



# INTERNATIONAL COUNSELLING CONVENTION 2022

1st - 4th November 2022

Riverside Majestic Hotel, Kuching, Sarawak, MALAYSIA

*Standing Alone  
TOGETHER:  
Managing  
the  
PARADOX*

## Abstract Proceedings

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# **INTERNATIONAL COUNSELING CONVENTION 2022**

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## Editorial Remarks

All praise to God for the abundance of mercy and love. With His permission, the Abstract Proceedings successfully published for the International Counseling Convention 2022 (ICC 2022) being held from 1<sup>st</sup> to 4<sup>th</sup> November 2022, at the Riverside Majestic Hotel, Kuching, Sarawak, Malaysia!

The theme of the convention is Standing Alone Together: Managing the Paradox by highlighting various sub-themes namely Counseling Ethics, Counseling Intervention & Skills, Counseling Supervision, Teaching and Learning in Counseling, Multicultural Counseling, Career Counseling, School Counseling, Organizational Counseling, Mental Health Counseling, Rehabilitation Counseling, Family, Adolescents & Children Counseling, Testing & Measurement Counseling, Technology in Counseling, Spiritual Counseling, Counseling and Human Resource and Wellbeing Counseling.

Through this theme, a total of 118 abstracts have been accepted and successfully published in this proceeding. Of these, a total of 88 full articles have been reviewed and successfully accepted for publication in several indexed and popular publication mediums. Among them are publications in The International Journal for the Advancement in Counseling (SCOPUS), European Journal of Educational Research (SCOPUS), International Journal of Academic Research in Business and Social Sciences (ERA), Journal of Cognitive Sciences and Human Development, UNIMAS ( My Cite), PERKAMA Journal, PERKAMA Book Chapter and UNIMAS Book Chapter.

This convention acts as a platform to gather experts in the field through the presentation and publication of research, especially in the field of counseling. They consist of counselor educators, counseling practitioners and trainee counselors from all over the world. Hopefully, with this continuous effort, we can contribute to the development of scientific disciplines and empower the well-being and mental health of the community.

Finally, the highest appreciation and millions of thanks go to all parties involved in this convention, especially the organizing committee as well as the presenters who have participated in contributing research results to be published through ICC 2022. Thank you and see you again. Long lasting greetings.

Associate Professor Dr. Ku Suhaila Ku Johari  
Head of Scientific Reviewer & Publications  
International Counselling Convention 2022

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**ID 074**

**Challenges and Opportunities in Getting Treatment for Mental Health Related Issues in Sarawak**

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**ABSTRACT**

Living with a mental health condition can be manageable with early intervention and consistent treatment. For most people, it is not easy to admit that their mental health needs treatment. Keeping to therapy appointments to learn strategies to cope with mental health conditions can be tough. Many people with mental health related issues do not get the treatment they deserve because they are aware of the negative mindset of society about mental health. In Malaysia, mental health services are relatively new compared to the other developed countries and are lacking in many ways. This study was conducted by interviewing four participants to understand their experiences in getting treatment for their mental health conditions. Firstly, this research identified the challenges to getting proper mental health treatments. Secondly, this research explored the opportunities to get the treatment they needed. Lastly, this research also proposed further exploration on the challenges for people in rural Sarawak to get proper treatment for their mental health. Through the in-depth interview, it was learned that stigma was still very much present in our society. It is hoped that the findings will bring new information regarding mental health treatment in the urban area of Sarawak.

**Keywords:** *Challenges, Opportunities, Treatment for Mental Health, Sarawak*

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