services despite the stigma. The workshop speakers will share their perspectives on working in the disruptive context of Thailand based on their practice with several populations. Example target groups comprise children with special needs, teenagers, college students, and their families.

SPEAKERS:

Dr Patcharin Seree
Dr Ruck Chunhakan
Dr Seri Maichan
Dr Marid Kaewchinda
Mr Kiattisak Jangcharoenjittkul

MODERATOR: Dr Patcharin Seree

FORMAT: ZOOM

REGISTRATION:

https://suss.au1.qualtrics.com/jfe/form/SV_6fHRkJOFG6tPYIS

WORKSHOP 5

Practicing in a Melting Pot? Counselling in Multi-racial and Multi-cultural Singapore.

ABSTRACT:

Practice challenges and lessons from our plenary members through their reflections on practicing in Singapore, a city known and branded as multi-racial and multi-cultural melting pot in Southeast Asia.

SPEAKERS:

Mr Andy Lam

Dr Ganapathi Saravanakannan

Ms Maimunah Mosli

MODERATOR: Mr Bernard Mackenzie

FORMAT: ZOOM

REGISTRATION:

https://suss.au1.qualtrics.com/jfe/form/SV_6fHRkJOFG6tPYIS

WORKSHOP 6

Reading Palm Lines in the Counsellor's Office.

ABSTRACT:

Before the introduction of Euro-American counselling models to Southeast Asian societies, there are already indigenous healing practices available in the local communities. This workshop aims to discuss the relevance of such traditions to mental health, and how they can be integrated into counselling to make it more culturally sensitive.

SPEAKER: Dr Boon-Ooi LEE

MODERATOR: Dr Frederick Low

REGISTRATION:

https://suss.au1.qualtrics.com/jfe/form/SV_6fHRkJOFG6tPYIS

CLOSING PLENARY

23 SEP 2023 . SAT . 3PM – 6PM . SINGAPORE TIME . VIA ZOOM

Theme:

Counselling in Southeast Asian Contexts:
Our Collective Reflections

- | | |
|--------|--|
| 3:00pm | Welcome |
| 3:05pm | Address by
Prof May Tan-Mullins,
Dean International, James Cook University Singapore |
| 3:15pm | Introduction by
Moderator Dr Vijaya Perumal |
| 3:30pm | Reflections & Thoughts from Cambodia by
Mr Hoeur Sethul |
| 3:50pm | Reflections & Thoughts from Brunei by
Maj (Ret) Rusli Bujang |
| 4:10pm | Reflections & Thoughts from Philippines by
Prof John Addy Garcia |
| 4:30pm | Reflections & Thoughts from Singapore by
Dr Timothy Sim |
| 4:50pm | Reflections & Thoughts from Thailand by
Dr Marid Kaewchinda |
| 5:10pm | Plenary Discussions moderated by
Dr Vijaya Perumal |
| 5:40pm | Closing Remarks by
Dr Frederick Low |

Registration:

https://suss.au1.qualtrics.com/jfe/form/SV_6fHRkJOFG6tPYIS

SPEAKERS AND MODERATORS



Maj (Ret) Rusli Bujang (PhD Candidate in Counselling, MSc Counselling Psychology) is the President of Brunei Darussalam Counselling Association (PERKAB) and serving as the founder and owner of EMPOWERIOR® Counselling & Consultancy. With a wealth of experience spanning over 20 years, Rusli has established himself as a behavioural transformation specialist, catalyst conversation, and workplace ecosystem builder. Based in Bandar Seri Begawan, he has worked extensively with esteemed organisations such as the Ministry of Defence, Royal Brunei Armed Forces, Royal Brunei Police Forces, and Ministry of Religious Affairs, catering to clients from various industries including corporate, academic, and government sectors. He adopts a QALBU-ORIENTED APPROACH that is attentive to the heart's wisdom and using it as a compass for living a more authentic and fulfilling life.

With a deep commitment to helping and inspiring others, Rusli combines his extensive civilian and military experience to unlock the greatness within individuals. empowering them to reach their full potential and create a meaningful impact.



Mr Hoeur Sethul (M.A in Counselling, De La Salle University, Philippines) currently serves as the President of the Cambodia Association for Counsellors and Psychologists, and the Director of Khmer Counselling Psychoeducation and Special Education School. Currently he also works as a part-time researcher at University of Puthisastra and formerly a master programme supervisor at the Royal University of Phnom Penh. He has extensive experience in counselling, and mental health training in Cambodia contexts for more than 20 years. He has led for the government and NGOs to work on mental health research and parenting guidelines in Cambodia. He has published articles on psychological well-being for adolescents as well as parenting books to support and promote positive parenting in Cambodia.



Mr Zakki Nurul Amin currently works at the Department of Guidance and Counseling, Universitas Negeri Semarang. He holds a master's degree in guidance counselling from Universitas Negeri Semarang. Zakki researches in educational psychology, applied psychology, and specific topics in multicultural counselling. He currently works on a project related to 'Ethnic Identity and Career Decision Making Self-Efficacy on Javanese and Chinese Students'. His study results have been published in international and national journals as well as conference proceedings. He is also a reviewer for national and international journal.



Mr Sigit Hariyadi currently works at the Department of Guidance and Counseling, Universitas Negeri Semarang. He holds a master's degrees in guidance counselling from Universitas Negeri Semarang. Sigit Hariyadi does research in educational psychology and applied psychology. His study results have been published in international and national journals as well as conference proceedings. He is an editor and reviewer for national journals.



Mr Abdul Kholiq currently works at the Department of Guidance and Counseling, Universitas Negeri Semarang. He holds a bachelor's degree in guidance counselling from Universitas Negeri Semarang and a master's degree from Universitas Pendidikan Indonesia. He does research in educational psychology and applied psychology. His study results have been published in international and national journals as well as conference proceedings. He also become a reviewer for national and international journal.



Mr Mulawarman is a lecturer at the Department of Guidance and Counseling, Universitas Negeri Semarang, Semarang, Indonesia. In 2002 and 2010, he graduated with a bachelor's and master's degree in guidance and counselling from the Universitas Negeri Malang. In 2015, he obtained his doctoral degree from the School of Psychology at Central China Normal University, China. He is active in researching strength-based intervention, problematic internet use and community interventions.



Ms Eem Munawaroh currently works at the Department of Guidance and Counseling, Universitas Negeri Semarang. She holds a master's degree in guidance counselling from Universitas Pendidikan Indonesia. She does research in educational psychology, applied psychology. Her study results have been published in international and national journals as well as conference proceedings. She is a reviewer for national and international journals.



Dr Ipah Saripah (MSc & PhD Universitas Pendidikan Indonesia) has been a lecturer in Department of Educational Psychology since 2001, and currently heads the Guidance and Counseling Study Programme, Universitas Pendidikan Indonesia. In addition, she teaches as a lecturer at the Air Force Command School, an instructor at the Army Command School, and the Ministry of Health of the Republic of Indonesia. She also provides training and seminars to various levels of society on bullying, peace education, child and adolescent issues, parenting, resilience, teacher professional identity, and Islamic guidance and counselling. She is an active professional member of the Association of Guidance and Counseling Scholars and the Indonesian Guidance and Counseling Association.



Mr Sunawan currently works at the Department of Guidance and Counseling, Universitas Negeri Semarang. He holds a master's degree in psychology from Gajah Mada University, and Ph.D in Education Psychology from Central China Normal University. Sunawan researches in the fields of educational psychology and applied psychology.



Prof Rose Marie Salazar-Clemeña (PhD in Psychology, with specialisation in counselling, University of Minnesota), is a Registered Psychologist and Registered Guidance Counsellor. She is a Professor Emeritus and University Fellow of De La Salle University. Her various awards (e.g., the Philippine Professional Regulation Commission's Professional of the Year in the field of Psychology [2015]; Metrobank Foundation's Outstanding Teacher [2000]) recognize her significant contributions to psychology and education in the Philippines, and her successful integration of teaching, research, practice, and community service.



Prof John Addy S. Garcia is currently the Dean of the Br. Andrew Gonzalez FSC College of Education, and a Full Professor at the Department of Counseling and Educational Psychology. He sits as a member of Philippine policy-making bodies related to counsellor education, career progression and specialisation, and credit accumulation and transfer system for professional counsellors. His research interests include school counselling programs, counselling professional identity, counsellor education, and classroom-based interventions.



Dr Aime T. Guarino (MSc & PhD, De La Salle University-Manila) is a Full-Time Faculty at the Counseling and Educational Psychology Department at De La Salle University – Manila (May 2012 – present). She is currently the Chair of the department, and was assigned at the Office of Counseling and Career Services as its Director (2015 – May 2019). Dr Guarino practices as a Counseling Psychologist and the Director for Clinical Services and Supervision at MHPro Counseling and Well-being Center. She is a registered guidance counsellor and a registered psychologist in the Philippines. Dr Guarino is a lifetime member of Philippine Association of Counselor Education, Research and Supervision (PACERS), and has served as a Board member and an officer from 2013 until 2019. As a member of the Psychological Association of the Philippines (PAP), she is a certified Counseling Psychologist, Clinical Psychologist and Assessment Psychologist. She is also a member of the Philippine Guidance and Counseling Association (PGCA), and the Asia-Pacific Educational Counselors Association (APECA).



Fr Arsenio "Arsie" A Lumiqued Jr (MSC, Ph.D., R.G.C.) is a Missionary of the Sacred Heart (MSC), a registered guidance counsellor (R.G.C.), and a former board member of the Philippine Guidance and Counseling Association (PGCA), the accredited integrated professional organisation for guidance & counselling. At present, Fr Arsie is a senior faculty member and a marital & family counsellor at the RMT-Center for Family Ministries (RMT-CeFaM), Ateneo de Manila University. He also teaches at Maryhill School of Theology, New Manila, QC; De La Salle University, Taft; Miriam College Graduate School, QC; and the East Asian Pastoral Institute, AdMU, where he is a spiritual accompany-er and counsellor.



Dr Lucille A. Montes (MD, University of the Philippines; PhD De La Salle University) is a part-time faculty at De La Salle University. She has been running a private practice in general medicine and counselling psychology for more than 25 years. Dr Montes has been doing her private practice in general medicine and counselling psychology and have more than 25 years lecturing on health including mental health, and family and educational issues



Ms Marissa C. Pascual (MA, De La Salle University) is a registered guidance counsellor and a registered psychometrician and has served De La Salle University as a university Counsellor for 34 years. She is an Ex-Officio of the Philippine Association for Counselor Education, Research and Supervision (PACERS) after serving as the President of the organisation last 2017 – 2018 and Corporate Secretary last 2016 – 2017. She also served as the National Assistant Secretary of the Philippine Guidance and Counseling Association (PGCA) Inc., from 2021 – 2023.

Ms Pascual served as psychologist consultant for Bahay Tuluyan Street Children Center from 1991 to 1997 through Save the Children Fund-UK. She underwent training in 12-Step Recovery Program through the sponsorship of USAID and In Touch Foundation in 1992. She has been a resource person in various trainings and workshops in the field of adolescent psychology, career development and family dynamics. She served as one of the resource persons in the Career Guidance Advocacy Program (CGAP) of the PRC- Professional Regulatory Board of Guidance and Counseling from 2013 – 2015.



Dr Jose Alberto “Joal” S. Reyes (M.A. University of the Philippines, Ph.D. Washington State University) is a Full Professor at the Counseling and Educational Psychology Department of De La Salle University. In 2003, he was awarded by the National Academy of Science and Technology (NAST) as an Outstanding Young Scientist in the Field of Psychology. His research interests include the cross-cultural study of personality, culture and mental health, the appraisal of emotions, happiness, and counsellor supervision. He has published research articles in the European Journal of Personality, Journal of Cross-Cultural Psychology, Journal of Personality, Psychological Science, and Cognition and Emotion. In 2009, he worked as a fulltime Senior Counseling Psychologist at the Counseling and Psychological Services of the National University of Singapore. In 2010, he was one of the recipients of the Beck Institute scholarship which gave him the opportunity to train at the prestigious Beck Institute in Philadelphia. In 2015, he was included in the list of the Top 150 Filipino Scientists/ Scholars by Webometrics. He was ranked 28th with 860 citations from scholars who published in scholarly journals. Joal is also a licensed Psychologist and maintains a private practice with a select group of target clients mostly dealing with mood and emotional disorders.



Ms Wai Yee Chee (MSc) is a veteran social worker and counsellor who received the Outstanding Social Worker award in 2016. She started Grief Matters to rally partners to provide culturally appropriate support to the bereaved and promote grief literacy in the local community. In her role as a palliative care professional, she also supports the spiritual care needs of her patients and their families. She is currently a Social Service Fellow with the National Council of Social Service and an associate faculty with the Singapore University of Social Services as well as the Palliative Care Centre for Excellence in Research and Education.



Dr Saravanakannan Ganapathi

Kannan has been in counselling practice for more than 15 years, working in various educational settings. He is a Registered Counsellor with the Singapore Association for Counselling and is a Certified Master Solution Focused Practitioner. He has been a sessional lecturer with James Cook University since 2021 and is interested in a range of topics including multi-cultural counselling, counsellor well-being as well as different forms of leadership. Kannan is trained in the facilitation of community dialogue sessions such as Explorations in Ethnicity and Explorations into Faith. He has participated in various inter-faith events and workshops. Kannan firmly believes his daughters as well as the young people he works with in counselling are among his best teachers.



Mr Andy Lam (MSc, University of South Australia, BSc and GD in SW, NUS) is currently the Executive Director of Viriya Community Services. Andy has been a counselling and social work practitioner for more than 15 years. His areas of interest include the provision of casework services and clinical supervision, improving standards of practice through practice evaluation, training, and organisational development. He was previously a Senior Court Family Specialist with the Family Justice Courts, focusing on family dispute resolution work, extending from his strong belief in systemic principles.

Andy has served in various capacities with the Singapore Association for Counselling in the last 10 years. He was the Chairperson of the Community Counsellors Sub-Committee, Counsellors' Education Board, Honorary Secretary and most recently, Vice-President.



Dr Boon-Ooi Lee (Ph.D.) is Senior Lecturer and Programme Leader of MA in Counselling and Guidance at the National Institute of Education, Nanyang Technological University in Singapore. He is interested in culture and mental health, in particular, indigenous healing systems, multicultural therapy, cultural psychopathology, alteration of consciousness, health beliefs, somatization, and the phenomenology of the body. His current research investigates the relevance of indigenous healing systems to mental health and psychotherapy, and the relationship between alteration of consciousness (e.g., dissociation, trance) and mental health.



Mr Sufian Hanafi, RSW, (MCouns, Monash University, GradCert in Family Therapy, King's College London, DISP, IIUM), is currently a private practitioner with 15 years of experience across various multicultural settings in Singapore. As an accredited teacher by the national body (ARS), Sufian also receives counselling assignments, referrals and training requests related to Islamic religious, spiritual and ethnic themes. Straddling across the religious and non-religious domains, some of the questions that he continues to grapple with clients and patients of all backgrounds are: Does every issue have to be religious? Is it possible to take religion out of every issue, and if so, when? Based on client preference, how do we then work respectfully with, without, or between, religions such as mixed marriages or inter-generational family differences? How does one then 'be' accordingly as a counsellor?



Dr Frederick Low (DPS AFBPsS) is a chartered psychologist with experience in psychotherapy, social care, refugee education and mental health in Singapore and Malaysia. He has played clinical and managerial leadership roles in social services and education before joining James Cook University as Associate Professor of Counselling at the Singapore campus. He is currently a member of a Ministry-level Tripartite Taskforce looking into workforce development for social services and serves as the Vice Chairman of the Therapeutic Advisory Council at the Family Justice Courts. Elsewhere, he is an Advisory Board member for student wellness at the Singapore Management University and is the sitting President of the Singapore Association for Counselling.



Mr Bernard Mackenzie (MSC, Swinburne University of Technology) is a trained psychotherapist and Career Coach. Benz's career has journeyed through Social, Public and Civil services in the last 22 years. During his work, Benz has rendered professional assistance ranging from young children to matured adults. Benz is one of the esteemed TEDxPSBacademy speakers in 2017 and 2018. He has also presented academic papers in conferences. Benz has conducted personality profiling, communication and leadership workshops for organisations such as National Library Board and British High Commission, Singapore. Benz was also conferred the SkillsFuture Fellowship Award in 2022.



Ms Maimunah Mosli (MSc in Family Systemic Psychotherapy) is the Director of Hayaa' Network. Prior to setting up this private practice, Maimunah served a Muslim women's organisation for 20 years. Being the first Muslim family psychotherapist in Singapore, Maimunah continues to be a trailblazer in practicing and applying systemic ideas to family and community work, as well as clinical practice and training. She is currently pursuing her doctorate in Systemic Practice. A highly reflexive therapist and clinical supervisor, Maimunah is determined about nurturing and supervising practitioners using systems ideas. Her years of experience, particularly her interest in cross cultural practices, have made her opinions matter in the field of family therapy.



Dr Vijaya Perumal (Ph.D. from the University of Hawai`i at Manoa in social welfare) has an interdisciplinary teaching interest and has taught courses in psychology, women's studies and social work courses at the University of Hawai`i at Manoa and University of the Bahamas, and UniSIM (now SUSS). Her research interests include health disparities, gender issues, homelessness and international social work. As an evaluation team member, she was actively involved in various research projects.

Her professional career outside of academia includes clinical working experiences for employers such as The Queen's Medical Center and Mount Elizabeth Hospital. She has served in administrative positions such as the program head for a statewide housing program for the homeless, mentally ill population and the manager for a psychosocial rehabilitation centre for destitute persons and alcoholics.

Outside of professional interests, she continues learning about Thirumurai, Tamil hymns composed in 7th century CE and volunteers at the Hindu Centre's Mitra (Prison Counselling Program).



Dr Timothy SIM (PhD, The University of Hong Kong, MSc, King's College London) worked in Hong Kong for more than 18 years. He was already well known in Singapore and the region for his work in counselling, social work, and family therapy before he left for Hong Kong since 1999. Today, Tim has established himself as an international expert in disaster management, practice research and family therapy. After returning to Singapore since 2021, Tim has been focusing on developing counselling and family therapy training at the Singapore University of Social Sciences. He is committed to supporting practice, research and service development that reach out to families that are experiencing addictions, divorce, incarceration, poverty, and violence. He believes in using the transdisciplinary approach to collaborate with different sectors and disciplines, embracing diversity, and contextualising practice in the evolving contexts of Singapore and the region.



Mr Yang Yang Teh, Systemic family psychotherapist, RSW, (MSc in Family Therapy, King's College London), is currently pursuing his PhD in Buddhist Studies at the International Buddhist Studies College at MCU in Thailand and privately offering clinical supervision and psychotherapy. With 20 years of experiences working with individuals, couples, groups and families in Singapore and the UK, he aspires to integrate Buddhist and psychotherapy practices.



Dr Ruck Chunhakan is a full-time lecturer at the Department of Psychology at Kasetsart University. She graduated with her Ed.D. in counselling with a focus on forgiveness. Her main interest is on helping children and women who have experienced domestic violence and unwanted pregnancy.



Mr Kiattisak Jangcharoenjittkul is a full-time lecturer at the Division of Psychology, Faculty of Liberal arts, Thammasat University. He has been teaching counselling psychology and psychology of adjustment, and has been providing counselling to university students who experienced mental health challenges, particularly those related to romantic relationships and sexual issues.



Dr Marid Kaewchinda is a full-time lecturer at the Department of Educational Psychology and Guidance, Kasetsart University. He has been teaching counselling psychology for over 13 years, and provided online counselling and psychotherapy with Better Mind Thailand mental health services for people in Bangkok metro area. His area of interests includes working with anxiety and depression in young adults, trauma, and relationships among marriage couple.



Dr Seri Maichan is a former lecturer at the Psychology Department, Chiang Mai University, Thailand. He graduated with his Ed.D. in counselling and has provided counselling services for various groups of clients for almost 20 years. He is a member of Canadian Counselling and Psychotherapy Association, and has experience offering training to a variety of targets, clinical supervision, academic supervision to graduate students in counselling psychology for almost 10 years. His areas of research includes positive psychology (e.g. autonomy, hope, conditions for growth, resilience) among adolescents using both qualitative and quantitative paradigms.



Dr Patcharin Seree is a full-time lecturer at National Institute for Child and Family Development, Mahidol University, Thailand. She has a doctorate in Special Education. Her area of interest is counselling children with special needs, especially those with psychiatric problems and learning problems due to mental health problems, such as specific learning disorder, attention deficit hyperactive disorder and school refusal. She has experiences working at the Child and Adolescent Psychiatry Department, Siriraj Hospital, and Teen Clinic in National Institute for Child and Family Development for almost 23 years.

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