

SAC News Bulletin May 2019

Member Profile Update and Fees & Payment Methods

Thank you to those who have made prompt payment for your 2019 membership subscription. This applies to all membership categories except Fellow members. For members who have yet to make payment, please do so at your earliest convenience and inform us at admin@sacsingapore.org.

In order to receive up-to-date news and other information, please kindly update us via email at admin@sacsingapore.org as well as your own profile on the membership portal should there be any changes in your address/email/etc.

In our previous e-newsletters, we have informed everyone regarding the introduction of PayNow for easy payment. For cheque payment, we would like everyone to take note of our new address once again to avoid confusion and missing cheques (Attention to: SAC Admin). For Bank Transfer, kindly include your membership number in the transaction and send us a screenshot of your payment to confirm that your payment has been completed. Our current address is at 190 Clemenceau Ave #06-01 Singapore 239924.

For PayNow, kindly refer to the following QR code for payment.

UEN No. S83SS0024D

**PAY
NOW**



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.

37th Annual General Meeting of SAC on 29 March 2019

SAC's 37th Annual General Meeting was held on Friday, 29 March 2019 at Furama Riverfront, with an encouraging turnout of nearly 90 members! A big thank you to all members who graced the event, emcee (Mr Leonard Kwek), EXCO, Board and Sub-Committee members as well as our working staff. To recap, we append herein the two key resolutions that were passed by the assembly.

Resolution 1 – Amendments to the SAC Constitution

The key changes in the proposed amendments to the SAC Constitution included the updating of the name and place of the business address of SAC. In addition, there were other amendments to adjust for fluency and clarity. You may wish to refer to Exhibit A that was attached with the Notice of AGM for more information.

Resolution 2 – Changes to Membership Rates for Retired and Student Members

The membership rates for both Retired and Student Members have been reduced to 50% of the current rate with immediate effect. For avoidance of doubt, Retired Members refer to members who are at least 65yo and retired from full time paid employment. Similarly, Student Members refer to any applicant who is undertaking a SAC recognised course at the time of application. Such application would have to be accompanied by a confirmation of studentship in writing from the educational institution.

There were also a few announcements that were made during the AGM, for the benefit of those who could not manage to join us:

Extraordinary General Meeting (EOGM)

In relation to the review of the clinical supervision components and qualifying standards, the EXCO would like to call for an EOGM sometime in end June 2019 to discuss and decide on the above matter. Please stay tuned!

Resignation and Election of EXCO Members

Ms. Celine Edmund, Assistant Honorary Treasurer and Dr Jessica Leong, Committee Member submitted their resignations and were accepted by the EXCO. The EXCO would like to express their appreciation to both Celine and Jessica's contribution over the last one year. Consequently, the EXCO had unanimously agreed for Ms. Au Ho Ting, Committee Member, to take on the position of the Assistant Honorary Treasurer. In addition, Ms. Hema Gurnani and Ms. Jenny Giam have been co-opted as Elected Committee Members of the EXCO.

In all, we hoped that this year's AGM has been informative and engaging for everyone. If you have other enquiries, you may give us a call at (65) 6708 8292 or write to us at admin@sacsingapore.org. We look forward to seeing you in June 2019.

Peer Learning Sessions on Counselling in Schools Successfully Concluded

We are pleased to announce that our Peer Learning Session 5: Counselling in Schools was successfully conducted on 26 April 2019. Hosted by Dr C. Joshi, the sharing session done by our 2nd Vice President, Ms. Toh Hwee Boon enabled a lively discussion about managing limited confidentiality and obtaining buy-ins from multiple stakeholders, in order for school counsellors to render support and effect change in students in their respective educational backgrounds.

Moving on, Peer Learning sessions will be organised and conducted by a new Sub-Committee, entitled the Training & Learning Sub-Committee. If you are keen to volunteer at the Sub-Committee, please email admin@sacsingapore.org to find out more about the Terms of Reference and the commitment required. Do look forward for news about the next Peer Learning session!



SAC Participated in Panel to Demystify Counselling

SAC received an invitation to participate in the recent *Pertapis Counselling and Care Unit Conference* which took place on 23 March 2019, and Ms. Toh Hwee Boon, 2nd Vice President of SAC delivered a presentation, as well as joined in a panel discussion, in the morning segment 'Help is Just a Few Steps Away'. Hwee Boon's introduction was centered around educating the audience about what counselling is, when to seek help, what happens in counselling, and the limitations of counselling. The presentation was well-received by the audience which comprised fundamentally of students with their teachers, some parents, para-counsellors, current counselling interns, and other practitioners who work closely with the *Pertapis Counselling and Care Unit*. SAC hopes to direct similar presentations in the future and to educate the public as well as other stakeholders about what counselling is, and the role of counselling in supporting mental wellness.



Member Discussion Event about Technology and Counselling on 7 June 2019

The newly renamed *School & College Counsellors Sub-Committee* is organising an event for members, entitled *Future Trends of Technology & Counselling: Discussing and predicting issues*.

We hope to invite members who are working with clients from 5 - 25 years old to join us to discuss and articulate concerns about problems that will impact our clients. Of course, for other members who are interested in this discussion, we welcome you to attend the event as well!

Below are the details:

Date: 7 June 2019

Time: 2 - 6pm

Venue, Cost and CPD awarded: To be advised

We will send an invitation email and sign-up link once we have more details. Do stay tuned!

Updates on SAC Sub-Committees and Boards

Through several discussions within the EXCO and Sub-Committee members, we are pleased to announce the following updates to the Sub-Committees and Boards:

~Renaming of Academic Sub-Committee

Academic Sub-Committee will be officially re-named as the School & College Counsellors Sub-Committee. This Sub-Committee has also been restructured, and now consists of Dr. Ada Chung (Chairperson), Mr. Mohd Zulkarnain b Abdul Aziz, Dr. C. Joshi, Ms. Toh Hwee Boon, Mr. Steven Wu, Mr. Donovan Teo, Mr. Jim Faherty, Mr. Jeffrey Lee, Ms. Elaine Tay and Ms. Berna Sekhon. The Sub-Committee will like to thank Mr Bernard Mackenzie for his past contributions, and Bernard will now solely contribute in his role in the Register of Counsellors Board.

~Renaming of Course Recognition Board

Course Recognition Board will be officially re-named as the Counsellors Education Board. This Board has been restructured with the involvement of new Board members. It now consists of Dr. Frederick Low (Chairperson), Ms. Hema Gurnani, Ms. Irene Loi, Ms. Carolyn Lim, Ms. Trina Tan, and Ms. Au Hoi Ting.

~Clinical Supervision Standing Committee formalised as Clinical Supervision Board

Clinical Supervision Standing Committee has been officially re-named as the Clinical Supervision Board. This Board currently consists of Dr. Jessica Leong (Chairperson), Mr. Tan Boon Huat, Dr. Elizabeth Nair, Mr. Sam Kuna, Dr. Cecilia Soong, and Mr. Joachim Lee.

Upcoming Workshops

- Anxiety (25th – 26th Apr 2019) by The SEL Network
- LifeBlockers (29th – 30th Apr 2019) by The SEL Network
- Introduction to Complex Trauma (13th – 14th May 2019) by CaperSpring
- Good Enough Parenting - Professional Training (27th - 28th May) by HOPE Worldwide
- Activating Archetypes (3rd - 4th June) by Creative Play Lab
- Exploring Below the Surface (6th June) by Creative Play Lab
- Emotionally Focused Couple Therapy Module A (5th - 6th, 8th - 9th July 2019) by CaperSpring

*For more details of the workshops, kindly visit <http://sacsingapore.org/events-publication/events/calendar-of-events-workshops/>