

2nd **International Conference  
on Psychology (ICoP)**

# Clinical Psychology and Mental Health

*Nurturing Minds, Sustaining Dignity :  
A Commitment to Quality and Integrity  
in Mental Health*

## Theme Call for Papers

Mental Health In :

- Work Place
- Educational Setting
- Family Setting
- Social And Cultural Issue
- Health Community

**OCT**  
**29 - 30, 2024**  
**08.00 AM**  
(GMT +7)



Plenary 1

**Michael F Steger**

Colorado State  
University,  
United States



Plenary 2

**Marie Angelie S  
Cabacungan**

NEUST,  
Philippines



Plenary 3

**Hasrul Bin Hosshan**

Universiti Pendidikan  
Sultan Idris,  
Malaysia



Plenary 4

**Aaron Jarden**

The University of  
Melbourne,  
Australia



Plenary 5

**Endang Retno  
Surjaningrum**

Universitas Airlangga,  
Indonesia



Keynote Speaker 1

**Prof. Dr. Ir. Darsono, M.Si**

Rector  
Universitas Muria Kudus,  
Indonesia



Keynote Speaker 2

**Retno Indaryati  
Kusuma**

Public Relations of  
The Indonesian Psychological  
Association (HIMPSI)

## Important Dates

Term 1 :

May 6 - 30, 2024 Registration, Abstract Submission and Payment  
Jun 20, 2024 Announcement of accepted abstract  
Jul 6, 2024 Full paper submission

Term 2 & 3 see our site

## Publication

The selected manuscripts have the opportunity to be published in \* :



Manuscript that is not selected will still be published as proceeding (e-ISSN & INDEX Copernicus)

## Registration Fee

### Oral Presenter

General IDR 600K (T1) & IDR 700K (T3)  
Student IDR 400K (T1) & IDR 500K (T3)  
Publication opportunity to 2 - 4 Sinta  
Journal \*  
Certificate for presenter  
SKP Himpsi

### Participant Only

General IDR 200K  
Student IDR 100K  
Webinar  
Can join as audience call for paper  
Certificate for participant  
SKP Himpsi

### Free

Psychology UMK student  
Psychology UMK lecturer  
Webinar  
Can join as audience call for paper  
Certificate for participant



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International Conference on Psychology (ICoP)

# Clinical Psychology and Mental Health

Oct 29, 2024. 08.30 - 09.00 AM (GMT +7)



**Prof. Dr. Ir. Darsono, M.Si**

Rector  
Universitas Muria Kudus,  
Indonesia

Keynote Speaker 1



**Retno Indaryati  
Kusuma**

Public Relations of  
The Indonesian  
Psychological  
Association (HIMPSI)

Keynote Speaker 2



session 1

**Michael F Steger**

Colorado State  
University,  
United States

Plenary 1

## Mental Health in Self Development

*Meaning and Purpose: The Role in  
Wellbeing and Flourishing*

Oct 29, 2024. 09.00 AM - 10.30 AM (GMT +7)

It is hard to imagine today, but only 25 years ago, meaning and purpose in life were considered to be fringe topics within positive psychology and wellbeing science (much less the broader fields of psychology, health, and social sciences). Fast forward to today and meaning in life is seen as a cornerstone of wellbeing and human flourishing. What has facilitated this rapid transition from the fringes to the foundation of wellbeing? An enormous amount of high-quality and high-impact research has been conducted, persuasively showing that in nearly every domain of human functioning, meaning and purpose play an integral role. This talk will review the scope and breadth of this research, and present a somewhat deeper dive into key areas that show how meaning and purpose support happiness, self-development, health, and longevity.

A significant amount of research also has been conducted pointing to practices and themes of practice that evidence shows increase meaning in life. This talk covers this research and presents the two skillsets identified in metaanalyses as being important to fostering meaning in life. In addition, this talk describes a recent focused review combining all of the therapeutic and experimental research to identify 8 focal points and 5 themes of effective meaning in life interventions. When taken as a whole, we can see that meaning in life is critical to wellbeing, and that we have numerous evidence-based ways to help people find and deepen their own meaning.



Moderator

**Ruth Natalia Susanti**

Universitas Muria Kudus,  
Indonesia





session 2

**Marie Angelie S Cabacungan**

NEUST,  
Philippines

Plenary 2

## Mental Health in Family Setting

Oct 29, 2024. 11.30 – 12.00 AM (GMT +7)

The process of self-development is the process one goes through to get to know and understand oneself more deeply. This includes understanding strengths, weaknesses, values, and life goals. Through deep self-reflection, individuals have the opportunity to understand what they truly want in life. When one has a better understanding of themselves, they can form a positive vision of their future.

Positive living is a result of the way one views and responds to life. Self-development creates a strong mental foundation for positive living. When one can accept oneself wholeheartedly, including their strengths and weaknesses, it paves the way for positive acceptance of the world around them. Self-development motivates individuals to reach their fullest potential. When one is committed to continuous learning, development, and self-improvement, it creates a positive mental attitude. Every small achievement in the journey of self-development becomes a source of happiness and fulfillment, contributing to a positive atmosphere in their lives.

Positive living is a mental attitude that can have a positive impact on various aspects of life. A positive attitude forms the basis for one's physical and mental well-being. Mental health is the main focus of positive living. Optimistic thoughts can reduce levels of stress, anxiety, and depression. Optimistic thoughts can also affect the way a person views themselves and the world around them. Thus at this conference we can share the knowledge or the latest research about the factors that influence people to build and develop themselves to reach a positive life.



Moderator

**Nugraini Aprilia**

Universitas Muria Kudus,  
Indonesia



session 3

**Hasrul Bin Hosshan**

Universiti Pendidikan  
Sultan Idris,  
Malaysia

Plenary 3

## Mental Health in Inclusive Education

*The Importance of Collaboration Between Teachers and Parents in Inclusive Education*

Oct 29, 2024. 13.00 – 14.30 PM (GMT +7)

Inclusive education thrives on the seamless partnership between educators and parents. The development of inclusive children is a collective responsibility shared by both parties. For children to flourish optimally in an inclusive environment, they require unwavering support from both teachers and parents.

Effective implementation of inclusive education practices necessitates close collaboration between teachers and parents. This collaboration encompasses various facets, including devising individualized learning plans tailored to meet each child's unique needs, adapting the curriculum to ensure inclusivity, utilizing appropriate learning aids, and providing additional support such as specialized guidance or therapy as required. Moreover, mutual assistance in navigating challenges that may arise along the way is paramount.

By fostering a spirit of cooperation between teachers and parents, we cultivate a nurturing environment for inclusive children. This environment guarantees that every child, irrespective of their abilities or backgrounds, is afforded equal opportunities to realize their full potential and emerge as valuable contributors to society. Only through our collective dedication and commitment can we pave the way for a more inclusive and welcoming future, where every child is embraced and supported in their journey towards success.



Moderator

**Arcivid Chorynia Ruby**

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Plenary 4

session 4

**Aaron Jarden**

The University of  
Melbourne,  
Australia

## Mental Health in Educational Settings

Oct 30, 2024. 08.30 – 10.00 AM (GMT +7)

With a desire for more than just positive education, school leaders are also interested in how they can address the growing mental health issues in their staff and students. Looking to the future, they are interested in informed systems, proactive and preventative approaches that will build wellbeing, enable potential and better position their schools to deal with future pressures. Schools need to design a customized school sustainability strategy, adopting a systems perspective to jointly focus on wellbeing, mental health and resilience. Our (Aaron Jarden & Andrea Downie) 'wholebeing' approach specifically considers how wellbeing, illbeing and resilience interact to build positive mental health and thrive sustainably in these school education systems. In the school context, the primary outcomes to be achieved are improved wellbeing, decreased distress and greater resilience. Secondary outcomes include improved physical health and enhanced learning, engagement and academic performance.



Moderator

**Nugraini Aprilia**

Universitas Muria Kudus,  
Indonesia



Plenary 5

session 5

**Endang Retno  
Surjaningrum**

Universitas Airlangga,  
Indonesia

## Mental Health in Health Community

Oct 30, 2024. 10.00 – 11.30 AM (GMT +7)

Mental health in the health community plays a vital role in providing holistic support and services for individuals who need psychological attention. Health communities that are proactive in understanding and responding to the mental health needs of their communities can create a supportive environment for individuals experiencing emotional distress or mental disorders. This involves providing resources, such as mental health centers, clinics, and counseling services, that are accessible to all members of the community. In addition, educational campaigns and eliminating the stigma associated with mental health problems can create a more aware and inclusive society, promoting awareness about the importance of mental care as well as physical care. By making mental health an integral part of the health community's commitment, we can create an environment that supports overall growth and well-being.



Moderator

**Rr. Dwi Astuti**

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