

# 28<sup>th</sup>

# 3<sup>rd</sup> ANNOUNCEMENT

## MALAYSIAN CONFERENCE OF PSYCHOLOGICAL MEDICINE (MCPM) 2024 | 12<sup>th</sup> – 13<sup>th</sup> October



DoubleTree by Hilton Shah Alam i-City

## Embracing The Basics for the Future of Mental Health

Dear psychiatrist colleagues, trainees, doctors, and mental health professionals,

As we look towards the future, it becomes increasingly evident that amidst technological advancements and innovative treatments, there lies a fundamental need to embrace the basics of mental health care. In recent years, mental health discourse has expanded dramatically, increasing awareness, acceptance, and understanding of the subject.

The basics of psychiatry encompass fundamental principles and practices that guide the diagnosis, treatment, and understanding of mental health disorders. As psychiatrists, we were trained to integrate biological, psychological, and social perspectives to assess and manage mental health issues comprehensively. We are constantly reminded to take a holistic approach. This approach combines traditional practices with modern insights, focusing on prevention, early intervention, and sustainable wellness strategies.

One of the key figures of the basic principle is Adolf Meyer, who introduced the biopsychosocial model. Meyer's central ideas were holism and integration. He believed that when a person came to the psychiatrist with a presenting complaint, the person's complaints had to be understood in terms of his/her life course, including all his/her organ systems, instincts, and life events, and formulated as a 'psychobiological reaction.'

While technology has its place in mental health care, it is essential to remember that the heart of effective treatment lies in the human connection. The compassionate care provided by well-trained professionals is irreplaceable. Therefore, future mental health systems should prioritise a patient-centred approach that values empathy, cultural competence, and collaborative decision-making. By tailoring interventions to individual needs and preferences, we can enhance effectiveness and engagement, potentially incorporating data from wearable devices, genetic information, and behavioural insights into treatment plans.

We are incorporating some of these subjects into the upcoming conference. We have speakers presenting their work at various symposiums. Child and adolescent psychiatrists, psychotherapists, addiction psychiatrists, and even the neuropsychiatry and forensic and military psychiatry groups want to share their knowledge and experience.

The path to a mentally healthy society starts with embracing the basics of mental health care. With the coming **28<sup>th</sup> MCPM 2024**, having the theme of **'Embracing the Basics for the Future of Mental Health,'** join us, embarking on a journey delving into our profession's timeless principles and essence to chart a course towards a brighter future for those we serve.

The working committee,  
28<sup>th</sup> MCPM, MPA 2022-2024

[ConfSec@psychiatry-malaysia.org](mailto:ConfSec@psychiatry-malaysia.org)

<https://conference.psychiatry-malaysia.com>