ASIA-PACIFIC MINDFULNESS CONFERENCE 2022



Mindfulness for Health & Wellness 23-24 July 2022 (online) | 8.30am-9.30pm

Guest-of-Honour

Ms Rahayu Mahzam Senior Parliamentary Secretary, Ministry of Health

OPENING KEYNOTES



Mindfulness for Healthcare

Prof Christopher Cheng Senior Advisor, Singhealth Former CEO, Sengkang

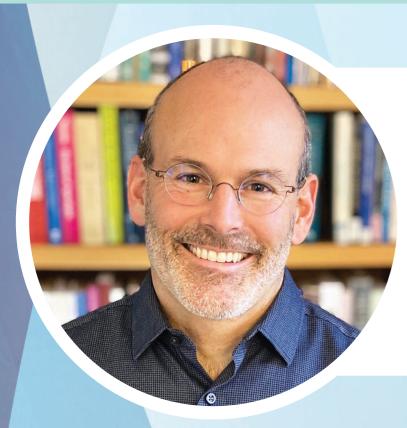


Mindfulness Initiatives in National Health Group

Prof Chua Hong Choon Deputy CEO, National Healthcare Group CEO, Khoo Teck Puat Hospital & Yishun Health

General Hospital

WORKSHOPS



Unwinding Anxiety

A/Prof Judson Brewer Psychiatrist & Neuroscientist, Brown University New York Times Best-selling Author



Mindfulness Is Coming Of Age

Prof Willem Kuyken Prof of Mindfulness and Psychological Science & Director, University of Oxford Mindfulness Centre



Mindfulness and Health Professional Education

Prof Craig Hassed Director of Education Monash Centre for Consciousness and Contemplative Studies



Real Happiness at Work

Sharon Salzberg Loving Kindness Expert & Author

Mindfulness-Based



Burnout to Brilliance:



Therapy for Insomnia

Dr Jason Ong Director of Behavioural Sleep Medicine, Nox Health, Northwestern University

Path of Rejunevation with Self-Compassion

Dr Olivia Ong Medical Doctor & Author



Mindfulness in Palliative Care

Dr Neo Han Yee Head of Palliative Medicine, Tan Tock Seng Hospital



Mindfulness & Cancer Care

Oxford

Centre

Mindfulness

Trish Bartley Mindfulness Trainer & Developer of Mindfulness-Based Cognitive Therapy for Cancer Program

For Clinicians: CME, CPE, CNE points

For more speakers and topics, visit: asiapacificmindfulnessconference.com Registration Link: https://apmcworkshops.eventbrite.sg



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