



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

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

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 \(SASW\)](#)

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](#)

Ethics Board

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

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

Register Board

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

School & College Counsellors Sub-Committee

Chairperson: Mr Bernard Mackenzie
Members: Ms Esendemir Sekhon Berna
Mr Joshi s/o Chandrasenan
Mr Jeffrey Lee
Mr Mohammed Zulkarnain Bin Abdul Aziz
Mr Donavan Teo
Mr Wu Che Vun Steven
[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. 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. 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 (Sarah) and copy admin@sacsingapore.org (Sandra) with the following details:

- 1) Full Name
- 2) Invoice number (if applicable)
- 3) Membership number (if applicable)
- 4) Amount
- 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.theselnetwork.sg/index.php/enrol-now/courses/zoom-learn-the-essentials-of-understanding-trauma-7-8-december-2020-50-student-discount-available

GRIEF COUNSELLING USING NARRATIVE PRACTICES

Overview:	Carolyn Markey addresses the difficult areas of grief and loss with practical helps based on Narrative Therapy concepts. Highlights include: <ol style="list-style-type: none">1. Discussing traditional ideas of grief and loss including the conventional assumptions of Grief Psychology contrasted with the ideas that shape Narrative Practices in addressing grief2. Looking at how death is an end to a life but not necessarily a relationship - and re-membering a person with material from Barbara Myerhoff3. Categories of Enquiry and group work will also be used in practice groups4. Addressing cultural messages about loss and death will be discussed and how they interact with persons experiencing grief5. Delving into the use of re-membering conversational maps, the absent but implicit, definitional ceremonies with outsider-witness practices - all used and practiced within small groups
Speaker/Trainer:	Carolyn Markey
Date of workshop:	9 – 10 November 2020
Time:	9:00AM – 5:00PM
Mode of Instruction:	ZOOM
Course Fees:	SGD 900.00 per participant
Registration:	https://www.theselnetwork.sg/index.php/enrol-now/courses/zoom-grief-narrative-therapy-9-10-november-2020



Upcoming External Workshops

INDIVIDUALS PERPETRATING VIOLENCE : NARRATIVE APPROACHES TO CONVERSATIONS WITH MEN WHO USE VIOLENCE IN FAMILIES

- Overview:** Like other Narrative Therapy courses offered, this course is undergirded by concepts from literary theory, social anthropology, and modern vs. traditional power and gender politic discourses. However, this particular workshop gives special attention to the sensitive work of addressing family violence within the particular context of Singapore. (This course also counts towards the Graduate Certificate in Narrative Therapy).
- Speaker/Trainer:** Chris Dolman
- Date of workshop:** 30 Nov – 2 Dec 2020
- Time:** 9:00AM – 5:00PM
- Mode of Instruction:** ZOOM
- Course Fees:** SGD 1,200.00 per participant
- Registration:** <https://www.theselnetwork.sg/index.php/enrol-now/courses/zoom-family-violence-narrative-therapy-30-nov-2-dec-2020>

COMPETENCY-BASED CLINICAL SUPERVISION SKILLS TRAINING

- Overview:** This 2-day skills-based workshop provides participants with a thorough understanding of the principles and practice of **effective clinical supervision**. You will learn about **contemporary theories** of competency-based supervision and learn how to set up, manage and evaluate both individual and group supervision contexts incorporating **best practice** standards and reflective practice.
- All course notes are provided electronically, including references, PowerPoint presentations and a Supervision Resources Handbook.**
- Speaker/Trainer:** Christine Senediak
- Date of workshop:** 4 – 5 February 2021
- Time:** 9:00AM – 4:30PM
- Mode of Instruction:** ZOOM Meetings
- Course Fees:** Early Bird: AUD 600.00 (ends 10th Dec 2020)
Standard Fee: AUD 660.00 (from 11th Dec 2020 onwards)
- Registration:** <https://www.clinicalsupervisionservices.com.au/register-competency>