



## **CURRICULUM VITAE**



**DR. ENSKU MARDIAH ENSKU KAMARUDIN, K.B., P.A.**

**Department of Counselor Education and Counseling Psychology  
Faculty of Educational Studies  
Universiti Putra Malaysia  
43400 UPM Serdang  
Selangor Darul Ehsan, Malaysia**

**Telephone 603-8946  
Fax 603-8946 8142  
Handphone 6012-9019504**

**[engkumardiah@upm.edu.my](mailto:engkumardiah@upm.edu.my)  
[engkumardiah.upm@gmail.com](mailto:engkumardiah.upm@gmail.com)**

## ENGKU MARDIAH BINTI ENGKU KAMARUDIN, PhD

### SUMMARY OF QUALIFICATION

Senior lecturer with previous experiences served adults and children with mental health and multiple psychological issues in health settings with expertise in substance abuse counseling.

Supervisor and leader with exceptional skills in counseling treatment planning, intervention and client development, training and supervision of direct-service client.

### EDUCATION BACKGROUND

#### **1987 - 1992 SK Sri Manjung, Sitiawan, Perak**

Ujian Penilaian Sekolah Rendah (UPSR): 4As

#### **1993 – 1997 Sek. Men. (A) Tg. Ampuan Fatimah, Pekan, Pahang**

- Sijil Rendah Agama (SRA): 6 aggregates
- Penilaian Menengah Rendah (PMR) : 8As 1B
- Sijil Menengah Agama (SMA): 14 aggregates
- Sijil Penilaian Menengah (SPM) :11 aggregates

#### **1998 – 2002 Universiti Teknologi Malaysia, Skudai, Johor**

- Bachelor of Science with Ed.( Counseling & Guidance)  
Graduated on 2002  
CGPA 3.39 (2nd Class Upper grade)

#### **2007 – 2008 Universiti Sains Islam Malaysia, Nilai, N.Sembilan**

- Post Graduate Diploma (Special Program for Substance Abuse and Alcohol)  
Graduated on 2008  
CGPA 3.82

#### **2009 – 2011 Universiti Sains Islam Malaysia, Nilai, N.Sembilan**

- Master of Counseling (Substance Abuse)  
Graduated on 2011  
CGPA 3.69

#### **2014 – 2020 Universiti Kebangsaan Malaysia, Bangi**

- PhD (Psychology)  
Research area: Substance Abuse  
-psychological treatment focusing on opiate dependence

### WORKING EXPERIENCE

#### **Jan 2003 – Julai 2007**

#### **Hospital Tg. Ampuan Afzan, Kuantan, Pahang**

- Provide counseling services to clients on issues such as anxiety, depression, relationship and family issues, addictions and women's health
- Developed treatment plans based on patient's psychological problems.
- Modified therapy plan based on patient's progress.

- Worked with other medical staffs to coordinate patient care services.
- Assess and develop case plans with clients either individuals, couples or families.
- Maintain and evaluate client progress and provided referrals to other services where needed.

**Julai 2007- Nov 2009**

**Hospital Kajang, Selangor**

- Attached to Psychiatric Unit -Provided behavior modification, counseling, and crisis intervention services to adults with stable mental illness patient
- Performed case management services and prepared treatment plans for patients.

**Nov 2009 – Oct 2011**

**Jabatan Kesihatan Negeri Selangor, Shah Alam Selangor**

- Meet with counseling staff to develop treatment plans
- Manage operations of office including scheduling and supervising office staff and peer advisors
- Coordinate the Seminar Program including scheduling, budget management, correspondence, publicity and evaluation programmed.

**Oct 2011 – Sept 2012**

**Sektor HIV, Bhgn. Kawalan Penyakit KKM, Putrajaya**

- Conducted training for Health Care Workers about Pre/ Posttest counseling
- Organized intake and HIV, behavioral and mental health risk assessments.
- Conducted HIV/AIDS educational workshop sessions for participants.
- Prepared a handbook, Module, Manual and SOP explaining the HIV Counseling for Psychology Officer.

**Sept 2012 – Dec 2012**

**Bhgn. Khidmat Pengurusan KKM, Putrajaya**

- Manage daily operations of office including scheduling and supervising office staff and peer advisors
- Coordinate the Seminar Program including scheduling, budget management, correspondence, publicity and evaluation programmed.

**Dec 201 2 - Feb 2014**

**Hospital Bahagia Ulu Kinta, Ipoh Perak**

- Provided behavior modification, counseling, and crisis intervention services to adults with stable mental illness patient
- Performed case management and prepared treatment plans
- Involved in patient and staff development programmed
- Engaged with practicum team, provided feedback to others and utilized feedback non-defensively

**Feb 2014 – Nov 2014**

**Hospital Kuala Lumpur, Kuala Lumpur**

- Provide counseling services to clients on issues such as anxiety, depression, relationship and family issues, addictions and women's health
- Developed treatment plans based on patient's psychological problems.
- Modified therapy plan based on patient's progress.
- Worked with other medical staffs to coordinate patient care services
- Train and supervise staff providing direct-care services, including case management, counseling, crisis intervention, documentation, and development of individual counseling treatment plans
- Conducting addiction counseling services to patient involve in Quit Smoking Clinic (Tuesday) and Methadone Maintenance Therapy Clinic (Wednesday & Thursday).

**Nov 2014 – Nov 2019 (Doctor of Philosophy)**

**Universiti Kebangsaan Malaysia (UKM), Bangi**

PhD (Psychology)

Research area: Addiction Counseling

**Nov 2019 – Dis 2020**

**Jabatan Kesihatan Negeri Pahang, Kuantan Pahang**

- Manage and leading the Psychology Unit at state level
- Meet with counseling staff to develop treatment plans
- Manage operations of office including scheduling and supervising office staff and peer advisors
- Coordinate the Seminar Program including scheduling, budget management, correspondence, and evaluation program.

**Dis 2020 – current**

**Universiti Putra Malaysia- Faculty of Educational Studies**

- Senior Lecturer at Department of Counselor Education and Counseling Psychology,
- Teaching, conducting research, and student's supervisor.
- Areas of Specialization: Addiction Counseling, Mental Health Counseling, Crisis Intervention

**TRAINING  
ATTENDED**

- HIV/ AIDS Counseling, Putrajaya  
By Kementerian Kesihatan Malaysia
- Genetic Counseling (Thalassemia), Kuala Lumpur  
By Kementerian Kesihatan Malaysia
- Methadone Counseling, Putrajaya  
By Kementerian Kesihatan Malaysia
- Choice Theory Reality Therapy, Nilai N.Sembilan  
By Islamic Science University of Malaysia (USIM)

- Solution Focused Brief Therapy, Bangi Selangor  
By Mind Resolutions Malaysia
- Professional Certificate of Motivational Interviewing Skills, Makati, Philippine  
By ASIA METROPOLITAN University, 2018
- Fellowship in Addiction Medicine, Wisma RnD, UM Kuala Lumpur  
By UMCAS, University Malaya (UM), 2018
- Intensive Training Course: Opiate Dependence Treatment Program  
By UMCAS, University Malaya (UM), 2018
- Addiction Treatment: Clinical Skills for Healthcare Providers  
By Yale University (online through Coursera), 2020

**PUBLICATION**

- Panel for “Tanya Sama Pakar”, KKM Portal
- Article Writer for Portal My Health, KKM
  - HIV & Stigma: Bagaimana Kita Menanganinya?
  - Sokongan Keluarga & NGO Dalam Proses Pemulihan Penagihan Dadah
- Modules publication:
  - Modul “Aku Nak Sihat’ for PLKN Trainer - KKM
  - Modul “Penilaian Risiko dan Intervensi Alkohol di Peringkat Penjagaan Kesihatan Primer” - KKM
  - Modul “Mak Nyah Menurut Perspektif Islam” - JAKIM
  - Modul Psikopendidikan Individu Berasaskan Integrasi Teori Kesedaran Kendiri dan Keazaman Kendiri dalam Rawatan Penagihan Dadah (i-SEAZ), Daftar Hak Cipta, No. Pendaftaran: CRL Y00017510, MyIPO Bangsar.

- Articles publication:

Peer Reviewed Journal

- **e-BANGI Journal**: Aspek Kesedaran Kendiri Dalam Kalangan Pesakit di Klinik Terapi Rawatan Dadah Gantian: Satu Kajian Rintis di Kajang  
**Volume**: Vol. 13, No.3 (2018) 234-248, ISSN: 1823-884x  
**Status**: published.  
Link: <http://ejournals.ukm.my/ebangi/article/view/26963>

Indexed (SCOPUS)

- **International Journal of Psychosocial Rehabilitation**: Development And Psychometric Properties Of Addiction Recovery Scale  
**Volume**: Vol. 24, Issue 04, 2020, ISSN: 1475-7192  
**Status**: published.  
**Doi**: <https://doi.org/10.37200/IJPR/V24I4/PR201557>

- **Journal: Data in Brief:** Data for The Self-Awareness, Self-Determination and Self-Efficacy of Opioid Dependent Patients in Methadone Clinic Before And After Getting Individual Psycho-education (I-SEAZ) Intervention.  
**Volume** Vol. 30 (2020), 105586  
**Status:** published  
**Doi:** <https://doi.org/10.1016/j.dib.2020.105586>
- **Journal of Nusantara Studies:** The Effect of Individual Psycho-education Intervention on Self Efficacy among Opioid Dependent Patients in Methadone Clinics.  
**Volume:** Vol. 6 No 1, ISSN 0127-9386  
**Status:** published  
**Doi:** <https://doi.org/10.24200/jonus.vol5iss2pp103-128>

**ACHIEVEMENT/  
INVOLVEMENT/  
VOLUNTEER  
EXPERIENCE**

**Achievement:**

- Anugerah Perkhidmatan Cemerlang 2013, KKM
- Second Prize Winner in 3 Minute Thesis 2017, FSSK UKM
- Bronze Medal, PERKAMA Innovation 2018, UPM

**Professional Involvement:**

- Paper Presenter for:
  - International Drug Prevention and Rehabilitation Conference (PREVENT 2016), 27 Oct 2016 at Royal Malaysian Police College, Cheras, K.Lumpur
  - Seminar Kaunseling Ketagihan 2017 (SPIKE), 4 April 2017 at Kolej Sains Kesihatan Bersekutu Sg. Buloh
  - International Counselling Seminar (ICONS) 2019, Malaysia Ministry of Education, 16- 18 April 2019 at UTM, K. Lumpur
  - Persidangan Kaunseling Kebangsaan PERKAB 2019, 11-12 Nov 2019 at Dewan Pencapaian, Institut Perkhidmatan Awam (IPA), Brunei Darussalam

Lay/ Professional Expert Panel for:

- Penilaian Kesahan Kandungan Instrumen Cure & Care Recovery Index, FSSK, UKM, 2017
- Bengkel Penyediaan Kertas Pertimbangan Keberkesanan Pelaksanaan Pencegahan, Penguatkuasaan, Rawatan & Pemulihan Agensi Antidadah Kebangsaan (AADK), 4 – 6 November 2017, Akademi Kepimpinan Pendidikan Tinggi (AKEPT) Labu, Negeri Sembilan.
- Panel Penilai Sesi Pitching Geran Inovasi Pendidikan Universiti Pendidikan Sultan Idris (UPSI), 23 July 2020 (online through google meet)

### **Volunteer Advocate**

- Visitor Volunteer for Rumah Yayasan Sri Kencana Kalsom
- Volunteer for INSAF RELIEF MALAYSIA  
(Participated in 'Misi Bantuan Kemanusiaan, Padang Indonesia-earthquake, Program Psikososial Rumah Kebajikan Asnaf Al Barakh)
- Actively involved in disaster management with MOH Mental Health Psychosocial Support (MHPSS) team.
  - Tragedy of MH 370
  - Tragedy of MH 17
  - Tragedy of Tahfiz Darul Quran Ittifaqiyah
  - Pandemic COVID-19

### **AFFILIATION**

**PERKAMA INTERNATIONAL** 2002 to present  
Member

**BOARD OF COUNSELORS** 2007 to present  
Registered Counselor KB01336, PA 00933

**INSAF RELIEF HUMANITARIAN MALAYSIA** 2008 to present  
Member

**International Society of Substance Use Professionals (ISSUP)** 2018 to present  
Advanced Member

**Malaysian Criminological and Correctional Association - MCCA** 2020 to present  
Member