

# A clinical psychologist from Sarawak

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IVANA Tiffany Berenai Mason's interest in a career as a clinical psychologist started when she was researching about the anxieties that she was going through, where to get help and how to reduce the anxieties.

This interest led her to enrol herself into the Psychology programme at IMU in 2009 as the first step towards achieving this career. Ivana graduated with her Bachelor of Science (Hons) in Psychology in 2012 and continued her studies in the Master of Clinical Psychology at UKM.

Ivana feels that her degree in psychology at IMU has helped her build a framework of essential knowledge, giving her a better understanding of the concepts when she specialised further in her Master's degree.

She is grateful to her lecturers at IMU who have nurtured the students by giving them the exposure that they needed in order to progress in the field.

She feels that she would not have been able to excel further without this guidance and teaching from her IMU lecturers. Their lessons were practical, interesting and fun.

"Occasionally, when I reflect on the time I had at IMU, I would miss the times that I had there as a student."

Ivana is currently working at the Sarawak General Hospital.

"I'd say that I was thankful for the opportunity to serve my own state. It was easier to communicate and deliver my therapy better, especially when it comes to native speaking patients who would usually feel more comfortable to talk about their concerns to me during the sessions."

Describing her main responsibilities at the hospital, Ivana said: "I work in the Psychiatry and Mental Health Department. Basically, I will receive referrals from the medical officers and psychiatrists on cases that need psychological assessments (IQ tests, psycho-emotional tests, developmental and learning disabilities) and therapies (mostly for Cognitive Behavioural Therapy-depending on cases). I am



**IVANA TIFFANY BERENAI MASON**

also responsible for both outpatient and in-ward patients, constantly psycho-educating patients and their caregivers on their condition."

"Giving talks and teaching is also part of my job scope. I was given an opportunity to teach Post-Basic Nursing students on psychological

related subjects in order for them to understand the role of a clinical psychologist as part of the mental health team and the simple therapeutic skills they can use when dealing with psychiatric patients."

The 3-year Bachelor of Science (Hons) Psychology at IMU, Malaysia's first and most established private medical and health sciences university with over 26 years of dedicated focus in healthcare education, has a curriculum that has been developed to meet high international standards.

Students have the option to complete the entire psychology degree in IMU or study part of the programme in IMU and transfer to University of Newcastle, Australia or the University of Strathclyde, UK for completion of their degree.

The 3-year Bachelor of Science (Hons) Psychology has also been accepted internationally for further specialisation at the graduate level.

In order to become a qualified psychologist, you will have to first complete your undergraduate degree in psychology, followed by a Master's degree in one of the specialised areas of psychological practice.

Intakes for the Psychology programme are in February and September. If you enjoy thinking about the causes of human behaviour and have a desire to help people manage their problems, apply now for a great start to an interesting and exciting career in psychology.

If you have just completed your SPM and do not have pre-university qualification, consider enrolling in the one-year IMU Foundation in Science, the preferred foundation and direct route for entry into any of the University's local degree programmes. You can find out more about our Foundation in Science (FiS) at our FiS Info Day on 18 March 2018 at our campus in Bukit Jalil.

For more information, please refer to [www.imu.edu.my](http://www.imu.edu.my) or email: [start@imu.edu.my](mailto:start@imu.edu.my) or call IMU at 03 - 2731 7272.