Type of Paper: NS1  
Name of Presenter: Mr. Arif Ainur Rofiq  
Country: Indonesia  
Title: Islam Therapy With Strategies Thought Stopping Coping Hypochondriasis  
Authors/Institution: The Islamic Guidance and Counseling Department, Islamic Proselytizing Faculty of the Sunan Ampel Governmental Institute for Islam Studies of Surabaya Indonesia  

Abstracts:  
Setabil not emotional and not controlled, can be experienced by everyone because of a shift in values among others: (1) the development of consumerism values are wrong, the tendency of people to excessive use of new industrial products without considering the urgency of its usefulness. Consumerism may be able to provide benefits for the economic wheel, and may not be a problem for those with deep pockets, but this trend is impacting negatively to those who only had very limited financial resources. (2) development of the values of hedonism about some of the community, namely the tendency of people obtaining a sense of pleasure or glorify the momentary physical pleasure. (3) host of spiritual values or sacral by commercial values. (4) the values of idealism late decision by the values of pragmatism, namely the tendency of people come first in the results that can provide a direct benefit from the glory. (5) terdesaknya use the right means to achieve something purposes by the tendency of people to use means an easy, quick, short cut to achieve the desired objectives. Shifting the values above, causes of mental illnesses that is; disease gluttony, envy, jealousy or envy, riya ‘, and the last illness of anxiety (hypochondriasis) lovesickness world (hubb ad-dunya) and love of wealth (al hubb -mall) but the fear of loss of property and the fear of death. The existence of many anxious fears are not real so this is usually regarded as an indicator of personality that jiggle. Modern studies in psychosomatic medicine proves that the emotional aspects of human Jolt merupkan major cause of the onset of many symptoms of physical illness. Psychological problems they face require psychological therapy, rather than medical therapy. The doctors recommend that their escape from anxiety. Al-Qur'an from an early age, earlier than medical science and modern psychology has given attention to psychological problems by directing humans to dominate and control their emotions, because it controls many health benefits. And this is just known
scientifically in modern times. Therefore, the authors offer the use of therapy with methods Islamic Thought Stopping in Overcoming anxiety, anxiety and fears unwarranted (hypochondriasis).
Type of Paper: NS1
Name of Presenter: Dr Margaret Anne Carter
Country: Singapore
Title: Reducing Cyber Bullying on Social Media Sites
Authors/Institution: JCU Singapore Dr Margaret Anne Carter

Abstracts:

There is agreement in the literature that bullying behaviour can be virtual, physical, psychological, verbal, social or sexual. There is further agreement of what defines tradition bullying, but the reports are mixed regarding what defines cyber bullying. Many schools of thought advocate that cyber bullying has similarities to traditional bullying with two distinctions – (1) e-technology separates bully and victim and third party observer; (2) it has the potential to be anywhere, anytime.

This study reports 600 adults’ perspectives of what actions - in the adult world - will reduce incidences of cyber bullying on social media sites. The study reported in this presentation is part of a larger study that examined definitions, motivations, prevalence rates, and support mechanisms of cyber bullying on social media sites.
Type of Paper: NS1
Name of Presenter: Mr Behbood Jamshidi
Country: Iran
Title: Tendency To Superstition
Authors/Institution: Behbood Jamshidi, Mehdi Damaliamiri, Maasoumeh Afshar - Teacher Training College Of Bahonar, Iran

Abstracts:

With the introduction of new science and establishment of modern schools in Iran, superstitious belief which were common among the population due to ignorance and illiteracy gradually disappeared and even most religious credits were put aside as superstitions. After the Islamic revolution in Iran, it was believed that the grounds of superstition would become eradicated for good and modern Islamic interpretations would be the guidelines of people to have a healthy life style. The real life went in a different path. Referral to sorceries and witches increased surprisingly and penetrated within the elite and educated class of society. The appeal to sorceries for admission to university and cure for untreatable diseases are among the most crucial reasons the parents in different layers of society pose. In parallel, the tendency of people to request help from the dead religious leaders has caused the religious cities to be the place of different professions of sorcery. The belief of referral to shrines has been concomitant with different worships and even drugs ascribed to the religious leaders which are advertised in the newspapers. Although there are many court cases which show these actions are fraud and deception, there is no sign of reduction in the referrals.
Abstracts:

Rational Emotive Behavior Therapy (REBT), the pioneering cognitive therapy approach, was developed by Albert Ellis PhD: brilliant psychologist, writer and humanist. It changed the direction of psychology, and impacted societal attitudes in liberating ways. REBT is a most efficient, self-empowering approach, enabling practitioners to minimize emotional disturbances, and maximize health, well-being and enjoyment in life. It employs combined thinking, feeling and action methods to help people remove or minimize their disturbances, and maintain and enhance healthy gains.

Dr Debbie Joffe Ellis, wife of Albert Ellis, who presented, co-lead groups, wrote and did research with him in the final decade of his life, will be presenting this conference workshop. The Ellis approach is holistic and ethical, attending to the interplay of a person’s beliefs, emotions and behavior: seeing people as capable of choosing their emotional destiny according to their capacity and willingness to choose rational realistic thinking over irrational thinking.

REBT asserts that we humans are fallible creatures who can unnecessarily disturb ourselves, and teaches us how to Un-disturb ourselves. It emphasizes strongly and vigorously the importance of practicing unconditional self acceptance, unconditional other acceptance and unconditional life acceptance, which enable healthy tolerance and compassion towards oneself, others and the world.

Biography of the Authors:

I am a licensed Psychologist (Australia) and licensed Mental Health Counselor (New York). I co-authored books with my husband, Albert Ellis PhD and am completing additional ones. I worked with him in all aspects of his work including professional and public workshops, seminars and trainings, research and writing, co-leading therapy groups & supervision groups. I practice, teach and present on Rational Emotive Behavior Therapy – my husband’s pioneering cognitive approach. I have had articles and reviews published in APA journals. I am affiliated with major psychological associations and societies including the American Psychological Association and the Australian Psychological Society.
Abstracts:

The objective of this study is to identify the relationship between work environment problems and psychological health problems with job satisfaction among Paramedics in a public hospital. Work environment problems can be categorized in two categories namely social-psychological relationship problems and work coping problems. On the other hand, psychological health problems can be categorized in two categories namely health and physical problems, and psychological problems. This study had involved 226 Paramedics from a public hospital as respondents using stratified random sampling based on work locations. *Mooney Problem Checklist Adult Form* and *Job Satisfaction Survey* by Specter (1994) were used for these purposes. The results of the study indicated that work environment problems, psychological health problems and job satisfaction among Paramedics are mutually related. The finding also proved that work environment problems and psychological health problems suffered by Paramedics employees did influence their level of job satisfaction.

Biography of the Authors:

Working as a lecturer in Counselling Psychology at the University Malaysia Sabah. Had served as a Psychology Officer at Malaysian Public Hospital. Qualified in the Master of Science in Counseling. Experience and expertise in the Theories of Counseling, Counseling Organizations, Marriage Counseling, Counseling Skills and Treatment. Have produced the publication entitled "Sexual Harassment and Relationship With Job Satisfaction Among Employees in Industrial Sector" and "Job Satisfaction And Its Relationship With Work Environments Problem And Psychological Health Problems" with the Department of Malaysian Public Services.
Type of Paper: NS2
Name of Presenter: Mr Graham John Whitehead
Country: United Kingdom
Title: Developing Enabling Environments in Practitioner Training.
Authors/Institution: Whitehead,G / Nottingham Trent University

Abstracts:

In response to recent World Health Organisation (WHO) recommendations on effective and ethical disability provision, training providers need to consider more widely how to deliver psychological training which is sensitive to the needs of service users who have a disability. Johnson & Haigh (2011) discuss the use of the term ‘enabling environments’ which usefully summarises the challenge facing the profession with regard to practitioner training. Counselling and Psychotherapy education, by its very nature, requires training providers to demonstrate a commitment to accessibility and social inclusion for people with disabilities. By modeling examples of good practice, training providers can affirm and promote competence in professional practice which consequently impacts standards of psychotherapeutic care for this population. The creation and promotion of an enabling environment in practitioner training is achieved in a number of ways: affirming basic principles of social inclusion, modeling policies and procedures which shape the training environment, demonstrating evidence of professional practice in the disability arena and the assessment of practitioner competence to practice in a transcultural environment.

Standards of ethical practice in this field warrant a clear statement and focus by training providers. This can only be effectively demonstrated where institutional policies and procedures are established to reflect the professional standards of the profession.

Biography of the Authors:

Graham Whitehead is a Senior Lecturer in Human Services and Counselling at Nottingham Trent University (UK) where he teaches on the M.A. in Professional Practice (Counselling & Psychotherapy Pathway). His research interests include practitioner training standards, transcultural competence and disability themes which impact psychotherapeutic practice. He is a Senior Accredited Member of the British Association for Counselling & Psychotherapy.
Title: What Makes You Happy? Impact of the initiative by the Bhutan Government and the United Nations to measure well-being besides wealth in development

Authors/Institution: Columbia University Teachers College

Abstracts:

Couples ask each other what makes them happy, and a soup company is even using the concept for its advertising campaign. Now governments are seeing its value. This presentation traces an important global evolution: countries traditionally using financial measures to track development of their society are increasingly looking to assess well-being instead of just wealth (i.e., Gross National Happiness instead of just Gross National Product). This initiative being spearheaded by the Bhutanese Government -- whose King in 1972 first introduced the idea to improve his own country -- is now gaining attention in the regional and international community (e.g. Japan, Great Britain, Brazil, and states in the USA). This presentation addresses: What is happiness? Why is it important? Can it be measured? What are the criticisms? Recent exciting developments that will be described include United Nations Resolutions; a high level UN panel; the international civil society Gross Happiness and Well-being Group; the International Day of Happiness celebrations worldwide on March 20; school-children workshops; activities like Happiness Walks; and lobbing for legislation. Measures will be described (e.g., the Happy Planet Index, the General Progress Indicator) as well as applications and supportive research (e.g. in the World Happiness Report). Videos will be shown.
Abstracts:

There is evidence that sweat practice has psychological, physical, social and spiritual benefit. A mixed design research method investigated difference in religious coping, psychological wellbeing and spirituality between sweat and non-sweat participants. Sixty-nine sweaters and 25 non-sweaters completed measures of religious coping, psychological wellbeing and spirituality and six interviews explored the phenomenological experience of sweat ceremony. Sweat participants reported more Personal Growth, Spiritual Connection, Religious Direction/Conversion and Punishing God Reappraisal and less Spiritual Discontent than non-sweaters. Sweat participants reported more External/Ritual Spirituality, Internal Fluid Spirituality and Existential/Meditative Spirituality than non-sweaters. Within the sweat group, psychological wellbeing measures (personal growth, self acceptance, positive relationships with others and autonomy) related to participation in sweat ritual and the expression and exploration of a spiritual dimension. Ten themes emerged: altered state of consciousness, connection, focus, cleansing, coping, healing, self development, ordeal, transformation and emotional affect. Adverse outcomes (physical, competition and bravado, poor focusing) and missing elements to sweat ceremony (lack of cultural expression and altered state of consciousness) are discussed along with limitations and implications for future research. Sweat ceremony can be understood within a transpersonal therapeutic framework and bio-psycho-social-spiritual model of health.

Biography of the Authors:

Master of Counselling Psychology (Monash University)

My experience includes twenty years experience in community development and capacity building. I have experience as a research officer with Swinburne University. I have worked in a clinical role with the Aboriginal community as a social and emotional wellbeing counsellor. I am currently employed as a counsellor in community health and as a coordinator in an Aboriginal organization.
**Type of Paper:** NS3  
**Name of Presenter:** Dr Ali  
**Country:** Iran  
**Title:** The effect Progressive Muscle Relaxation on the level patient’ stress under surgery  
**Authors/Institution:** Shahrekord University of Medical Sciences, Shahre-kord Nursing Faculty, Shahrekord, Iran. 2- Iranian National Elite Foundation (Bonyad) 3-Tehran University of Medical Sciences

**Abstracts:**

**Background & aims**

Psychiatric disorders are quite common in surgical patients. In the preoperative period, surgeons frequently request psychiatric consultation regarding several common psychosocial issues. Preoperative anxiety and health-related phobias, such as fear of anesthesia, needles, sight of blood, and contamination from blood transfusions, are common in surgical patients. Psychiatric consultation may focus on the discontinuation of antidepressants prior to general anesthesia administration and how to give patients psychiatric drugs when they are temporarily unable to take medication orally. Stress is common among patient under surgery. The researcher observed that patients before entering to operation room feel high stress, dread and horror. Thus researcher decided to have a study on the effect Progressive Muscle Relaxation on the level patient’ stress under surgery

**Method**

The research study was a practical, experimental study. A total of 90 patients were randomly selected and divided into tow groups of test and control. Before surgery (in the ward), an exam questionnaire consisted of the stress test of Spilberger and control of physiological determinants (blood pressure, pulse, respiration,) was performed for the two groups. During a 45-min session, relaxation was given to the Progressive Muscle Relaxation group using question-answer method. The practice of relaxation was continued for two and three times a day previous surgery. Two days after operation, Spielberg and control of physiological determinants were again performed for the two groups. The questionnaire was comprised demographic features, physiological determinants, and Spilberger test assessment of apparent stress containing 20 questions. Data were collected and analyzed using t-test, Chi-square and SPSS.
Results

Results show there was no significant difference between two groups in relation stress and the average of physiological signs before study. But after research using t-test, show difference in relation to the average of physiological determinants. In Progressive Muscle Relaxations, groups Pulse, blood pressure and Respiratory average reduce. In addition, the average scores of stress between the test and control groups did not show any significance before Progressive Muscle Relaxations education. However, in the Progressive Muscle Relaxations, the average scores of stress after the research significantly different (P<0/05). So that the level of stress among them reduced. Also, in both groups, the average scores of stress are significantly different and the level of stress in the case group reduced. (P<0/05). But in the control group no significant difference was observed in the average scores of stress and physiological signs between before and after surgery.

Conclusion

Progressive Muscle Relaxation alleviates stress, anxiety and health-related phobias, such as fear of anesthesia and needles. Thus if the patients before surgery use of Progressive Muscle Relaxation heal faster from illness, and they experience increased benefits to their health and well-being. On an intellectual level, Progressive Muscle Relaxation connects patients to the world, which in turn enables patients to stop trying to control things. When you feel part of a greater whole, it’s easy to understand that you aren’t responsible for everything that happens in life.”
Abstracts:

In an uncertain economic global environment, governments across the world have inevitably made moves to cut back on public expenditures through various austerity measures. These measures have led to significant impacts on funding for higher education which in turn has led to reductions in student aid as well as staffing needs (Grove, 2012).

In this environment, educational institutions have to continually adopt innovative and cost effective approaches towards serving their student populations especially in the key areas of teaching and student service, for example counselling and financial assistance.

The Singapore Management University (SMU) initiated a peer counselling program in 2004 for the initial purpose of having trained student helpers to act as a “bridge” between the university’s counselling service and the student community. Not only was this programme found to be effective in its proposed role, it had actually progressed beyond expectations and became established as an innovative, cost effective multiplier for counselling services in the university.

This paper outlines the successful initiation and management of the peer helping model in this university and the approach by which peer counsellors work hand in hand with professional counsellors in contributing to the mental health framework of the university.

Biography of the Authors:

Timothy is the Centre Director of the recently launched Mrs Wong Kwok Leong Student Wellness Centre at the Singapore Management University (SMU). A proponent of peer – support programmes as a necessary provision for counselling services in educational institutions, he single-handedly launched the Peer Helping programme at SMU early in 2004. He is currently a part-time doctoral candidate (Dual program) with the Institute of Education, University of London & National Institute of Education,
Singapore. Timothy is a registered counsellor with the Singapore Association for Counselling and helps out as a member in the sub-committee for academic counsellors.
Abstracts:

The objective of the current study is to acquire the prevalence of childhood trauma experiences, stress, and aggression among freshman university’s students. Subsequently, the associations between the three factors were explored. In addition, the occurrences of the three factors were compared between male and female students. To achieve these objectives, a cross-sectional study was designed. A local university was selected as a sampling frame with freshman students (first year) as the participants. A total of 420 students (male=217, female=203) participated. Data collection was conducted using a set of three self-report psychometric instruments, followed by data analysis using statistical software. The findings showed possible incidence of childhood trauma among the participants. Also, stress was considerably high with notable tendencies for aggressive behaviors among them. Regression analysis demonstrated significant relationship between childhood trauma experiences and stress, particularly in abuses. Subsequently, the association between stress and aggression was found significant among the participants. Additionally, comparison between the gender groups indicated significant differences in only several sub-factors. In conclusion, presences of childhood trauma experiences, stress, and aggression were indicated in the scenario of freshman university’s students, which could assist in understanding the cause and effects for stress management in such educational institutions.

Biography of the Authors:

Nurul Hazrina Mazlan received the degree of BSc (Honours) (Forensic Science) from Universiti Sains Malaysia in 2009. Currently doing MSc (Forensic Science) in penology at Universiti Sains Malaysia. Throughout doing MSc degree, Mazlan also assist Dr Affizal Ahmad in her research. Experiences include field work, data analysis using statistical software and qualitative method, and presentation at several conferences in the country.