



# NATIONAL COUNSELLING & PSYCHOTHERAPY CONFERENCE

Dubai, UAE 2024

**EVENT BROCHURE**

**BRIDGING BORDERS: LOCAL CONNECTIONS,  
GLOBAL IMPACT**

19 September 2024 | In-person  
9am-5pm (GMT+4) | Dubai, UAE

**#NCPC**

<https://nationalcounsellingconference.asia/>



# ABOUT THE CONFERENCE



## 150-PLUS ATTENDEES | 12-PLUS SPEAKERS | 7-PLUS SESSIONS | FULLY IN-PERSON

Explore the modern trends shaping 21st-century psychology, innovative approaches to comprehending mental health, and the ethical guidelines guiding practitioners.

Discover best practices for therapy and gain insights into developing novel approaches and techniques for counselling and psychotherapy. Join this global conference dedicated to these topics to enhance your knowledge and skills..

## The esteemed global psychotherapy conference is coming to the UAE!

Known as NCPC, this esteemed international event has been held in **Europe, Hong Kong, New Zealand, Singapore,** and **Sydney** in previous years. Last year, we had the privilege of hosting over 500 participants.

The conference's objective is to shed light on critical mental health issues and provide invaluable insights relevant to the fields of counselling and psychotherapy. We express our sincere gratitude to practitioners, acknowledging their pivotal role as our foremost guardians in preserving and safeguarding mental well-being.

# WHAT TO EXPECT AT NCPC UAE 2024

- **Networking opportunities:** Reconnect and network with industry experts.
- **Diverse speaker line-up:** Curated speakers for enhanced learning.
- **Extended sessions:** Longer sessions for in-depth discussions and Q&As.
- **Interactive format:** Added panel discussions for engaging conversations.
- **Practitioner-centric agenda:** A thoughtfully crafted agenda addressing actual needs for enlightening discussions.

### Across seven-plus hours, we will talk about:

- AI and mental health
- Supporting career development for young people
- Relationship therapy
- Wellness in the workplace
- Art therapy
- Cultural competence in counselling
- A guide to trauma healing
- The side effects of social media and cyberbullying on children's mental health





# SO WHY ATTEND NCPC UAE 2024?

**National Counselling & Psychotherapy Conference** is a one-of-a-kind counselling and psychotherapy conference in the region that is done in a lively and friendly format. The in-person conference format of National Counselling & Psychotherapy Conference UAE 2024 is a chance to reconnect. The main benefits of attending include:

- **CONTENT**. A learning opportunity for attendees in search of compelling and trending subjects in counselling and psychotherapy.
- **LIVE DISCUSSIONS**. Be able to ask industry experts for advice on work-related issues and struggles.
- **NETWORK**. Be able to engage with industry professionals and experts in a large-scale group setting. It will be fun!
- **COMMUNITY**. Be able to share valuable learning with colleagues who are unable to attend.

# WHO SHOULD ATTEND NCPC UAE 2024?

Whether it's updating your professional knowledge, enhancing your personal mental wellbeing or interacting with other like-minded professionals, **National Counselling & Psychotherapy Conference UAE 2024** is a must-attend event for:

- Counsellors
- Psychotherapists
- Psychologists
- Educators
- Life, career, and health coaches
- Healthcare professionals
- Mental health enthusiasts
- Patients
- Students
- Parents, artists, and more!

# SEE WHAT OUR PAST ATTENDEES HAD TO SAY

**Great networking**  
Assistant Director Nursing, NHCS

**Excellent topics**  
Founder, Yorfield

**Thought provoking**  
School Social Worker,  
Tanglin Trust School

**We got to connect as humans  
and create community**  
School Counsellor,  
International School of Beijing

**Its eye opening**  
Teacher, St Gabriel's Secondary School

**Speakers were great and selfless in  
their sharing. Well organised**  
Director, Pivotal Youth Pte Ltd

**Wonderful platform to network  
and resourceful**  
Assistant Counsellor , CampusImpact

**The conference is good and  
broadened my horizon.**  
Teacher, Hong Kong Baptist University  
Affiliated School

**This conference was such a  
wonderful opportunity to connect**  
Student Counsellor, West Island School

**Great opportunity to open my eyes!**  
Student, The University of Hong Kong

**The conference is informative  
and I learnt a lot from it**  
Human Resources Officer, PwC

**It was absolutely  
priceless experience!**  
School Wide Counsellor, The Harbour School

# SEE WHAT OUR PAST ATTENDEES HAD TO SAY

**Good enough topics for clinical practice**

Principal Clinical Psychologist , International Medical Clinic (IMC)

**Really informative and thought-provoking**

Trainee Counsellor , Green Shoot Content

**It was an enriching and fun experience**

Psychologist , Anchor Psychology

**Excellent opportunity to learn and network**

Psychotherapist , InContact Counselling

**Excellent organisation of speakers and content. Relevant materials and topics were covered**

Teacher , Nexus international school

**Wonderful opportunity to learn with peers about very interesting topics**

Counsellor, St John's Cathedral Counselling Service

**Great diversity of speakers**

Teacher, Li Po Chun UWC of Hong Kong

**Fruitful and up-to-date!**

Learning Specialist, HAECO

**Very informative with various topics**

School Counsellor , ICHK Hong Lok Yuen

**Networking with some insightful presentations**

Counsellor, ESF

**Day of connecting with professionals in Hong Kong's Psychotherapy and Counselling scene**

Student, Hong Kong University

**An engaging community event to inspire current and future counsellors**

Director , City Mental Health Alliance

# PAST SPEAKERS



**Lissy Ann Puno**  
Counselling Psychologist  
International Counselling and Psychology Centre



**Dian Handayani**  
Art Psychotherapist, Sex Therapist and Sexologist  
Nambani



**Dr. Michael Eason**  
Clinical Psychologist/  
Co-Founder  
Lifespan Counselling



**Magdalen Cheng**  
Founder & Integrative Existential Psychotherapist  
Encompassing Therapy & Counselling



**Navroop Sood**  
Trauma Therapist/  
Founder/CEO  
Heal with Nav



**Maryam Samar**  
Integrative Counsellor and Doctoral Candidate for Counselling Psychology  
Ascetic Therapy

# PAST SPEAKERS



**Dr. Sharmeen Shroff**  
 Founder & Clinical Director  
**Central Minds Hong Kong**



**Kristy Cheng**  
 Head of HR  
**HSBC**



**Dr. Erica Liu Wollin**  
 Clinical Psychologist  
**Private Practice**



**Dr. Andrew Stock**  
 Clinical Psychologist  
**Therapy Partners/  
 Psychotherapy Society  
 Hong Kong**



**Brenda Scofield**  
 Counsellor / Ex-chairman  
**The Samaritans of  
 Hong Kong**



**Dr. Timothy Woo**  
 APAC Wellness  
 Response Partner  
**Meta**

# AGENDA

**8:00am Registration**

**9:00am Welcome remarks by emcee**

**9:10am Cultural competence in counselling**  
 Delve into the rich cultural tapestry of the UAE. Whether local therapists or those from different backgrounds, it is essential for all of us to consider not only the cultures prevalent in our surroundings, but also those brought to us by individuals, possibly not native to the region.

- The importance of cultural sensitivity in counselling and therapy.
- Case studies and real-life examples related to cultural nuances.
- Role-playing exercises to enhance practical application of cultural competence.

**9:50am Ethical considerations in AI for mental health**  
 Dive into the ethical dimensions of AI in mental health as experts scrutinise issues such as privacy, bias, and the conscientious deployment of AI technologies, fostering a dialogue crucial for responsible innovation and patient wellbeing.

- Experts from AI, mental health, and ethics will discuss the ethical implications of using AI in mental health.
- We will explore issues such as privacy, bias, and the responsible deployment of AI technologies.

**10:30am [Workshop] Speed meeting for all attendees**  
 Join us for a dynamic speed networking session where you can meet potential business partners and professionals in the same industry in a flash!

**11:00am Networking break**

**11:10am Supporting career development for young people**  
 By **Zoë Fortune, PHD**, Assistant Professor in Psychology  
 Heriot-Watt University Dubai | Adjunct Assistant Professor, University of Hong Kong |  
 Partner, Minds Matter DXB

**11:40am Mindfulness and CBT Fusion for holistic wellbeing**  
 Explore the principles of mindfulness and their application in therapy.

- Integrating mindfulness techniques into cognitive-behavioural therapy.
- Experiential exercises to enhance counsellors' personal mindfulness practices.
- Case studies showcasing the successful integration of mindfulness and CBT.

**12:20pm Networking lunch**



# AGENDA

**1:20pm** **The impact of excessive usage of social media on youth's mental health and the help provided through counselling.**  
The problematic usage of social media and its impact on human communication, interactions, and relationships is becoming more challenging. By understanding the psychology of problematic usage of social media and its profound implications, we can foster healthier communications, meaningful interactions, and more fulfilling relationships in the modern world.

- The rise of social media and its impact.
- The ripple effect on youth's mental health.
- Navigating the digital landscape mindfully through counselling.

By **Maryam Samar**, Integrative Counsellor and Doctoral Candidate for Counselling Psychology, Ascetic Therapy

**2:00pm** **Unveiling the Dynamics: Relationship therapy**

- Explore fundamental principles of relationship dynamics.
- Learn effective communication techniques.
- Develop conflict resolution skills.
- Discover strategies for fostering lasting bonds in relationships.

**2:40pm** **The healing power of creativity: Art therapy in practice**

- The concept of art therapy and expressive arts in counselling.
- Hands-on experiences with art-based interventions.
- Cultural considerations in incorporating expressive arts into therapy.
- How art therapy can be adapted for diverse age groups and populations.

**3:20pm** **Networking break**

**3:50pm** **Efficiency and empowerment: SFBT techniques**  
Explore how SFBT can be applied with cultural sensitivity and be inspired by real-life success stories and case examples that illustrate its effectiveness in creating positive change.

- The principles of solution-focused brief therapy (SFBT).
- Provide practical tools for goal-oriented and time-limited therapy.
- Explore culturally sensitive applications of SFBT.
- Gain insights into implementing SFBT techniques in diverse cultural contexts, fostering inclusive and effective therapeutic practices.

**4:30pm** **PANEL SESSION**  
Enhancing AI-driven solutions for workplace mental health  
For organisations in the UAE with over 10 employees, addressing mental health is paramount.

- AI-driven mental health initiatives.
- Discuss the unique challenges in implementing strategies, considering cultural and workplace dynamics.
- Examine outcomes of AI-supported efforts on employees' mental wellbeing, emphasising measurable impacts.
- Reimagining workplace mental wellbeing through innovative AI solutions tailored to the UAE context.

**5:00pm** **Closing remarks by emcee**

# PHOTOS GALLERY





# PRICING

## ALL ACCESS PASS

**USD299** ~~USD899~~

Soft launch rate till 14 April 2024

### Pass entitlements:

- Access to over 7 hours of in-depth learning and interaction with industry experts and leaders.
- Engage with like-minded professionals in a conducive learning and networking setting.
- Attend all keynote speeches and interactive workshops.
- Enjoy lunch and refreshments.
- Special bundle pricing is available for attendees from the same company.
- Gain insights into the latest research and advancements.
- Participate in interactive sessions to enhance practical skills.
- Expand professional network with diverse contacts. Explore opportunities for career advancement and professional growth within the field.

## SPECIAL OFFER

Special offer for student and group of 5 or more!

# CONTACT US

If you need any additional information regarding the event and how we can support you, we would like to hear from you!

### REGISTRATION ENQUIRIES :

**Cyrus Ching**

Regional Marketing Manager

Tel: +65 6423 0329

[cyrusc@lighthouse-media.com](mailto:cyrusc@lighthouse-media.com)

### SPONSORSHIP AND PARTNERSHIP OPPORTUNITIES:

**Naomi Cranswick**

General Manager – Business Development

Tel: +65 6423 0329

[naomic@lighthousemedia.com.sg](mailto:naomic@lighthousemedia.com.sg)

### SPEAKING OPPORTUNITIES

**Stephanie Izevbigie**

Regional Conference Producer

Tel: +65 6423 0329

[stephaniei@lighthousemedia.com.sg](mailto:stephaniei@lighthousemedia.com.sg)

# FOLLOW US ON SOCIALS



[nationalcounselingpsychconf](https://www.instagram.com/nationalcounselingpsychconf)



<https://www.facebook.com/NationalCounselingAndPsychotherapy/>



<https://www.linkedin.com/company/ncpcasia/>