

National Young Lawyers and Pupils Committee Webinar on

Mental Health in the Legal Profession

13 Aug 2021 (Friday) | 5:00 pm to 7:00 pm

This webinar carries 2 CPD points.This webinar is **ONLY** open to Members of the Bar and pupils in chambers.

The mental wellbeing of lawyers is a serious issue of concern. Last year, the International Bar Association ("IBA") undertook a global project aimed at addressing the mental well-being of legal professionals around the world. In Malaysia, there is yet to be an official survey or report regarding the mental well-being of lawyers, which has suffered even more severely with the COVID-19 pandemic and the various lockdowns related to it.

[Register online here](#)

This webinar is aimed at highlighting the potential mental health issues faced by members of the legal profession, from the perspective of employees and employers, and how these potential issues have been addressed thus far. The webinar will also provide insights on how to deal with these issues, from a psychological perspective.

Speakers



H R Dipendra is an eight-term Bar Council member and served as Chairman of the Kuala Lumpur Bar Committee ("KLBC") from 2013 to 2015. He has over 20 years of legal practice experience and has been an employer for 13 years. His practice areas include civil and corporate litigation. He is a partner in

Koh Dipendra Jeremiah Law.



Usha Ponnudurai is a licensed counsellor currently practising at the Faculty of Behavioural Sciences, Education and Languages (Masters Unit) under HELP University as the current Program Chair of the Masters in Counselling programme. As Program Chair, she supervises and lectures novice counsellors; and also provides mental health counselling for students and the public at large, focusing on couples' counselling.

As the current need for online mental health awareness and counselling is increasing, she has been active in providing workshops on how to transition to working from home, as well as providing online therapy for those who are not able to cope well during the COVID-19 pandemic. She has 11 years of experience as a counsellor; five of which she helmed as the Deputy Manager at the Centre for Psychological and Counselling Services at HELP University.

She also provides ongoing training for various skill sets that novice counsellors and mental health centres need to develop, including constructing standard operating procedures, documentation processes, and a holistic and multidisciplinary integration systems approach to counselling for individuals, couples and families.



Josephine Tiew is the Co-Secretary General of the Welfare & Social Justice Subcommittee under the KLBC Young Lawyers Committee. She practises at Nik Hussain & Partners with a focus on civil and commercial disputes. Passionate about the well-being of young working adults, Josephine believes that raising awareness and spreading positivity in social environments help enhance good mental health among young adults.

Moderator



Surendra Ananth is a Bar Council member and the Co-Chairperson of the Bar Council Law Reform and Special Areas Committee. He is one of the youngest lawyers to have been elected to the Bar Council. He is the former Co-Chairperson of the Bar Council Constitutional Law Committee and the former Chairperson of the KLBC Practice Reform Committee. Surendra was admitted as an advocate and solicitor of the High Court of Malaya in July 2015 and currently runs his own practice.

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*This webinar is free of charge, but **advance registration is required.***

Upon successful registration, a link to the webinar will be emailed to registered participants only. Registration will close on **9 Aug 2021 (Monday)**, or once the registration is full.

Please note that **no** additional registration will be accepted once the closing date is passed, or if the webinar is full.

We may not permit future registration if you fail to attend the webinar after registering, unless you provide an acceptable and valid reason(s).

Points for the Continuing Professional Development ("CPD") Scheme will not be awarded to Members of the Bar and pupils in chambers who are unable to log in more than 10 minutes after the webinar commences, are not present throughout the event, or leave before its scheduled end.

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01

For seamless streaming, download the Zoom app.



You will be given a webinar ID and a password to join the webinar once your registration has been confirmed.

02

Log in to Zoom, and provide your username.

For Members of the Bar or pupils in chambers, use the format below for identification purposes when prompted: **Full name (as per NRIC) | Bar Council membership number or petition number.**

For non-Members, provide your full name only.

03

Set up your space.



Find a spot which is comfortable and free from background noises. You may use an earpiece with microphone for clarity. Having a strong internet connection is equally important.

04

Please raise your questions only during the Question-and-Answer session.

Please take note that no speaking is allowed when the webinar is taking place.

If you wish to raise a question, please type in the Q&A box and the speaker will respond accordingly.

05

Please do not do these



Sharing screen recording and webinar ID and password links, and reproducing the content of the webinar on any platform.

Any unregistered person may be removed without prior notice and no CPD point will be awarded. Failure to adhere to this may result in disciplinary action by the Bar Council.



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