

THE MIND-BODY CONNECTION IN HEALTH



FACILITATOR
Dr Mary
Thomas



LEARNING OBJECTIVES



After this workshop, participants will be able to:

1. Define the Mind-Body Connection and its implications to health.

COURSE CONTENT

MODULE 1. DEFINING OF MIND-BODY CONNECTION

- Mind over Matter
- Altering our Thoughts

MODULE 2. 10 COMMON HEALTH CONDITIONS AND ITS ROOTS TO THE MIND

Q&A session to answer health conditions and their connection to the mind



TRAINER PROFILE | DR MARY THOMAS



- Doctor of Medicine from Davao Medical School Foundation Inc, Philippines
- Volunteer at Hospitals, Medical Camps, Health Centers and now consulting via Telemedicine
- Counselor for almost 40 years
- Pioneering team of the NGO, MINDA, the first Mental Health NGO in Malaysia, headed by Dr Abdul Kadir Abu Bakar, Director of Hospital Permai, Johor Baru
- Peer- Student Counselor in College, Support Counselor in Church and in the Communities
- Volunteered with Dr Aminah Kassim, Head of Adolescent Psychiatry, Hospital Permai, Johor Baru
- Worked with academically-challenged students
- Pioneering team of Intan-Life Zone, a home for HIV/AIDS persons in Johor Baru
- Pioneering team of JEWEL, the NGO for Women's and Children's Welfare.
- Initiated Emotions Anonymous in Davao City, chapter of Emotions Anonymous, USA.
- International Best-Selling author of the anthology 'Break Free To Stand In Your Power'
- Co-author of ' Break Free To Health and Vitality', to be launched in October 2021



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