### 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

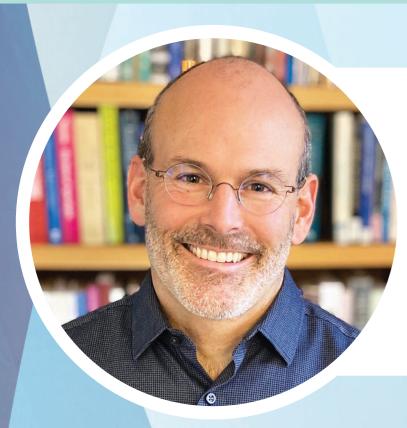


Mindfulness Initiatives in National Health Group

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



#### International Partners:



