

## UPPSiKS Organises One-day Workshop with Technical College Foundation Students

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**THURSDAY, 1 SEPTEMBER** – Universiti Malaysia Sabah (UMS) through its Psychology and Social Health Research Unit (UPPSiKS) recently organised a Workshop on Introduction and Practical Psychology with the students of Technical College Foundation (KTYS).

Held at the Seminar Room 5, FPP, the workshop was aimed at creating awareness amongst the rural communities on the existence and services of UPPSiKS, and what it can offer to the public throughout Sabah.

According to UPPSiKS Head, Dr. Ferlis Bullare, besides attending lectures, the participants also had the opportunity to visit and see for themselves the facilities offered such as hypnotherapy, Bio-Neurofeedback, and personality testing tool available at UPPSiKS.

“It is hoped that this workshop would provide useful information to all the participants, thus able to increase their motivation,” he said.

The lectures given were on ‘Understanding happiness and personality, EQ and the Role of Hypnotherapy, Introduction and Application of Neurofeedback presented by Dr. Ferlis and two lecturers from FPP, Dr. Lailawati

Madlan and Jasmine Adela Mutang.

The one-day workshop was attended by 50 students of KTYS. - *(f)*