



## Counselling and Supervision Hours

Previously, the SAC EXCO had approved the acceptance of video/tele-counselling hours and video supervision hours as the practice and supervision hours respectively for the purpose of Registered Counsellor (RC) registration or renewal, subject to the condition that such hours are clocked between the period of 01 Mar 2020 and 31 Oct 2020.

We are pleased to inform that the EXCO has agreed to extend the acceptance of online video and tele-counselling and supervision from 01 November 2020 to 31 March 2021.

## Newly Appointed Board and Sub-Committee Members (2020-2022)

We would like to highlight a few new members who have volunteered their time to serve on the boards and sub-committees:

### Clinical Supervision Board

Chairperson: Dr Jessica Leong  
Members: Mr Joachim Lee  
Mrs Linda Wan-Koh  
[Ms Livingston Anna Catherine](#)  
Rev Sam Kuna  
Mrs Sharon Sng  
Mr SB Viknesan

### Counsellors Education Board

Chairperson: Ms Trina Tan  
Members: Mr Andy Lam  
Ms Au Hoi Ting  
Ms Carolyn Lim  
Ms Hema Gurnani  
Ms Irene Loi  
[Mr Anthony Mok \(SSI\)](#)  
[Ms Constance Thong \(SASW\)](#)

### Ethics Board

Chairperson: Rev Sam Kuna  
Members: Mr Andy Lam  
Mr Benny Bong  
Mr Robin Lim  
Dr Muni Winslow  
[Mr Steven Tham](#)

### Register Board

Chairperson: Ms Jenny Giam  
Members: Ms Denise Yap  
Ms Hema Gurnani  
Mr Ng Chong Chee Dan  
Ms Reena Goenka  
Ms Rose Faquir

### Community Counsellors Sub-Committee

Chairperson: Mr Joachim Lee  
Co-Chairperson: Ms Dawn Tan  
Members: Mr Edwin Quek  
Ms Sapna Mathews  
Ms Michele Gan  
Ms Sukumaran Nair Indu

### Membership Sub-Committee

Chairperson: Ms Carolyn Lim  
Co-Chairperson: Ms Au Hoi Ting  
Members: Ms Celine Edmund  
Ms Tan Sook Khuan Helenna  
Ms Rose Faquir  
Mr Sam Roberts  
Ms Vinti Mittal  
[Ms Xiao Li En](#)

### Research and Publication Standing Committee

Co-Chairperson: Dr Frederick Low  
Co-Chairperson: Dr Lee Boon Ooi  
Members: Dr Alicia Pon  
Dr Chan Pei See Joyce  
Dr Gilbert Fan  
Dr Jennifer Isabelle Ong

### School & College Counsellors Sub-Committee

Chairperson: Mr Bernard Mackenzie  
Members: Ms Esendemir Sekhon Berna  
Mr Joshi s/o Chandrasenan  
Mr Jeffrey Lee  
Mr Mohammed Zullkarnain Bin Abdul Aziz  
Mr Donavan Teo  
Mr Wu Che Vun Steven



Ms Yuyu Kow

Ms Xiao Li En

## Renewal of Registered Counsellor

All Registered Counsellor (RC) renewals will be valid for two (2) years from the date of EXCO approval. To facilitate the processing of your renewal, please submit the declaration of 400 clinical hours + 50 CPD\* hours at least one (1) month prior to the expiry of your RC. These hours should be clocked within your RC validity period.

For example:

RC validity 31 Oct 2020 – 31 Oct 2022

Renewal to be submitted at least one (1) month prior to the expiry i.e. 30 Sep 2022.

Hours clocked from 31 Oct 2020 – 30 Sep 2022 will be accepted for the renewal.

\*Fifty (50) hours of continuing professional development (CPD) activities can consist solely of Formal Learning or a combination of Formal Learning and Professional Contribution Activities. Formal Learning is defined as participation in workshops, seminars, or training in counselling or a closely related field. Please submit an official certificate OR letter of attendance for each workshop / course / seminar attended.

For further clarifications, please write in to [admin@sacsingapore.org](mailto:admin@sacsingapore.org). Alternatively, please refer to Section 5.3 of the SAC Constitution.

## Member Profile Update and Payment Methods

Should there be any changes to your personal details on the member portal (e.g. address/email/etc.), please write in to us at [admin@sacsingapore.org](mailto:admin@sacsingapore.org). This includes if you wish to receive up-to-date news and other information. In our previous e-newsletters, we have informed you on the introduction of PayNow for easy payment.

### PayNow

Kindly refer to the following QR code for payment.

**UEN No. S83SS0024D**



**SCAN TO PAY**

### For payment by internet banking

Account name : Singapore Association for Counselling  
Bank name : DBS Bank  
Autosave Account No. : 010-013101-4

Please enter remitter's name and account number in bank form and send us an email informing us the date of the bank transfer.

### Cheque Payment

Kindly take note of our mailing address to avoid confusion and missing cheques:

Attention: SAC Secretariat

Singapore Association for Counselling  
c/o Work Central Offices Pte Ltd  
190 Clemenceau Avenue  
#06-01 Singapore Shopping Centre  
Singapore 239924

### Bank Transfers

For all internet bank transfers, when completing the transaction, please indicate your full name and date of transfer. This will aid us with the payment verification. Thereafter, please send an email to [finance@sacsingapore.org](mailto:finance@sacsingapore.org) (Sarah) and copy [admin@sacsingapore.org](mailto:admin@sacsingapore.org) (Sandra) with the following details:

- 1) Full Name
- 2) Invoice number (if applicable)
- 3) Membership number (if applicable)
- 4) Amount



**Singapore  
Association for  
Counselling**

FOR COUNSELLING  
AND PSYCHOTHERAPY

# SAC Bi-Monthly News Bulletin Jan – Feb 2021

Singapore Association for Counselling  
c/o Work Central Offices Pte Ltd  
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Website: [www.sacsingapore.org](http://www.sacsingapore.org)  
UEN No.: S83SS0024D

- 5) Date and time of transfer
- 6) Print-screen of transaction



## Upcoming External Workshops

### LEARN THE ESSENTIALS OF UNDERSTANDING TRAUMA – AN INTRODUCTION TO TRAUMA INFORMED CARE AND INTERVENTIONS

**Overview:** This 2-day essential workshop is designed to provide helping professionals an understanding of the definition of "trauma" in our local Singapore context and how trauma can impact life and health throughout the lifespan. We will discuss the elements of trauma informed care and how this approach will be useful in our practice with seemingly "challenging" and "resistant" clients we see in our community or various counselling spaces. We will also be discussing how we integrate leading and latest treatment methods such as Mindfulness, Somatic and Narrative modalities into a pragmatic approach of practice namely "Release, Regulate and Restore". In addition, participants will focus on using practical strategies in small group practice case discussions.

**Speaker/Trainer:** Ms Ong Pei Ni & Mr Moh'd Fareez

**Date of workshop:** 7 – 8 Dec 2020

**Time:** 9:00AM – 5:00PM

**Mode of Instruction:** ZOOM

**Course Fees:** SGD 800.00 per participant

SGD 400.00 for students currently studying counselling or psychology

**Registration:** <https://www.theseinetwork.sg/index.php/enrol-now/courses/zoom-learn-the-essentials-of-understanding-trauma-7-8-december-2020-50-student-discount-available>