



Family Law 2/19
Dated 13 June 2019

The Family Law Subcommittee presents a talk on

“Emotional Health: Preview on Symptoms for Minor, Moderate and Acute Abnormal Emotional Disorders and Possible Solutions”

2 CPD Points
Bar Council CPD Accreditation Code:
T311072019/PGB/PGB193375/2

11 July 2019 (Thurs)
2:30 pm to 5:00 pm (Registration will begin at 2:00 pm)
Penang Bar Auditorium, No 4 Green Hall
10200 Penang

Registration Fees:
RM60.00 Members of the Bar
RM30.00 Members Admitted from 1 July 2011 and Pupils In Chambers
RM120.00 Non-members

Why should you attend?

Do you want to learn how to let go of stress, sadness, hurt and anger?

Do you suffer from sleeping disorders and low energy during the day?

Do you want to learn how to connect with others?

Do you want to overcome personal barriers that affect your growth?

Do you want to learn about methods that will help people change their values and beliefs which pulls them down?

Are you ready to let go of negative thoughts, limiting beliefs, negative emotions and inner conflicts?

Are you thinking of removing bad habits and instilling new empowering attitudes?

Do you want to establish good relationships and networks by connecting with others, including children, friends, subordinates and clients?

Objectives:

To understand the real source of uncontrolled emotions

To assess emotional self well-being

Acquire tips to eradicate some unwanted negative traits

Tips to know who to call for self-help programmes

To know the benefits of Neuro-Linguistic Programming and Time Line Therapy in releasing trapped emotions

To determine ways for a healthy emotional life

Tips on self-management, including overcoming loneliness, anger, aggressive behaviour and many more

The speaker:

Dr Arivalan Ramaiyah

B Econs (Hons), UUM. MBA, UK, DBA Phil. PhD, USM

Dr Arivalan is a clinical social worker who conducts therapy sessions for individuals who suffer from challenges such as sleeping disorders, Obsessive Compulsive Disorders, emotional neglects in both adults and children, suicidal tendencies, alcoholism and other substance abuse, trauma, anxieties, anger, phobia, low self-esteem and many more.

Dr Arivalan also conducts Neuro-Linguistic Programming, Time Line Therapy and Master Practitioner Certificate workshops for those who intend to assist themselves as well as others by applying the most appropriate therapies. He has a proven track record in helping those who would otherwise suffer in silence.

Issued by:

Imavathi Subramaniam & Gowri Subbaiyah

Co-Chairpersons

Family Law Subcommittee

I would like to register for the event (all fields must be completed):

Name: _____

[tick where applicable]

Member of the Bar (BC Membership No.): _____

Member Admitted from 1 July 2011 (BC Membership No.): _____

Pupil in Chambers (Petition No.): _____

Non-Member (NRIC No.): _____

E-mail Add: _____

Name of Firm/Organisation: _____

Address: _____

Tel No: _____ Fax No: _____

Date: _____

Signature: _____

Payment options:

- (1) Direct deposit to Public Bank Berhad (Account: 3060545211); or
- (2) Cheque or bank draft, payable to "Penang Bar Committee"; or
- (3) Cash payment, at the Penang Bar Secretariat.

All payments must be made in advance of the event, and include all bank charges. Registration must be accompanied with payment to guarantee your place.

- Places are limited and registration is on a first-come, first-served basis.
- Cancellations must be made in writing. There will be no refunds for cancellations made after 5 July 2019 (Fri) but substitutions are allowed.
- The organiser reserves the right to modify, cancel or postpone the event, should circumstances arise that make such action necessary.
- Points for the Continuing Professional Development ("CPD") Scheme will not be awarded to Members of the Bar and pupils in chambers who arrive more than 15 minutes late, are not present throughout the event, or leave before its scheduled end.
- Please direct all correspondence (including completed registration forms) and enquiries to:

Shalini Seger
(T: 04-263 5977 / F: 04-264 5977 / secretariat@penangbar.org)

The personal information that you provide to the Penang Bar Committee, whether now or in the future, may be used, recorded, stored, disclosed or otherwise processed by or on behalf of the Penang Bar Committee for the purposes of facilitation and organisation of this event, research and audit, and maintenance of a participant database for the promotion of this event, and such ancillary services as may be relevant.