

ACBTA MEET-THE-EXPERT TALK

Integrating Third-Wave CBT and Spiritual Wisdom in Digital Mental Health: From Research to Real-World Impact

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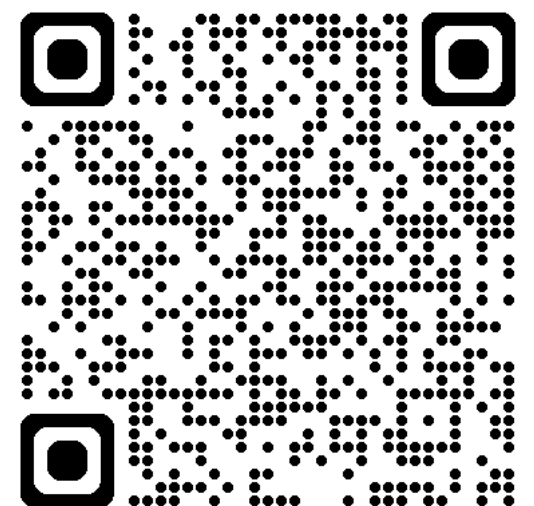


Date: 16 August 2025

Time: 1.00pm (Pak) / 4.00pm (HK/Mal) / 5.00pm (Kor/Jpn)

Venue: Zoom (Link given upon registration)

Register at: <https://acbtakhaiyom.peatix.com> or scan QR:



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SPEAKER PROFILE

Dr. Jamilah Hanum Abdul Khaiyom is an Associate Professor at the Department of Psychology, International Islamic University Malaysia (IIUM) and the current President of the Malaysian Society of Clinical Psychology (MSCP) for the 2025–2026 term. She is a registered Clinical Psychologist with the Ministry of Health Malaysia and provides psychological services at IIUM's Psychology Services Unit.

Dr. Jamilah graduated top of her class in Psychology from IIUM (2005), completed a Postgraduate Diploma in Psychology at the University of Melbourne (2009), a Master's in Clinical Psychology from Universiti Kebangsaan Malaysia (2011), and a PhD in Psychological Medicine from Universiti Putra Malaysia (2017), with a dissertation on Group CBT for anxiety.

Her clinical work integrates Cognitive Behaviour Therapy (CBT), mindfulness-informed approaches, and, when appropriate, Islamic spiritual principles to support the cultural and religious needs of Muslim clients. Her primary areas of research include psychological distress, anxiety and depressive disorders, with a focus on CBT and third-wave therapies such as Mindfulness-Based Cognitive Therapy (MBCT) and Acceptance and Commitment Therapy (ACT). She is also actively involved in the digitalization of mental health assessment and intervention, including the development of mobile-based psychological tools and scalable digital intervention programs aimed at increasing access to care across diverse populations.