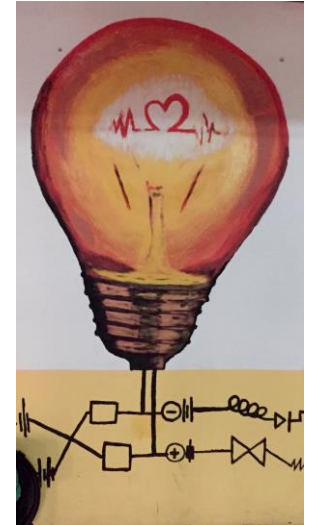




# International Placement Experience

Emma Vines and Ruth MacQueen

Third Year Trainee Clinical Psychologist



# Clinical Psychology in Malaysia

- A relatively new profession - 1980s when those who had trained abroad returned to Malaysia. Post graduate (Masters) teaching started mid-late 1990s.

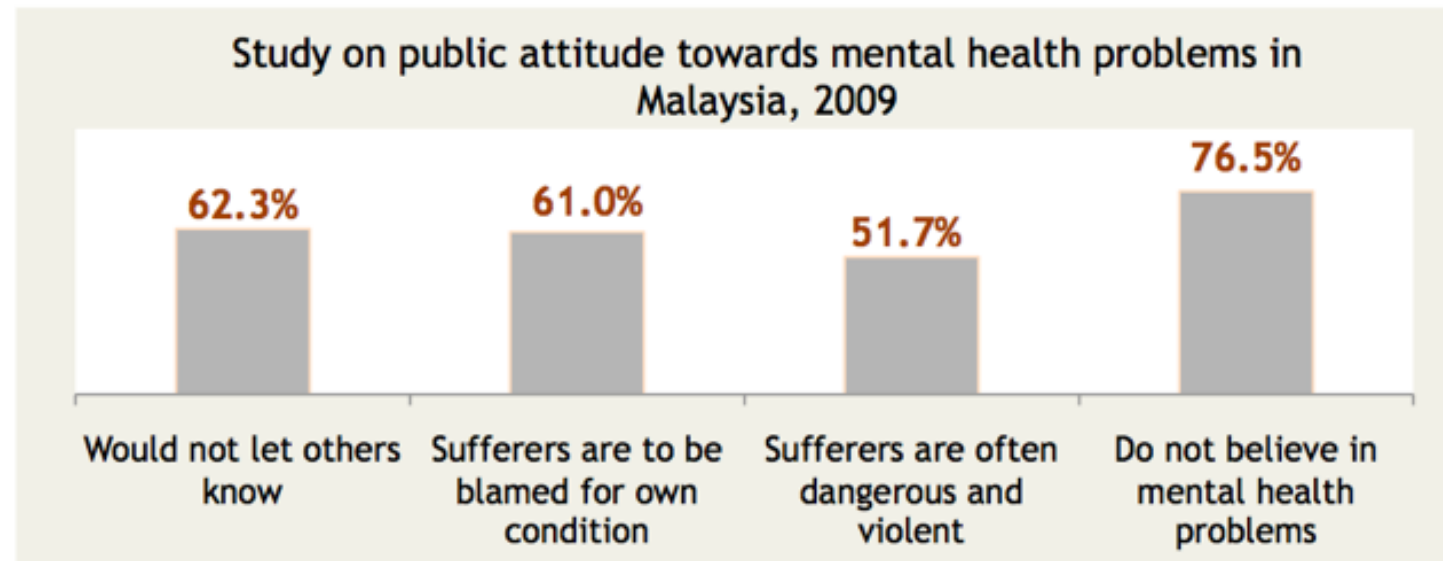


- Currently around **120 Clinical Psychologists** (Approximately 60% working in academia, 10% in public services and 30% in private practice).
- Ratio of **1: 280, 000** (UK: 1: 6725)
- The Malaysian Society of Clinical Psychologists was established in 2010.

*Source: Ng, 2015*

# Current Challenges for Clinical Psychology in Malaysia

- Regulation of clinical psychology/ clinical psychologists
- Lack of “indigenous resources” resources for assessment and treatment
- Lack of clinical placements for Trainees
- Lack of senior academics who can support research



Source : Malaysian Mental Health Association, 2011

# Why We Were Interested



- An opportunity to develop personally and professionally.
- Our previous experiences highlighted to us the value of learning from other cultures.
- To challenge ourselves to develop and apply skills in a different setting.
- To develop different perspectives about clinical psychology and mental wellbeing.
- Interest in the philosophy, ethos and missions of SOLS and SHIELD – empowerment through education and providing a service which can create change in the community.

# Science of Life Studies 24/7 (SOLS)

An award winning non-profit humanitarian organisation dedicated to serve, education, and empower underserved communities throughout Malaysia.

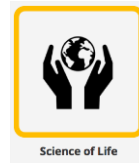
Community Centres and Libraries



NGO Hub



Solar Academy



Cambridge English



Youth Development Centres



SHIELD

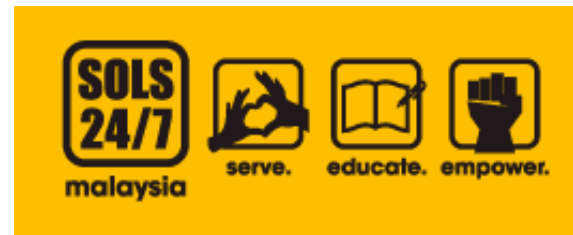


Social Enterprises

SOLS Health - Social Enterprise



Scholarship Development Programme





# SHIELD

SHIELD is a community service provider of affordable and accessible mental healthcare.

SHIELD is the wellbeing arms of the SOLS NGO.



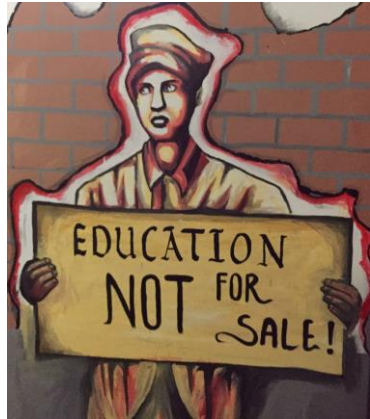
## SHIELD Services:

- Provide consultation and input to the wider organisation.
- Psychological assessment for childhood learning disorders and emotional and behavioural issues.
- Psychotherapy for adults and children.
- Community programs to increase awareness, improve understanding, and promote application of psychological knowledge and skills to the community.

# What We Did



# Solar Academy

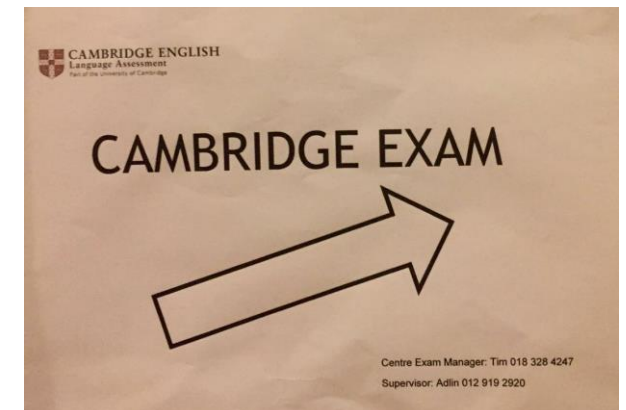


CHALLENGES	 Rural unemployment	 Urban poverty	 No access to electricity	 Contamination due to fossil fuels
	 Technical skills for employability	 Improved life conditions for the underprivileged	 Access to electricity in rural areas	 Awareness and expansion of solar energy





# Scholars Development Programme



# Parenting Programme

Understanding Your Child



Supporting Your Child to Learn



Managing Behaviour



Stress Management





# Community Centre Wellbeing Project





# Systemic Workshop





# Other Opportunities

Attending and Volunteering  
at NGO Hub Event



Learning about Clinical Psychology  
Training Around the World



Fugee Refugee School



Consultation on Service  
Development Projects



# NGO Living and Working

60 second  
commute!



Energetic, Innovative  
and Dynamic  
Atmosphere



International  
Community



Communal  
Meals



Emphasis on  
Team Wellbeing



Communal  
Dorms







**Travel**



**Environment**



**Meeting People from  
Around the World**



**Food**



**Learning about New Cultures**



**UNESCO World  
Heritage Sites**



# Challenges

- Developing our own cultural understanding.
- How to adapt Western theories and models.
- Working with diverse populations who had varying understandings of the meaning of mental health.
- How to make a meaningful contribution which could last.
- Lack of existing research in Malaysia to inform practice.





# Our Support Systems



## **UK Based**

- UEA International Tutors and Programme Director
- CPFT, NSFT and Health Education East of England
- Our UK placement supervisors
- UEA Med School
- **In Malaysia:**
- Elisha – Malaysia Supervisor
- Dr Dan Seal – Local Area Tutor
- Professor Nigel Marsh and Dr Alvin Ng
- SOLS and SHIELD Team

# Why we think the International Placement Collaboration is Valuable

- Professional Development
- Personal Development
- SOLS 24/7 & SHIELD
- UK Services and Stakeholders
- Clinical Psychology Profession



# Professional Development



- Integrating and adapting theory and evidence to work within diverse cultural, social and organisational contexts.
- Developing interventions collaboratively within a different context.
- Flexibility to adapt, develop and devise innovative evaluation procedures to monitor outcomes.
- Understanding social approaches to psychology, as informed by community psychology.
- Working creatively to make services accessible, adaptive and innovative.

# Leadership Competencies

- Working at an organisational level – formulating with organisations and systems
- Consultancy to empower others
- Dissemination of knowledge and skills
- Consumers and producers of research
- Service evaluation, development and innovation
- Sustainability



# Personal Development

- Developing self-awareness and new opportunities to learn about ourselves.
- Our strengths and limitations.
- Our values, beliefs and assumptions.
- Gaining feedback from different perspectives.
- Our own ways and preferences of working and learning.
- Understanding our own position and the implications for working practices.
- Realising the opportunities we have had and a sense of responsibility to make the most of it!

# Value for SOLS / SHIELD

- Enabled SHIELD to begin collaboration on projects which there had previously not been the time or resources to begin.
- Provided structures and frameworks which could be developed further and used as a starting point for future projects.
- Sharing knowledge and skills of different approaches.
- Identifying directions for future work for the team.

# Service Level Impact

Understanding and application of

- The potential of Clinical Psychology as a resource.
- Efficient use of resources.
- Meeting the needs of the community and creatively developing a service tailored to these needs.
- Meeting wider service and organisational objectives and issues.
- Entrepreneurial and innovative approaches.
- Pursuing new opportunities.

# Implications for Clinical Psychology as a Profession

- Our perspective of the scope and potential of our profession has been broadened.
- Working internationally establishes networks and relationships which can lead to further collaboration.
- This strengthens the evidence base through future research and development.
- We feel inspired and enthused about the role of Clinical Psychologists within the UK as well as internationally.



# Thank You

