



**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



20 Workshops for only \$120
SG Citizens and PRs turning 50 and above: 50% subsidy. Skillsfuture Credits can be applied

OPENING KEYNOTES



Mindfulness for Healthcare

Prof Christopher Cheng
Senior Advisor, Singhealth
Former CEO, Sengkang
General Hospital



Mindfulness Initiatives in National Health Group

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

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 Therapy for Insomnia

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



Burnout to Brilliance: Path of Rejuvenation 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

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>

Co-Organisers:



International Partners:



Speakers & topics subject to changes