**The Introspection**

*Bulletin For The Counselling Centre*

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**Forward From The Director of Counselling Centre**

I am delighted at being able to release this second issue of Introspection.

Introspection is designed to keep readers abreast of the latest developments and activities related to psychology and counselling in UniMAP. UniMAP has taken a great care to provide a conducive platform, infrastructure facilities and services so as to create an ideal environment for our students, staff and clients, in line with our aim to nurture creativity and innovativeness for the betterment of society.

Communicating knowledge to the scholars and other sections of the society, and making potential users aware of its relevance is therefore crucial for its problem solving applications. Towards this end, I have made my best possible efforts through successive issues of Introspection. Thank you very much for sparing your time to go through the contents of this bulletin. I will appreciate receiving your feedbacks.

Warmest wishes always

Prof Dr. Rosnah Ismail

Counselling Centre

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**Intellectuals solve problems, geniuses prevent them.**

— Albert Einstein

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**PEMBIMBING RAKAN SISWA (PRS) WORKSHOP 2013**

**Kangar**, February 23 2013. Friends are the most influential and closest to someone especially for students. Thus, the role of Pembimbing Rakan Siswa (PRS) is important in helping and guiding their peers at the University. UniMAP Counselling Centre has organized a workshop for Pembimbing Rakan Siswa (PRS), which was held on 23 to 24 February 2013 at the Seminar Room 1, UniMAP Administration Complex Kechor Park, Kangar The workshop was held over two days and aimed to provide effective communication related to exposures, relations among human beings and basic counseling skills that can be used by students to help each other. . Director of Counseling Center, Professor Dr. Rosnah Ismail stated that the workshop was attended by 48 students from Mentor Partners Student club members and club leaders and associations in UniMAP and it hopes to help students in enhancing their potential, especially as a competent leader and mentor.

It is hoped that the skills taught can be applied by the participants to help themselves and their friends.

This course was also run by the guest speaker, Professor Dr. Shamsuddin A. Rahim, Director of Youth Empowerment Centre, UKM.
Counselling Center welcomes 2 students from Universiti Malaysia Terengganu (UMT) for Counselling Practicum Training for 6 months attachment starting February – July 2013 under supervision of Prof. Dr. Rosnah Ismail on-site and Mr. Peter Wong Sin On from UMT. The training is in fulfillment of the requirements for the Degree in Counselling Psychology. The students have to practice 130 hours for individual counselling and 60 hours for group counselling with clients.
Counselling Center, Unimap in collaboration with National Population & Family Development Board (LPPKN) of Perlis and PISKANITA has organised a one day workshop on ‘Managing Stress & Healing through Aromatherapy’ on 26 March 2013. The workshop that combined stress management skills and wellness knowledge through aromatherapy using our 5 senses was facilitated by Puan Hana Halim, Stress Management Facilitator from Spa-veda Consultancy, Kuala Lumpur. The workshop was attended by 50 participants comprising of Unimap staff, LPPKN staff, members of PISKANITA and Counselling Center staff. Besides having lectures and group activities on stress management and relaxation techniques, participants were also given the opportunity to learn on aromatherapy and how to create a natural and safe massage blend using essential oils. Towards the end of workshop, participants learn a hand massage using the massage blend each participant created.

Prof. Dr. Rosnah Ismail, Director of Counselling Center Unimap said this workshop gives participants insight into stress management at a personal level, basic aromatherapy and essential oils knowledge and a soothing hand massage that they can perform on themselves or others. Each participant received free 30ml bottle and opportunity to create their own unique scented massage oil.

FYI! How Does Aromatherapy Work its Way into My System?

When essential oils are absorbed through the skin, such as with massage, they travel into the lymphatic system. The lymphatic system then circulates them into the bloodstream.

Once the oils are circulating in the blood, they really get to work, reducing inflammation, fixing imbalances, fighting infection and so on.

Even when you simply inhale an essential oil, such as with a diffuser, the oil is absorbed through the mucous membranes of your respiratory tract and lungs. From there, it’s transferred into the bloodstream to work its healing magic.
MANAGING STRESS AND HEALING THROUGH AROMATHERAPY

Participants trying out the relaxation technique

Puan Hana Halim and Prof. Dr. Rosnah Ismail

Participants trying out the massage technique with the essential oils
A 2-day workshop on NLP: Take Charge has been organised by the Counselling Center, UniMAP on the 16 and 17 April, 2013 at UniMAP campus Pauh Putra. The workshop gives knowledge and guidance to participants to take responsibility for their future by the choices they make and the goals they set. In achieving those goals, they learned to strengthen their communication skills, teamwork and appreciating the world around them. The content of workshop comprised of 6 main sections: Basic Understanding of NLP, Building Rapport, Preparing The Mind, Powerful Communication, Developing Client’s Timelines, and Actionable Plan.

Director of Counselling Center UniMAP, Prof. Dr. Rosnah Ismail said this workshop is highly interactive, NLP-rich (Neuro Linguistic Programming), content rich and practical. ‘Practical’ means by the end of the workshop, participants will know how to take charge of their lives, personal, and at work, and how to much potential they have. They also understand and incorporate the basic presuppositions of NLP into the area of counselling and coaching, building rapport by combining the elements of psychology and physiology, and anchor positive learning points in the mind of their clients. 51 UniMAP staff, academic and non-academic participated in this workshop. The workshop was facilitated by Mr. Mohd Rizal Hassan, a qualified Master Practitioner of NLP, and an NLP Master Coach. He is certified by The International NLP Trainers Association (INLPTA) and The American Board of Neuro Linguistic Programming (ABNLP).
Overwhelmed? 3 Tips to Avoid Burnout and Balance Your Life

For so many people these days, our life is like a house of cards. We teeter along shakily, just barely managing to hold up our sky-high pile of commitments and stressors. Sometimes it feels (accurately) that if you try to put just one more card on top, the whole mess will come crashing down. It's not a good feeling. It's not a fun way to live. Yet it's normal for most of us. And we're exhausted. If you've got too much change (or just too much, period) going on in your life, here are some tips to get yourself and your life back, ASAP:

1) Get the best sleep you can

If you're stressed out, getting enough sleep should be your number one priority. Give yourself time to wind down before going to bed, and create the quietest, darkest sleeping space possible. The more stressed out we are, the earlier we try to get to bed.

2) Make yourself eat, no matter how crazy things are

The more stressed you are, the more you try to do before breakfast (and breakfast often ends up eaten at lunchtime). Skipping meals and snacks leads to low blood sugar, fatigue and brain fog, making you feel unable to cope. Discipline yourself to get some real food into your mouth as soon as you get up - you'll feel much calmer, clearer and more focused. Make sure you eat throughout the day and don’t let yourself ever get too hungry. Don’t ignore your body’s cues for needing food and water, no matter how busy you are.

3) Take sanity breaks

Lose the go-go-go mentality, it will kill you. Take breaks whenever your body or mind start to feel tired. Have a snack. Get up and do some stretches. Rest your brain You need breaks, don’t tell yourself that you’re better off just plowing through.

Information On Counselling Services by Counselling Centre

The programs and activities of the Centre which encompass counselling services and consultation, the administering of psychological tests, measurements and assessment tools, education and training, research and development, community involvement and advocacy will be based on the following:

1. Guidance and Counselling Services—This service is in the form of helping processes given to normal individuals, couples and group counselling who have personal, interpersonal and adaptation problems based on psychological principles.

2. Psychological Tests, Measurement and Assessment—This services used inventories and psychological testing materials such as stress, job satisfaction, personality, parenting and marriage and family tests. Example of services is psychological assessment, training and self development skills, training in psycho-educational group leadership and skills workshop.

3. Community Services

4. Professional Enhancement Training—Courses, Seminars, Neuro Linguistic Programming (NLP) technique to enhance their competence and integrity.

5. Research and Case Study.