

PAUL K. JAMBUNATHAN – CV Summary

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- Paul studied at Sheffield University, UK and further trained at Murdoch University, Perth, Australia. He also specialized in Sports Psychology (a Canadian / Olympic Council of Malaysia venture).
- With over 35 yrs of experience in applied psychology in Britain, Australia and Malaysia, Paul has extensively dealt with a wide spectrum of emotional and behavioural problems. Being a pioneer in his field in Malaysia Paul's skills cover a wide range of issues across the human lifespan. He is a practitioner and facilitator for Critical Incident Stress Debriefing and Management (CISD/CISM) and Mindfulness-Based Interventions.
- Since 2007 Paul has worked in Sunway Medical Centre, Pantai Hospital and Beacon Hospital where, besides running an in- & out-patient Clinic, he has set up mental health & well-being programmes for both nursing and hospital staff. Apart from providing consultation to all Hospital employees, he was instrumental in developing and running various in-house programmes. He also assisted in setting up the palliative and end-of-life care service at Beacon Hospital and further advanced psychological services at Pantai Hospital, KL. He is currently with ReGen Rehab Hospital and is their pioneer Consultant Clinical Psychologist.
- Paul runs numerous custom-designed workshops and seminars for the general public and specialised groups which include hundreds of companies, universities, colleges, parents and private requests.
- Paul currently has his own regional psychology and mental health programme with BFM 89.9 Radio. For nearly 30 yrs he has run various radio and TV programmes with Astro's Lite-FM, Radio-TV Malaysia and other media channels. He is a regular guest on various National TV programmes and is frequently interviewed in the National Newspapers.
- Paul is a passionate proponent of Positive Psychology and Emotional Intelligence. He is active in advancing this in private and professional settings. He is highly sought after for his custom-designed workshops that involve practical applications of fundamental psychological principles - especially within natural and applied settings.
- Paul is a pioneer proponent of Mental Hygiene in Malaysia and is passionate about the prevention of mental and emotional problems through the empowerment of the individual and primary groups. In keeping with this passion he has developed various modules that involve fun and experiential life-long learning.

- Paul firmly believes in Living Effectively with Stress. He believes that being as happy as possible and having fun is a fundamental ingredient in the Life Recipe. He is a senior and active SCUBA Dive Master. He is passionate about Ecopsychology and believes there is lots to learn from nature and that Mother Nature is a teacher of infinite potential. His preferred classroom is outdoors and therefore, as often as possible, runs his workshops, teaching sessions and therapeutic sessions in natural settings.
- Paul was gazetted by parliament as a Clinical Psychologist, when, in 2004/5, he served as a member of the Board of Directors to the Ministry of Women, Family and Community Development (then known as the Ministry of Women and Family Development). He pioneered the appointment of Clinical Psychologists in the Ministry's community clinics and was instrumental in developing the provision of Clinical Psychological services in clinics nationwide.
- Paul has delivered talks and training for the Attorney General's Chambers, Legal Firms and BAR associations. He is frequently sought after for his expertise in evaluations in Custody Care and Control matters. He has been established as an expert in his field by the High Court.
- Paul chooses to focus on clinical practice rather than research. He is passionate about the advancement of applied psychology which he undertakes in all his other professional capacities. As a result, by choice, his involvement in research is limited. He is professionally up-to-date and current in his field and often acts as an advisor & consultant to researchers which include colleagues, undergraduates, postgraduates and private enterprises.
- Paul's professional and applied interests are in Parenting, Stress, Positive Psychology, Resilience, Emotional Intelligence, Personal Well-Being and Mental Health Capacity Building.
- His favourite aphorism is: To Cure Sometimes, to Relieve Often and Comfort Always.