**ATURCARA PROGRAM BANTUAN ASAS PSIKOLOGI (PFA) PERINGKAT PEJABAT KESIHATAN DAERAH KLANG TAHUN 2026**
**28 – 30 OKTOBER 2026 | VILLEA HOTEL MORIB**

**HARI PERTAMA: 28 OKTOBER 2026 (RABU)**

| MASA | TOPIK | PENCERAMAH |
|---|---|---|
| 2.15 petang – 3.00 petang | Pendaftaran | Urusetia |
| 3.00 petang – 4.00 petang | *1. Introduction and Overview of the course*<br>*2. Pre Test*<br><br>*Ice Breaking session* | *Dr. Nur Fadhilah Binti Mohd Razib*<br>Pegawai Perubatan<br>Unit Kawalan Penyakit Tidak Berjangkit (NCD)<br>Pejabat Kesihatan Daerah Klang<br><br>Team NCD PKD Klang |
| 4.00 petang – 5.00 petang | *1. Overview of National Guideline for Mental Health and Psychosocial Support (MHPSS) in Disaster* | *Dr Rowena John*<br>Pakar Perubatan Kesihatan Awam<br>Pejabat Kesihatan Daerah Klang |
| 5.00 petang – 8.00 malam | REHAT (Riadah, Makan malam, Solat) | |
| 8.00 malam – 9.00 malam | *1. Psychological First Aid (PFA) – PREPARE, LOOK, LISTEN AND LINK*<br>*2. Impact of Disaster on Mental Health* | *Dr Rasina Nilofer Binti Jabarulla Khan*<br>Pakar Perubatan Keluarga<br>Klinik Kesihatan Bukit Naga |
| 9.00 malam – 10.00 malam | *Psychological activity (1)*<br>*-Art therapy* | *Encik Muhammad Aridi bin Mat*<br>Pegawai Psikologi S10<br>Hospital Port Dickson |

**HARI KEDUA: 29 OKTOBER 2026 (KHAMIS)**

| MASA | TOPIK | PENCERAMAH |
|---|---|---|
| 8.00 pagi – 8.30 pagi | *Pendaftaran* | Urusetia |
| 8.30 pagi – 9.15 pagi | *Mental Health and Psychosocial Support for Relief Worker* | *Dr Deepa Sreenivasan*<br>Pakar Perubatan Psikiatri<br>Pra-warta UD14<br>Hospital Tengku Ampuan Rahimah |
| 9.15 pagi – 10.00 pagi | *Secondary Trauma and Critical Incident Stress* | *Dr Anees Fatimah binti Mohamad Illiayas*<br>Pakar Perubatan Psikiatri<br>Pra-warta UD13<br>Hospital Tengku Ampuan Rahimah |
| 10.00 pagi – 10.15 pagi | KUDAPAN PAGI | |
| 10.15 pagi – 11.15 pagi | *Psychological Assessment* | *Encik Muhammad Aridi bin Mat*<br>Pegawai Psikologi S10<br>Hospital Port Dickson |
| 11.15 pagi – 1.00 tengahari | *Basic Helping Skills* | |
| 1.00 petang – 2.30 petang | MAKAN TENGAHARI | |
| 2.30 petang – 5.00 petang | *Psychosocial activities (2)*<br>*1. Relaxation Technique (PMR)*<br>*2. Breathing Exercise*<br><br>*Psychological activities (3)*<br>1. Child<br>2. Adolescent<br>3. Adult | *Encik Muhammad Aridi bin Mat*<br>Pegawai Psikologi S10<br>Hospital Port Dickson |
| 5.00 petang – 8.00 malam | REHAT (Riadah, Makan malam, Solat) | |
| 8.00 malam – 9.00 malam | *Psychosocial activities (4)*<br>*1. Emotional Freedom Technique (EFT)*<br>*2. Blob tree* | *Encik Muhammad Aridi bin Mat*<br>Pegawai Psikologi S10<br>Hospital Port Dickson |
| 9.00 malam – 10.00 malam | *Psychosocial activities (5)*<br>- *Crossroads* | *Encik Muhammad Aridi bin Mat*<br>Pegawai Psikologi S10<br>Hospital Port Dickson |

**HARI KETIGA: 30 OKTOBER 2026 (JUMAAT)**

| MASA | TOPIK | PENCERAMAH |
|---|---|---|
| 8.00 pagi – 9.00 pagi | Pendaftaran<br>*Post Test* | Urusetia |
| 9.00 pagi – 10.15 pagi | *Handling Group Sessions* | *Encik Muhammad Aridi bin Mat*<br>Pegawai Psikologi S10<br>Hospital Port Dickson |
| 10.15 pagi – 10.30 pagi | KUDAPAN PAGI | |
| 10.30 pagi – 12.00 tengahari | *Simulasi dan Role Play* | *Encik Muhammad Aridi bin Mat*<br>Pegawai Psikologi S10<br>Hospital Port Dickson |
| 12.00 tengahari – 1.00 petang | Maklumbalas & Penutup | Urusetia |
| 1.00 petang | MAKAN TENGAHARI DAN BERSURAI | |