



**International Psychology Centre**  
**Centre of Excellence for Personal & Corporate Growth**

Certification in Stress Management (endorsed by Malaysian Association of Psychotherapy (MAP) and Psychotherapy Chapter of Malaysia Society for Complementary Medicine)

This course is providing best-practice Stress Management training for professionals who have a passion for assisting individuals, regardless of age, gender, race and social class to achieve optimum mental health.

**What is included in the Stress Management**

- Lecture
- Tutorial
- Clinical supervision
- Case review & assessment

**Fees and Course Structure**

Course Cost : RM 4, 800.00

(Students are required to buy various recommended text books)

Course Time : 54 Hours (3 unite)

Prerequisite : At least a Credit in SPM English or two years working experience at a related industry

Requirement : Group limited to 10 participants only to optimize group dynamics

**Training Topics**

Certification in Stress Management

1) Identifying and managing the different types of stressors

- Environmental stressor
- Interpersonal stressor
- Bureaucratic and structural stressor

2) Identifying and managing the different costs of stress

- Personal cost of stress
- Social and interpersonal cost of stress
- Professional cost of stress

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- 3) Applying stress coping methods to manage stress
- Skills development stress coping methods
  - Diversion stress coping methods
  - Stressor removal coping methods
  - Stress neutralization coping methods
- 4) The support system
- Formal support system against stress
  - Informal support system against organization stress
  - Identifying and building on existing formal support system against stress
  - Identifying and enhancing on existing informal support system against stress

### Course Layout

We use the mastery system of education. Besides lecturing, this course provides clinical experience such as: research, tutorial, case study, supervision & presentation. Assessment includes case study presentations, reviews and presentation, group participation, research paper and assignments.

The topics mentioned above are taught within seven sessions. Between the sixth and seventh session, a period of approximately 1 month of clinical supervision & research is implemented outside of classroom. During this period, students will be given assignments and projects to do.

### Equipments & Venue

Below are the equipments used:

- Psychometric Instruments
- Audio Resources
- White board
- Notes/ books

Venue: International Psychology Centre, Kuala Lumpur

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Teaching Faculty

**Dr Edward Chan** FAMPsy, FMCBTA, PMMSCM  
B.Sc.(Hons.)(Psy),(Middlesex)  
MSc.(Learning)(Lancaster), D.Phil.(Psy), (IOU)  
CSAC (Hawaii, International Certification & Reciprocity Consortium) (Reg. No. M906-98)

Principal Consultant Psychologist,  
Executive & Life Coach and Certified Master Trainer.

Dr Chan is a fellow of the Malaysian Association of Psychotherapy; a fellow of the Malaysian Cognitive Behavioural Therapy Association; a practitioner member of the division of Organisational Psychology, the division of Adult Psychotherapy; the division of Couple and Marital Therapy; and the division of Child Psychology & Therapy of the Malaysian Association of Psychotherapy; a Member of the International Employees Assistance Professionals Association; a Member of the Malaysian Institute of Human Resource Management; Charter member of the International Coaching Federation (Malaysian Chapter); a member of the International Association of Facilitators and a member of the Malaysian Society for Training and Development.

Dr Chan is also a regular contributor to national newspaper and professional journals as well as a well-known radio and television personality on psychology and relationship issues, Dr. Chan has also authored several books on these topics including the critically acclaimed *Love Is Never Enough : Pleasurable Commitment Rules on Couple Psychology*, *Are You Man Enough To Be a Father on Child Psychology* and the “*Dancing with Crocodiles*” on corporate psychology and Current Research and Practitioner Cognitive Behavior Therapy in Asia.

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