

Dr. Athrash's Training

2023-2025



Forum Kesedaran Kesihatan Mental 26 Oct 2023
PANELIST, UNIVERSITI SULTAN AZLAN SHAH, KUALA KANGSAR, PERAK
ORGANIZED BY : FACULTY OF COUNSELLING. ATTENDED BY MORE THAN 100
PARTICIPANTS (COUNSELLING STUDENTS AND SCHOOL COUNSELLOR)





WORKPLACE MENTAL HEALTH AND SUICIDE PREVENTION

TRAINER FOR WELLNESS CAMPAIGN 2024 (5 OCT 2024) DEWAN MAJLIS BANDARAYA DIRAJA KLANG (MBDK)

ORGANIZED BY PMB ALUMINIUM SDN. BHD.
ATTENDED BY PMB STAFF'S AND PUBLIC DURING BLOOD DONATION
PROGRAM

PMA press metal aluminium

WELLNESS²⁰²⁴ CAMPAIGN»

Strengthen Lives, Inside and Out

Health Talks

OPEN FOR PUBLIC
5 Oct 2024 | Sat
Dewan Majlis Bandaraya Diraja Klang (MBDK)

11.30am-12.30pm **Workplace Mental Health** 

1.30pm-2.30pm **Suicide Prevention** 

Speaker: Dr Athrash





MENTAL HEALTH TALK : REAL OR ATTENTION SEEKER

MENTAL HEALTH SPEAKER

12 SEPTEMBER 2024, DEWAN KULIAH YUSOF SAHABUDDIN, UIS

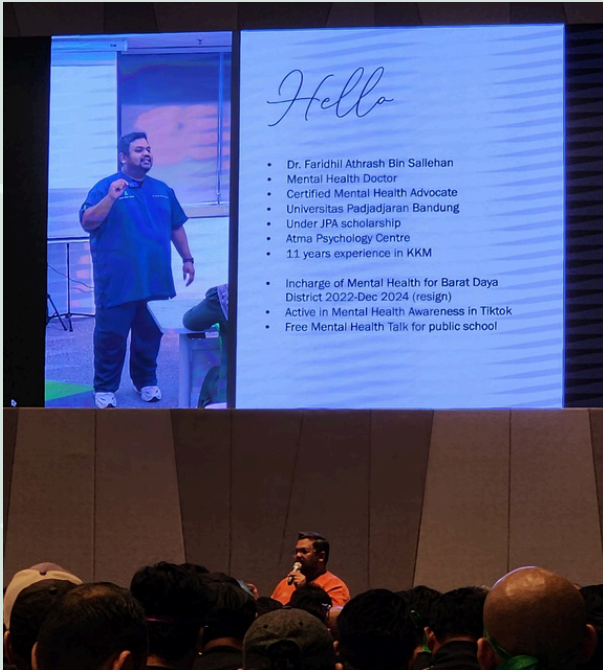
ORGANIZED BY PERSATUAN MAHASISWA DAKWAH DAN USULUDDIN,
UNIVERSITI ISLAM SELANGOR, KAJANG





THE POWER OF SELF COMPASSION
TRAINER FOR MENTAL HEALTH (22 FEB 2025)
KSL ESXPLANADE HOTEL, KLANG

ORGANIZED BY FGV PRODATA SYSTEMS SDN. BHD.
ATTENDED BY STAFF WITH VARIOUS TECHNICAL AND MANAGERIAL
BACKGROUND





WORKPLACE MENTAL HEALTH AWARENESS

MENTAL HEALTH TRAINER

9 DECEMBER 2024, TRAINING ROOM SDAE, INOKOM, KULIM

ORGANIZED BY POSTGRADUATE STUDENT UUM COLLABORATION WITH
UNIVERSITI UTARA MALAYSIA, SINTOK



WORKPLACE MENTAL HEALTH *Awareness Program*

DATE : 9 DEC 2024 (TUESDAY)
TIME : 8.30 AM - 5.15 PM
VENUE : TRAINING ROOM SDAE
PARTICIPANTS : OPEN

PROGRAM :
ACTIVITY 1 : ZUMBA
ACTIVITY 2 : HEALTH SCREENING
TALK 1 : MENTAL HEALTH "TAK NAMPAK TAPI ADA"
TALK 2 : "PENGURUSAN PSIKOSOSIAL HAZARD DI
TEMPAT KERJA : TINDAKAN DAN CABARAN"
ACTIVITY : WELLNESS ACTIVITIES









WEBINAR : MBTI AND MENTAL HEALTH

MENTAL HEALTH SPEAKER

22 FEBRUARY 2025, VIA MICROSOFT TEAM

ORGANIZED BY UNDERGRADUATE FACULTY OF PSYCHOLOGY, UNITAR




22nd February 2025

10-12.30pm

Microsoft Teams

Speaker:
Dr.Faridhil Athrash
Dr Mohd Al Mahdi

MBTI AND MENTAL HEALTH TALK

TENTATIVE EVENT SCHEDULE

10AM-10.15AM

WELCOMING & INTRODUCTION

Participants log in and settle into the session.
Introduction of the event, speakers, and session objectives.

10.15AM-10.45AM

SESSION 1: DR FARIDHIL ATHRASH INTRODUCTION TO MBTI

Explore how introverts and extroverts experience and manage mental health. Focus on self-awareness, emotional regulation, and using MBTI as a tool for stress management and well-being.

10.50AM-11.15AM

SESSION 2: DR.MOHD AL MAHDI MBTI & SOCIAL ANXIETY

Examine how different MBTI types experience social anxiety. Discuss if introverts are more prone and how it affects extroverts. Offer coping strategies based on personality traits and how MBTI can help manage anxiety in social situations.

11.15AM-11.40AM

INTERACTIVE ACTIVITIES: DISCOVER YOUR TYPE

Participants take a quick MBTI test followed by group discussions on personality type relationships and communication styles.

11.40AM-12.25PM

Q & A SESSION: ASK THE EXPERT

Open session for participants to ask questions about MBTI, mental health, or personal growth.

12.25AM-12.30PM

CLOSING CEREMONY

Summary of key points, thank you speech to the speakers and participants, and announcements of future events.



MENTAL HEALTH AWARENESS AT PRIMARY AND SECONDARY SCHOOL

MENTAL HEALTH SPEAKER

ORGANIZED BY COUNSELING UNIT, VARIOUS SCHOOL





MENTAL HEALTH IN THE WORKPLACE

**MENTAL HEALTH TRAINER
22 MEI 2025, PDC, BAYAN BARU, PENANG**

ORGANIZED BY UNIT INTEGRITI, PENANG DEVELOPMENT CORPORATION

Penceramah Jemputan



Dr. Faridhil Athrash Bin Sallehan
MENTAL HEALTH DOCTOR
Founder of Atma Psychology
& Training Centre

Pertandingan Kujiz Kahoot



**Hadiah Menarik
MENANTI ANDA !!**



CERAMAH INTEGRITI

'MENTAL HEALTH IN WORKPLACE'

ANJURAN BERSAMA UNIT INTEGRITI, PERSATUAN HINDU PDC & KESATUAN KAKITANGAN PDC

 **22 MEI 2025 (KHAMIS)**

 **8.00 PAGI - 1.30 PETANG**

 **BILIK MATAHARI, TINGKAT 2, PDC**





MENTAL HEALTH IN THE WORKPLACE

MENTAL HEALTH TRAINER

12 JUNE 2025, DIVERSEY MALAYSIA SDN. BHD, MUTIARA SUBANG

ORGANIZED BY HR DIVERSEY (MALAYSIA) SDN. BHD.



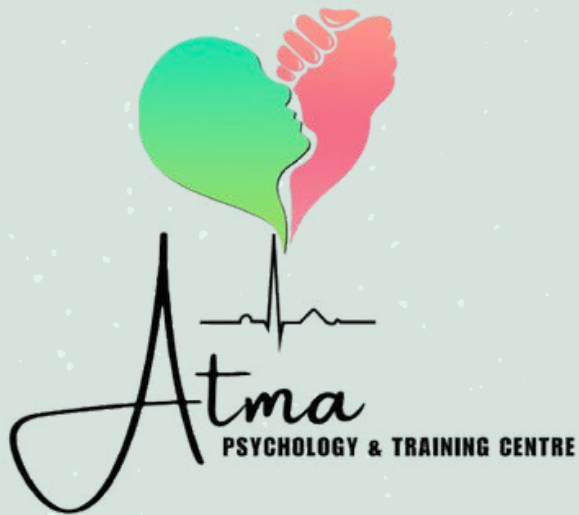


MANAGING MENTAL HEALTH

MENTAL HEALTH TRAINER
16 JUNE 2025, AIA CAPSQUARE TOWER, KL

ORGANIZED BY HM CORP





Dr. Athrash's Media Appearance

2024-2025

MEDIA APPEARANCE : BERNAMATV, BERNAMA WORLD & HARIAN METRO

23rd FEB 2024
FRIDAY
3.00-3.30PM

TOPICS OF FOCUS:

- DESIGNATED SMOKING AREAS
- MALAYSIA'S NATIONAL WELL-BEING INDEX MOVEMENT
- NARCISSISTIC PERSONALITY DISORDER
- IMPROVING ACCESS TO MENTAL HEALTH CARE

WEEKLY ROUNDUP



HETAL DOSHI
Organisational Psychologist & CEO of O Psych Sdn Bhd



DR. FARIDHIL ATHRASH SALLEHAN
Medical Officer (Mental Health), Air Putih Health Clinic, Balik Pulau, Penang

THENATION
With PASHA RAHIM

Channel: Astro 502, unifi TV 631, MYTV 121

Live Stream: Facebook & YouTube BERNAMA TV

The **[brief]**
WITH *Jessy Chahal*

FRIDAY | 19th JAN 2024
12.00 - 12.30 pm



BORDERLINE PERSONALITY DISORDER

DR. FARIDHIL ATHRASH SALLEHAN
Medical Officer (Mental Health), Bayan Lepas Health Clinic

Channel: Astro 502, unifi TV 631, MYTV 121

Live Stream: Facebook & YouTube BERNAMA TV

BERNAMA WORLD
WITH PASHA RAHIM

23rd JUNE 2025
MONDAY | 2.00 - 2.30PM



REDFINING MASCULINITY: MENTAL HEALTH AND THE MODERN MAN

DR. FARIDHIL ATHRASH SALLEHAN
Mental Health Advocate, Founder Atma Psychology & Training Centre

Channel: Astro 502, unifi TV 631, MYTV 121

Live Stream: Facebook & YouTube BERNAMA TV

SIHAT

ASYIK 'LAPAR' TUMPUAN

Individu hidup kecemasan personaliti histronik perlu dapatkan rawatan, sokongan profesional



DR. FARIDHIL

DR. FARIDHIL

EMOSI SUSAH JANGKA

Ibu bapa disaran sedikan persekitaran emosi sihat untuk elak anak hadapi masalah tingkah laku





DR. FARIDHIL

DR. FARIDHIL



Elevate Your Team with Expert-Led Corporate Training

ATMA Psychology & Training Centre is your trusted partner in delivering professional, impactful, and tailored corporate training solutions. Led by Dr. Faridhil Athrash Sallehan, a seasoned mental health professional and HRD Corp Certified Trainer, we bring real-world expertise to every session – ensuring practical outcomes that matter.

Why Choose Us?

- **HRD Corp Registered Training Provider – Claimable under SBL-Khas**
- **Trusted by Government Agencies & Corporates – Including FGV Prodata, PDC Penang, Inokom, AIA, and Diversey Malaysia**
- **Flexible & Tailored Modules – Adapted to your company's specific challenges and objectives**
- **Interactive & Results-Oriented – Engaging formats including workshops, roleplays, and case studies**
- **Led by Mental Health & Leadership Expert – With strong academic and industry credentials**

Our Training Focus Areas:

- | | |
|---|--|
| • Leadership & Management | • HR & People Development |
| • Mental Health, Emotional Intelligence & Wellness | • Digital Skills & Productivity Tools |
| • Communication & Interpersonal Skills | • Workplace Safety & Health |
| • Customer Service & Client Handling | • Team Building & Soft Skills |
| • Sales & Marketing Strategies | • ESG, Sustainability & Governance |



Ready to Transform Your Workplace Culture?

Let's design a training program that fits your workforce needs – from half-day workshops to full-day team development programs. With Atma Psychology & Training Centre, excellence isn't just a goal – it's guaranteed.

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