

Surat khabar: New Sarawk Tribune
Hari/Tarikh: 13/10/2016
Muka surat: 8

Tajuk : Nipping depression in the bud



DR AMALIA MADIHIE

Nipping depression in the bud

KUCHING: Sharing troubles with psychologists or psychiatrists is no longer a taboo for many, as professional counsellors are highly sought after these days.

Depression and psychological trouble seem to be a norm in today's society due to stress in the daily lives of the working population.

Universiti Malaysia Sarawak (Unimas) Cognitive Sciences and Human Development Faculty Senior Lecturer Dr Amalia Madihie said no one is an island and humans need to

constantly interact with each other.

"Everyone needs to let go of their problems before they can move on and they need the right support to do so. Counselling is one of the ways to get things done," said Dr Amalia.

The faculty is working closely with the Sarawak Chief Minister's Office in providing counselling service to those in need, such as flood victims in terms of providing psychological and emotional counselling.

Dr Amalia said there is no gen-

eral cure for depression.

Her team has assisted family members of MH370 and MH17 tragedies in coming to terms with the incidents which she describes as "the most challenging task in my career."

Unimas offers four counselling niche programmes that cater to family, rehabilitation, mental health and organizational counselling, which focuses on different environment.

Earlier, at the International Seminar on Professional Counselling 2016 (International

ProCoun 16), Kuching has been chosen to host the International Association For Counselling 2020, with the theme "Excellent Counselling in Caring Society and Caring Culture."

The annual conference will be held in Argentina next year in Botswana in 2018, India, 2019 then Kuching in 2020.

A symbolic presentation of hosting rights was held at Hilton Hotel here yesterday witnessed by Deputy State Secretary Datu Dr Sabariah Putit and 247 delegates.