

International Virtual Conference In  
Clinical Communications and Hypnotherapy

# Your Mind Matters: Revolutionising Healthcare

**11-12 JUNE 2022**

BST 08:30-13:30 | MYT 15:30-20:30

AET 17:30-22:30 | UYT 04.30 -09:30

**SPEAKER'S BIO &  
ABSTRACTS**

Organized by:

 LONDON COLLEGE OF  
CLINICAL HYPNOSIS ASIA

**LSTCH**  
LONDON SCHOOL OF CLINICAL COMMUNICATION & HYPNOSIS

In collaboration with:



**APSCCH**  
Asia Pacific Society of  
Clinical Communications and Hypnosis





# PETER MABBUTT

President BSCH  
Head of Academics, LSCCH &  
LCCH Asia Group

Peter is the President of the British Society of Clinical Hypnosis (BSCH) and a Fellow of the National Council of Integrative Psychotherapists (NCIP). He is also the Head of Academics for the LSCCH - LCCH Asia Group.

He has been practicing and teaching hypnotherapy since the mid- 1990's, having moved from a career as a researcher in Psychopharmacology at Guy's Hospital in London. Whilst working with all aspects of hypnotherapy, Peter has a particular interest in pain management, trauma, and the mind-body connection (Psychoneuroimmunology). He also treats those presenting with relationship issues and has a focus on the often overlooked psychological challenges faced by men.

Peter has developed, evolved and written many courses in clinical hypnotherapy that have been delivered worldwide. He has written an MSc Course in Clinical Hypnotherapy that was run by a leading British University, for which he was the Programme Leader. He has been instrumental in setting up the Hypnotherapy Pain Management Clinic and pain research programme at University of Malaya Hospital, Kuala Lumpur. Peter is also a consultant for the Hypnotherapy Unit at the Pantai Hospital in Kuala Lumpur. He regularly lectures to the international medical community on the use of hypnosis and is frequently invited to speak at conferences around the world.



# SHEILA MENON

President, APSCCH

Principal, LSCCH & LCCH Asia Group

Sheila Menon is the Principal of the LSCCH – LCCH Asia Group, the Director of the London College of Clinical Hypnosis (Asia-Australia), and founding Director for the LCCH Pantai Therapy Centre. She introduced the first professional indemnity insurance for clinical hypnotherapy to Malaysia and has been involved in the teaching and practice of clinical hypnosis and psychotherapy in Europe and Asia for over 20 years.

Sheila is a Fellow of the British Society of Clinical Hypnosis (BSCH), President of the Asia Pacific Society of Clinical Communications and Hypnosis ((APSCCH), and a past president of the Malaysian Society of Clinical Hypnosis (MSCH). Being a hands-on Principal, Sheila lectures and also runs a private practice. She is also actively involved in research and is a regular contributor on mental health healthcare and clinical hypnosis to a local Malaysian newspaper.



# DATIN DR. THEMA MAJID

President, MSCH  
Medical Director, LCCH Asia  
Medical Hypnotherapist

Datin Dr Thema Abdul Majid is a medical doctor. She is the Vice President of the Malaysian Society of Clinical Hypnosis (MSCH) and the Medical Director of the London College of Clinical Hypnosis (LCCH) Asia.

Dr Thema obtained her medical degree from University Sains Malaysia. Thereafter, she worked in both the Penang General Hospital and University of Malaya Hospital, primarily in the Emergency Medicine and Psychiatry Departments.

Dr Thema has extensive experience working as a clinical hypnotherapist. She specialises in managing depression, addiction, PTSD, anxiety, and stress. She is also a lecturer for both beginner and advanced students of hypnotherapy. She conducts workshops and support groups for both future therapists and corporate clients. Dr Thema spearheads the Psychological First Aid Task Force for frontliners, a project which requires a deep understanding of the mental health consequences of working during the pandemic and which provides training on self-care and resilience at both management and executive levels. Dr Thema is also a Consultant Hypnotherapist at the LSCCH Therapy Centre, where she has been providing therapy for both corporate and individual clients during the pandemic.



# DATO' PROF. DR. ANDREW MOHANRAJ

President, MMHA

Mental Health & Substance Abuse Consultant, WHO

Dr Andrew Mohanraj served Malaysia's Ministry of Health for 12 years before taking up an international assignment after the Asian Tsunami of 2004. As a Consultant Psychiatrist and Mental Health Development Adviser, he has done pioneering work in the establishment of sustainable psychosocial rehabilitation services in Indonesia (post disaster, post conflict), the Philippines (post disaster), and Timor Leste (post conflict). His main achievement in these countries was the campaign to remove physical restraints in people with chronic mental illness.

In 2012, Dr. Andrew Mohanraj returned to Malaysia under the Return of the Expert Programme by Talent Corporation, a unit under the purview of the Prime Minister's Department. He subsequently joined Perdana University Graduate School of Medicine (in collaboration with Johns Hopkins Medical School, Baltimore) as Associate Professor in Psychiatry and its first Director of Clinical Clerkship.

He continues his consultancy work for local and international government and non-government organisations. Dr Mohanraj also served two terms as a member of the Mental Health Promotion Advisory Council to the Minister of Health, Malaysia. In 2013, in recognition of Dr. Andrew Mohanraj's international work in the promotion of the United Nations Convention on the Rights of Persons with Disabilities (UNCRPD), he was appointed by the then Acting Minister for Community Development as a member of the National Council for Persons with Disabilities, in which he served two consecutive terms.

Besides running his psychiatry practice in Mont Kiara, Kuala Lumpur, he is engaged in periodic consultancy to provide mental health services to refugees and asylum seekers whose intended destination is Australia.

He is also actively involved in the mainstreaming of mental health issues in Malaysia, as the President of the Malaysian Mental Health Association, and Policy Advisor to the Green Ribbon Group Malaysia. He also begins his second term as a member of the Board of Directors of the World Federation for Mental Health (WFMH).

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Dr. Andrew Mohanraj has also taken up an academic position as Adjunct Professor of Psychiatry at Taylor's University Medical School, Malaysia. As an animal lover and an advocate for animal rights, he has recently taken up the challenge of assuming the post of President of the recently registered Society for the Prevention of Cruelty to Animals, Malaysia.

Beginning 16th July 2021, Dr Andrew Mohanraj has taken up a consultancy with the World Health Organisation (WHO) Regional Office as a Mental Health and Substance Abuse Consultant.



# DR RAJITHA JAYAWARDENA

Consultant Psychiatrist

President, BSMDH (Scotland)

Clinical Director, LSCCH - LCCH Asia Group

Dr Rajitha Jayawardena works as a Locum Consultant Psychiatrist for NHS Scotland (Lanarkshire Trust) in General Adult Psychiatry and has worked as a specialist in various other sub-specialities in Psychiatry, such as Forensic Psychiatry, Old Age Psychiatry, and Rehabilitation Psychiatry.

Dr Rajitha's current roles include Consultant Psychiatrist for NHS Scotland in General Adult Psychiatry, President of the British Society of Medical and Dental Hypnosis (BSMDH) (Scotland), Clinical Director of the LSCCH-LCCH Asia Group, and Honorary Senior Clinical Lecturer at the University of Glasgow.

Dr Rajitha is an Affiliate of the Royal College of Psychiatrists, UK and an Honorary Visiting Professor, Guangzhou Brain Hospital and Medical University, China.





# DR ALPANA BOSE

Medical Director, BSCH

Member of Faculty, LSCCH

Specialist Registrar in Medical Psychotherapy,  
Oxford Health NHS Trust

Dr Alpana Bose graduated from the Guy's, King's and St Thomas' medical schools in 2000. Since then, she has gained experience in a wide range of specialties.

She became a member of the Royal College of Physicians in 2003 and the Royal College of Psychiatrists in 2018. A keen interest in the interaction between mental well-being and physical health led her to study hypnotherapy. She completed a Medical Diploma in Clinical Hypnosis at the London College of Clinical Hypnosis in 2014.

Soon after obtaining her diploma, she established a voluntary hypnotherapy clinic for the management of chronic pain in collaboration with the Pain Team at Great Western Hospital, Swindon, UK.

She has also offered hypnotherapy sessions for members of staff for healthy eating and wellbeing. Inspired by the transformational and empowering results that she observed, Alpana is passionate about promoting the use of hypnotherapy within conventional healthcare.

In addition to her clinical work, Alpana has taken an active role in research and teaching. She is on the faculty at the London School of Communications and Clinical Hypnosis and is the Medical Director for the British Society of Clinical Hypnosis. She is currently completing specialist training in Medical Psychotherapy at Oxford Health NHS Foundation Trust.





# DR DANIEL RADESCA

Physician Specialising in Palliative Care  
US Secretary of CHA  
Founder & Co- Director, Hypnosis Centre of  
Uruguay

Dr Daniel Radesca is an international lecturer and physician specialising in palliative care. He was trained in hypnotherapy by Michael Yapko and Jeffrey Zeig, and currently serves as secretary of the Clinical Hypnosis Association (CHA) in the USA.

Dr Daniel is the founder and co-director of the Hypnosis Center of Uruguay, a reference centre in clinical hypnosis in South America. and the creator of the Attention Focalisation Training (AFT) and the Attention Focalisation Training for Medics (AFT-M), an intensive self-hypnosis training system used to reduce burnout.

Dr Daniel writes:

"When a patient's condition has evolved to the point where there is no return, they may be struggling with symptoms that can be physically, psychologically, and spiritually burdensome.

As therapists or physicians, we need tools for assessing these symptoms and providing supportive care tailored to specific patients. Hypnosis is an outstanding strategy, one we can use to help patients live more comfortably, despite their advanced illness.

By the end of my presentation, 'Hypnosis in Palliative Care', you will have learned specific techniques for dealing with pain, anxiety, and depression in patients with life-threatening illnesses. Discover the latest research in hypnosis and palliative care and learn the best evidence-based strategies for hypnotically approaching these patients."



# CATHY BROWN

Author: My Answer to Cancer

Clinical Hypnotherapist

Meditation Teacher/Mentor

International Retreat Lead

Cathy Brown has personal experience of living with cancer. First diagnosed in 1989, she was told her condition was terminal. This prognosis initiated a personal healing journey exploring natural approaches to wellness. After attending Wellness Courses and Cancer Support Groups as a client and volunteer, she was invited to facilitate groups at Cancer Support WA in Cottesloe, Western Australia.

She has since trained as:

- Group Work Leader
- Presenter in Group Facilitation
- Reiki Master/Teacher
- Meditation Teacher
- Clinical Hypnotherapy

In 2016, Cathy published her book, 'My Answer to Cancer', and now, after sharing her story, is an experienced Public Speaker who enjoys giving talks to groups and on international radio interviews. She now works as a Meditation Mentor, a Supervisor for the Allevi8 App, and as a Clinical Hypnotherapist.



# JOANNA OATES

Senior Lecturer, UWL  
Nutritional Therapist  
Psychotherapist

Joanna Oates is a nutritional therapist and psychotherapist specialising in eating disorders. Her psychotherapy training involved NLP and hypnotherapy. However, she is a pluralistic therapist and believes that different people benefit from different things at different times, so Joanna likes to draw on all her training and experience to help her clients in a way that suits them best.

Joanna is also a qualified and experienced lecturer with over 30 years experience, including working in Turkey and the Middle East. She currently teaches nutritional therapy and leads the student nutritional therapy clinic at the University of West London (UWL) on the BSc (Hons) Nutritional Therapy course.

Joanna writes:

"This presentation will focus on how you can apply strategies and techniques from hypnotherapy, NLP, and motivational interviewing, to motivate your clients to create and achieve realistic dietary and lifestyle goals by making small changes in their everyday lives. You will learn how to promote compliance via engaging your clients from the start of therapy with easy wins as well as simple tools/techniques to support clients with tracking their progress. The emphasis will be on breaking down big goals into small achievable steps, e.g. swapping less nutritious takeaway foods for healthier options.

Nutrition topics will include the importance of adopting a balanced, flexible approach to diet vs extreme or rigid dietary rules. This can boost compliance as well as having a positive effect on physical and mental well-being. Within this context we will look at how to support clients with appetite regulation, blood glucose balance, hydration, fatty acid balance, the **gut-brain** axis, and gut microbiome.



# ADRIAN LIM

Head of Department for Integrated Healthcare,  
SOSCO Rehabilitation Centre

Specialist in CBT, Mindfulness & Clinical Hypnosis

Adrian Lim works as the Head of Department for Integrated Healthcare overseeing 5 different units - Audiology, Speech Pathology, Optometry, and Dietary, as well as Psychology in the SOSCO Rehabilitation Centre.

Adrian graduated in Psychology, specialising in CBT, psychological assessment, mindfulness, and clinical hypnotherapy. He has 10 years of experience treating clients presenting with a wide range of medical conditions such as depression, anxiety, post-stroke, and traumatic brain injury rehabilitation using different psychological approaches.

He is interested in areas of psychopathology, personality and the use of clinical hypnosis in physical rehabilitation.



# DATO' PROF. DR. TUNKU SARA

1st Woman Orthopaedic Surgeon, UMSC  
President, MOA  
of the Malaysian Orthopaedic Association

Tunku Sara is President of the Malaysian orthopaedic Association (MOA) and is Honorary Professor in the Department of Orthopaedic Surgery at UMSC. She has held positions as:

- Acting Head of Department, University Malaya, 17/01/2020 to 19/01/2020
- Head of Unit, National Orthopaedic Centre of Excellence for Research and Learning (Noceral), Faculty of Medicine, 01/01/2020 to 31/12/2021
- Acting Head of Department, Faculty, 02/01/2018 to 03/01/2018
- Head of Unit, National Orthopaedic Centre of Excellence for Research and Learning (Noceral), Faculty of Medicine, 01/01/2018 to 31/12/2019
- Head of Level/Level Head, University Malaya, 01/01/2018 to 31/12/2019 (Director of National Orthopaedic Centre of Excellence for Research and Learning (NOCERAL))
- Acting Head of Department, University Malaya, 12/10/2017 to 17/10/2017

Tunku Sara has held the following consultancies:

- UM Craniofacial Team, Clinical Consultant, 2014-2017, Jabatan Sains Pembedahan dan Perubatan Oro-maksilofasial
- Adjunct Faculty Member for the Executive MSc Hand Surgery Programme, Consultant, 2012-2014, UniEDU Consultants
- Orthopaedic Surgeon, Referral, 1984-2015, From other hospitals
- Orthopaedic Surgeon, specialize in Hand and Reconstructive Microvascular Surgery., Referral, 1984-2015, Hospital University

She has been accorded the following awards:

- Student of The Month (March 2019), <https://www.rabata.org/>, 2019, (International)
- Trophy - Appreciation , Patient, 2018, (Private)
- Anugerah Khas Pengarah, Pusat Perubatan Universiti Malaya, 2018, (University)
- Sijil Penghargaan Persaraan, University of Malaya, 2017, (University)
- Um Excellence Award, Naib Canselor, 2015, (University)

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Tunku Sara's recent publications include:

- A. Razak, N.I., Hasnan, N., Gunasagaran, J., I. Putera, K.A.S., Ahmad, T.S. (2020). People with Disabilities: An Ancient Society Got It Right, but Can We? In A. Tenenbaum & J. Merrick, (Eds.), Disability: International Aspects. New York, NY: Nova Science Publisher, Inc.
- Then, J.W., Ahmad, T.S., Ab Razak, N.I., Shivdas, S., Choo, P.T. (2020). Gamification in rehabilitation of metacarpal fracture using cost effective end user device: A randomized controlled trial. *Journal of Hand Therapy*, 33(2), 235-242. (ISI-Indexed)
- Foo, Y.H., Chung, T.Y., Prakash, J., Ahmad, T.S. (2020). Photobiomodulation after Neurotization (Oberlin Procedure) in Brachial Plexus Injury: A Randomized Controlled Trial. *Photobiomodulation, Photomedicine, and Laser Surgery*, 38(4), 215-221. (ISI-Indexed)
- Chee, W. H., Gunasagaran, J., Ahmad, T.S. (2020). A comparison of delta wire technique versus extension block pinning in the treatment of bony mallet finger. *Handchirurgie, Mikrochirurgie, Plastische Chirurgie*, 52(3):176-181. (ISI-Indexed)
- Khoo, S.S., Mansor, A., Ahmad, T.S. (2020). Orthopaedic Clinical Quiz. *Malaysian Orthopedic Journal*, 14(1), 106-109. (SCOPUS-Indexed)
- Ahmad, T.S., Ahmad, A.A., Abdullah, S. (2020). Hand Surgery in Malaysia. *Journal of Hand and Microsurgery*. Published online 31.12.2020. (Non-ISI/Non-SCOPUS)
- Chung, W.H., Mansor, A., Ahmad, T.S. (2020). Orthopaedic Clinical Quiz. *Malaysian Orthopaedic Journal*, 14(2), 158-159. (Scopus-Indexed) (SCOPUS-Indexed)



# PROF. DR. MARZIDA BINTI MANSOR

Professor & Consultant Anaesthesiologist in  
the Department of Anaesthesiology, UM

Prof. Dr. Marzida Mansor is a Consultant Anaesthesiologist in the Department of Anaesthesiology, Faculty of Medicine, University of Malaya, Kuala Lumpur, Malaysia.

Prof. Dr. Marzida received her medical degree from the National University of Malaysia. In 1995, she received a Masters in Anaesthesiology from the University of Malaya. She received training in cardiac anaesthesia in the National Heart Institute in 1997 and undertook a fellowship in pain management at the Royal North Shore Hospital in Sydney, Australia. She has a certificate in Specialist Medical Module in Hypnoanaesthesia and Hypnosedation, from the London College of Clinical Hypnosis (LCCH) Asia.

Prof. Dr. Marzida has been practicing as a cardiac anaesthetist and pain specialist at the University of Malaya and is currently the President for the College of Anaesthesiologists, Academy of Medicine of Malaysia, and Past-President of the Malaysian Society of Anaesthesiologists. She is the executive committee member of the Malaysian Association for the Study of Pain and a member of the Malaysian Society of Interventional Pain Practitioners.

Prof. Dr. Marzida's main fields of interest are acute, chronic, and cancer pain management, cardiothoracic anaesthesia, critical care, clinical pharmacology, and clinical hypnosis. Her main research area is the role of immunomodulators for the treatment of sepsis and pain, and the role of music in reducing pain. She has been an invited speaker at many national and international conferences and has published more than 50 scientific publications in peer-reviewed journals and books





# DR. ANAND CHANDRASEGARAN

Consultant Anesthesiologist &  
Critical Care Medicine, Columbia  
Asia Hospitals

Dr Anand is a consultant anaesthesiologist and critical care specialist, specialising in hypnosis for pain management, hypnoanaesthesia, and chronic pain management.

Dr Anand explains:

"In this talk, I will be discussing:

1. My clinical experience as an anaesthesiologist in managing patients preoperatively with hypnosis. I will be sharing some videos on preoperative hypnotic induction, and will break it down for you.
2. Basics of neuroscience behind hypnosis
3. An induction method I developed called "ideo-dynamic physiological induction", a quick pre-operative hypnosis induction method which I will shed some light into.

Ideodynamic physiological induction is a preoperative induction method which utilises the patient's current mind-emotion matrix, coupled with the biological state of the patient, by using the utilisation principle. I am looking forward to sharing these resources with you at this international platform, the 3rd Virtual International Conference in Clinical Communications and Hypnosis."

Dr Anand's case study:

Ms Linda was planned for an elective surgery to remove a lump on her abdomen. Over the past year, she noticed the lump had been getting significantly bigger and cosmetically unpleasant. It was a routine surgery to remove the lump for further histopathological evaluation. She was concerned, as there was a risk of that lump being cancerous in nature.

Prior to surgery she was very anxious. Her palms were very cold and clammy and her heart rate in the OR waiting area ranged 110-120/min. She was crying nervously as the nurses were trying to place the intravenous cannula for lab investigation and medications. The intravenous placement was difficult, and she was screaming in fear. Her response to the cannulation was not normal, and this was a challenge to the medical personnel.

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This illustrates a typical pre operative state of some patients going in to a surgical procedure, a state in which most patients feel helpless having to surrender their wellbeing to the healthcare providers.

What if there is an approach that that can help this patient to be in a more controlled and relaxed state? What if there is a drug that is chemical free, made from the patient's thought processes, with no side effects, and which doesn't have to be injected or consumed?



# PROF. DR. ANNAPURNY A/P VENKITESWARAN

Associate Professor of Paediatric Dental  
Surgery, Faculty of Dentistry, UiTM  
Clinical Hypnotherapist

Prof. Dr. Annapurny graduated from University Malaya, Kuala Lumpur, in 2002. She completed her Clinical Masters In Paediatric Dentistry in 2010 and also obtained a Membership of Faculty of Dental Surgery in England in 2008. She is a trained clinical hypnotherapist and obtained her Diploma in Hypnotherapy from the London College of Clinical Hypnosis (LCCH) Asia in 2015.

Together with her colleagues, she runs the hypnotherapy centre at Faculty of Dentistry, Universiti Teknologi MARA (UiTM), which focuses mainly on dental anxiety and problems related to dental treatment. She has written journal articles and a book chapter related to hypnodontics.

Dr Anna explains:

"The mention of a visit to the dentist is already a trigger for anxiety in many people, more so if the patient has to endure a complex procedure in the dental chair. Hypnosis has been a boon to dentistry as it can be used for so many purposes. Having a relaxed patient in the dental chair is no longer a myth! Watching young children breeze through their dental visit is certainly a dream come true for most dentists.

In my presentation, we will explore the application of hypnosis in dentistry, with some of the main areas including pain management, relaxation techniques as an adjunct to inhalation sedation, the gag reflex, habit breakers, and the reinforcement of oral hygiene maintenance.



# BILL FROST

Senior Lecturer, LSCCH - LCCH  
Asia Group  
NLP Master Practitioner / Coach  
Clinical Hypnotherapist

Bill Frost moved to the field of psychotherapy from the defence/change management sectors where he had used Neuro-Linguistic Programming (NLP) as an organisational change tool.

Bill is a very experienced clinical hypnotherapist, an NLP Master Practitioner / Coach and also a former aid worker with experience of working in several active war zones. He has also been involved in a number of psychotherapy research projects, including the development of software-based tools to automate a variety of EMDR, CBT, and NLP based techniques.

Today, Bill is a full-time clinical hypnotherapist and senior international lecturer with the LSCCH-LCCH Asia Group. As a lecturer, he has more than 3,000 hours of classroom teaching experience since 2005.

As a practitioner with more than 20 years' experience in the coaching and personal development industry, Bill uses clinical hypnotherapy, EMDR, and NLP to successfully treat trauma and addictions, as well as a wide range of stress & anxiety-based issues.



# JOHN-PAUL HIGGERSON

Guided Breathing Instructor  
EMDR & Ego States Therapist  
Clinical Hypnotherapist

I am called John-Paul higgerson. I am a trained hypnotherapist, Ego State therapist, EMDR therapist, NLP practitioner, relaxation and guided breathing instructor.

I was the victim of childhood rape and sexual assault which led to low self worth and a belief that I was not a good person. I self harmed for many years. I started my hypnotherapy training with the LSCCH over 22 years ago; through my training and my wonderful external supervisor my trauma was healed. I have a very rare form of Myositis, an autoimmune illness, and live with chronic pain and relapses. I love my life and am so fortunate to be able to connect with and help others due to my training. I run online courses for MIND, a UK mental health charity and I set up [www.wehelppeople.life](http://www.wehelppeople.life), a low cost therapy service. I am an active member of the LSCCH.

With your permission, I will be taking you through two guided breathing exercises to help clear the mind and connect with inner stillness and calm. I will also teach a journaling technique to help let go of your day, build positivity and gain personal insight.

These are techniques that I have developed over the course of five years and practice them daily-they work. I also use them with my clients, where suitable.

We all need stillness and calm in our lives. I hope that you will find these techniques useful and consider using them to reconnect with yourself.