



Singapore  
Association for  
Counselling

FOR COUNSELLING  
AND PSYCHOTHERAPY



40 Years of Caring for the Nation,  
Building Communities of Carers

APRIL 2022

# SAC NEWSLETTER

## PRESIDENT'S DESK

For the last four decades, SAC has been playing its role as the key professional body for counsellors and for the counselling profession. From gathering practitioners to establishing professional standards, ethical guidelines, course recognition and publishing a register of counsellors that is accessible to the public, benefiting many as the profession grows both in demand and supply.

Through the years, SAC has also collaborated with various ministries, social service agencies, institutions, and other key stakeholders to support and build a healthy eco-system of mental health and social care services for the communities in Singapore. Our 40th Anniversary theme *"40 Years of Caring for the Nation, Building Communities of Carers"* encapsulates our continued vision as we move forward from our cumulative efforts over the past four decades.

To celebrate this momentous occasion, we have planned for our members a series of workshops and events starting from May to November 2022 and we look forward to you joining us.

Finally, I would like to thank all members for the show of confidence in electing me and my fellow EXCO members to serve for a new term at the 40th AGM in March 2022.

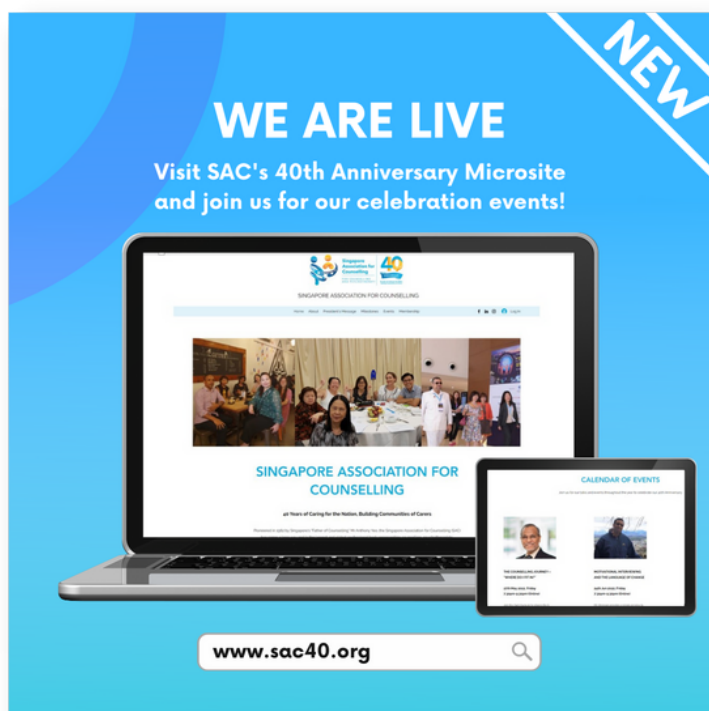
Yours sincerely,  
Assoc. Prof. Frederick Low

## SAC's 40th Anniversary Microsite

SAC celebrates its 40th Anniversary this year!

Visit our newly launched 40th Anniversary microsite to walk down the memory lane with us, celebrate the many milestones, hear from our partners and stakeholders and most important of all, join us in the many events lined-up for members and friends!

[www.sac40.org](http://www.sac40.org)



## 40th Anniversary Calendar of Events

Join us for our talks and events throughout the year to celebrate our 40th Anniversary. As a special appreciation for joining us for our celebration, participants attending the talks below will be awarded with double CPE (Continuing Professional Education) hours.



### THE COUNSELLING JOURNEY – “WHERE DO I FIT IN?”

**27th May 2022, Friday**  
**7:30pm-9:30pm (Online)**

[Learn More](#)

Join Rev Sam Kuna as he shares the 6 stages in the development of a counsellor/psychotherapist formed out of his more than 35 years of practice, to unfold the question “The Counselling Journey – “Where do I fit in?”



### MOTIVATIONAL INTERVIEWING AND THE LANGUAGE OF CHANGE

**24th Jun 2022, Friday**  
**7:30pm-9:30pm (Online)**

[Learn More](#)

Mr Viknesan provides a sneak preview to motivational interviewing approach that draws out intrinsic motivation from an individual to consider or make positive changes in their life.



### THE ART OF VITAL-ISING SELF-CARE

**22nd Jul 2022, Friday**  
**7:30pm-9:30pm (Online)**

[Learn More](#)

As professionals whose art and core focus is to support and enhance the psychological and emotional well-being of individuals, it is imperative for us to engage in everyday micro moments of self-nourishment. Ms Rena Sivadas shares on how we can apply vital and vitalising everyday self-care techniques.



### THE TRAUMA IMPACT OF COVID-19 PANDEMIC ON CHILDREN & ADOLESCENTS

**19th Aug 2022, Friday (Rescheduled)**  
**7:30pm-9:30pm (Online)**

[Learn More](#)

Due to the pandemic, mental health professionals observed that children and adolescents exhibit PTSD-like symptoms which resulted in a range of mental health-related issues. The presentation by Ms Michelle Koay will explore how counsellors can support young people to process their experiences and to gain a more constructive and positive meaning of what they have gone through.

## 40th Anniversary Calendar of Events

Save the dates for the following events and more information will be released at a nearer date:

### **PUBLIC FORUM**

**TOPIC 1 - "I NEED TO TALK TO SOMEONE"**

**TOPIC 2 - FROM STIGMA TO HEALING**

**30th Sept 2022, Friday**

**7.00pm-9:30pm (Online)**

Panelists:

- Rev Sam Kuna, Associate Professor and Dean, School of Counseling, TCA College
- A/Prof Frederick Low, President, SAC
- Mr Joachim Lee, PBM, Executive Director, Eagles Mediation & Counselling Centre
- Ms Abigail Lee, President, Association of Play Therapy Singapore

Moderator:

Ms Celine Edmund



### **SAC'S 40TH ANNIVERSARY SYMPOSIUM**

**20 Oct 2022, Thursday**

**Time and Venue TBC**

**Theme:**

40 Years of Caring for the Nation, Building Communities of Carers

### **SAC'S 40TH ANNIVERSARY APPRECIATION DINNER**

**25 Nov 2022, Friday**

**Time and Venue TBC**

**For SAC Members Only**

Join the grand finale event for our 40th Anniversary celebrations as we express our deepest appreciation to the members and volunteers for their valuable contributions to make this possible.





## 40th Annual General Meeting

SAC successfully concluded our 40th Annual General Meeting (AGM) virtually on 25 March 2022, and we would like to extend our heartiest congratulations to our newly conferred Fellow Member, Mr Tan Boon Huat, FSAC, as well as our newly appointed EXCO for their upcoming term from 2022 to 2024!

THANK YOU to the over 70 members who joined us at the AGM for your wonderful support.



## SAC Executive Committee (2022- 2024)

We are pleased to introduce the Executive Committee for the new term 2022 - 2024.

<b>President</b>	Dr Low Poi Kee Frederick
<b>Vice President</b>	Mr Lam Kee Soon Andy
<b>2nd Vice President</b>	Ms Hema Gurnani
<b>Honorary Secretary</b>	Ms Giam Xiuhui, Jenny
<b>Asst. Honorary Secretary</b>	Ms Lim Bee Bee Carolyn
<b>Honorary Treasurer (Co-opted)</b>	Ms Trina Tan
<b>Asst. Honorary Treasurer</b>	Ms Xiao Li En
<b>Committee Member</b>	Dr Chan Pei See Joyce
<b>Committee Member</b>	Ms Lydia Chang-Ern Lim
<b>Committee Member</b>	Dr Saravanakannan Ganapathi
<b>Committee Member (Co-opted)</b>	Ms Au Hoi Ting

# SAC Boards and Sub-committees (2022 - 2024)

## CLINICAL SUPERVISION BOARD

**Co-chairpersons:** Dr Jessica Leong  
Mr Joachim Lee, PBM

**Members:** Mrs Linda Wan-Koh  
Ms Livingston Anna Catherine  
Ms Reena Goenka  
Rev Sam Kuna  
Mr SB Viknesan  
Mrs Sharon Sng

## ETHICS BOARD

**Co-chairpersons:** Rev Sam Kuna  
Ms Sophia Ang

**Members:** Mr Benny Bong  
Ms Mittal Vinti  
Ms Rose Apphia Rujiab Faquir  
Mr Steven Tham  
Mrs Toh-Chua Juliana Swee Lin  
Dr Muni Winslow\* (Psychiatrist)  
Mr Robin Lim\* (Lawyer)

## COMMUNITY COUNSELLORS SUB-COMMITTEE

**Co-chairpersons:** Ms Sapna Mathews  
Ms Tan Hui Hong Dawn

**Members:** Ms Gan Sih Tar Michele  
Ms Sukumaran Nair Indu  
Ms Chen Pui Shan Sanny  
Mr Leow Hock Chuan John  
Ms Tan Yi Shan

## RESEARCH & PUBLICATION STANDING COMMITTEE

**Co-chairpersons:** Dr Low Poi Kee Frederick  
Dr Lee Boon Ooi

**Members:** Dr Pon Kwai Ling Alicia  
Dr Chan Pei See Joyce  
Dr Fan Kam Tong Gilbert  
Dr Kok Jin Kuan  
Dr Saravanakannan Ganapathi

## COUNSELLORS EDUCATION BOARD

**Co-chairpersons:** Ms Au Hoi Ting  
Dr Saravanakannan Ganapathi

**Members:** Ms Carolyn Lim  
Mdm Loh Bee Chin Cindy  
Mr Seow Kwee Yong  
Ms Yvonne Ang  
Ms Agnes Chia\* (SASW)

## REGISTER OF COUNSELLORS BOARD

**Co-chairpersons:** Ms Yap Xiu Fen Denise  
Ms Yuyia Kow

**Members:** Ms Giam Xiuhui Jenny  
Ms Liyana Gatot  
Ms Xiao Li En  
Ms Nancy Ng\* (MSF)  
Ms Malar Palaiyan\* (MOE)

## MEMBERSHIP SUB-COMMITTEE

**Co-chairpersons:** Ms Abigail Catherine Yang  
Ms Lim Bee Bee Carolyn

**Members:** Mr Abdul Hakim Bin Adzhari  
Ms Atika Shukla  
Ms Au Hoi Ting  
Ms Edmund Celine Vasantha  
Ms Fang Ai Ying Amy  
Ms Rachel Chan Wen Yeu  
Mdm Loh Bee Chin Cindy  
Ms Jeanette Ham-lock Mok  
Mr Sam Roberts  
Ms Tan Sook Khuan Helenna  
Mr Toh Huat Peng Benjamin

## SCHOOL & COLLEGE COUNSELLORS SUB-COMMITTEE

**Chairperson:** Ms Shamini Ras Ramachandran

**Members:** Ms Esendemir Sekhon Berna  
Mr Joshi s/o Chandrasenan  
Mr Jeffrey Lee Chung Yean  
Mr Mohammed Zulkarnain Bin Abdul Aziz  
Mr Teo Donavan  
Ms Xiao Li En

## Congratulations to Ms Vickineswarie Jagadharan for receiving the SG Heroine Award

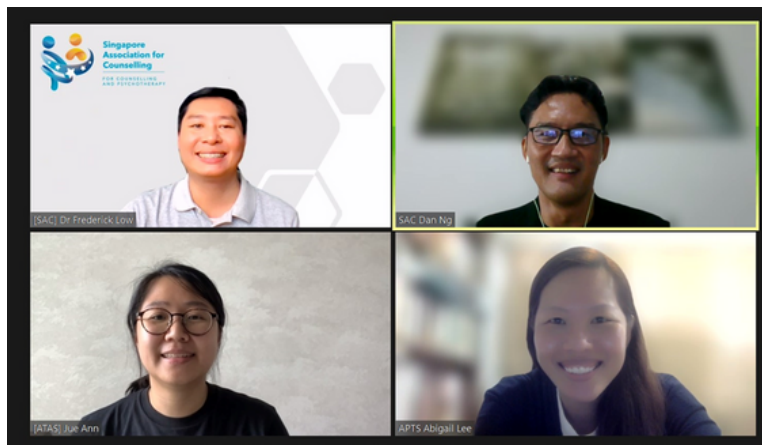
SAC congratulates our Allied Member Ms Vickineswarie Jagadharan for receiving the SG Heroine Award for her work as an advocate for suicide prevention and mental wellness.

Read about her inspiring story at the [link here](#).



Ms Vickineswarie Jagadharan is one of six winners who received the SG Heroine Award on March 6, 2022. PHOTO: VICKINESWARIE JAGADHARAN

## Conversations with APTS & ATAS



Here's celebrating another professional connection and robust discussion between our President A/Prof Frederick Low and ex-2nd VP Mr Dan Ng with our therapeutic partners - Ms Abigail Lee, President of Association For Play Therapy Singapore (APTS), and Ms Jue Ann, Secretary of Art Therapists' Association (ATAS) on 14 February 2022.

There was a lively exchange of professional and therapeutic perspectives on the development within the social services, as well as the education and healthcare arenas. We look forward to more!



## Workshop by AMFTS

We would like to thank our partner the Association for Marital and Family Therapy Singapore (AMFTS) for extending 50 complimentary invitations to SAC members for the workshop 'Intimate Strangers? Clinical Practice with Intercultural Couples' on 14th April 2022.

The speaker Dr. Reenee Singh presented an overview of systemic theoretical ideas for couples therapy, with an emphasis on the ideas, techniques and interventions that have particular salience for couples from different cultural, racial and religious backgrounds. We hope the attendees have found the session informative and enjoyable!

# Upcoming External Workshops

## Intermediate Motivational Interviewing Building Blocks

**Overview:** The aim of this intensive two-day Intermediate Motivational Interviewing workshop is providing the participants with an update on Motivational Interviewing, consolidate skills and increase confidence. The workshop will be multimodal and involve some lecture, plenty of practice with feedback and live and video demonstration.

**Speaker/Trainer:** Dr Joel Porter

**Date:** 12 - 13 May 2022

**Mode of Instruction:** Online Zoom Format

**Course Fees:** SGD 1200 (SGD700 for counselling or psychology students)

**Registration:** [www.theselnetwork.sg](http://www.theselnetwork.sg)



## Narrative Therapy for Children

**Overview:** This course will equip and build on your skills to:

- Have conversations with children and caregivers about traumatic events that do not traumatise them.
- How to bring children and caregivers together against the problem rather than seeing the child as the problem.
- How to think about ideas of power and expertise as a professional working with children.

**Speaker/Trainer:** Ms. Carolyn Markey

**Date:** 19 - 20 May 2022

**Mode of Instruction:** Online Zoom Format

**Course Fees:** SGD 1100 (SGD700 for counselling or psychology students)

**Registration:** [www.theselnetwork.sg](http://www.theselnetwork.sg)



## Schema Therapy Professional Training.(Basic Level)

**Overview:**

- Schema therapy concepts such as negative and positive schemas, coping styles and modes, core emotional needs
- Use of assessment tools needed to measure positive as well as negative schemas and past parenting patterns in both research and clinical practice
- Use of evidence-based intervention such as imagery, chair work and other strategies
- Use of therapy relationship to meet needs not met in childhood that are usually linked with problematic behaviour in adulthood
- Pattern breaking strategies and conceptualization.

**Speaker/Trainer:** Dr John Philip Louis

**Date:** 1 - 3 June 2022

**Time:** 9.00am - 5.00pm

**Mode of Instruction:** Online Zoom Format

**Course Fees:** SGD 960 (10% discount for members of SAC)

**Registration:** [www.gep.sg](http://www.gep.sg) or email: [johnphiliploouis@gmail.com](mailto:johnphiliploouis@gmail.com)





## Upcoming External Workshops

### REBT: Taking a Compassionate & Empowering Cognitive Approach

**Overview:** An exclusive 2-day virtual workshop with Dr Debbie Joffe Ellis, the world-renowned expert on REBT and wife of the late Dr Albert Ellis, the pioneer of REBT.

**Speaker/Trainer:** Dr Debbie Joffe Ellis

**Date:** 11 - 12 June 2022

**Time:** 9.00am - 10.30am (Day 1), 9.00am - 11.00am (Day 2)

**Mode of Instruction:** Virtual

**Course Fees:** SGD 100 (SGD 70 for first 100 pax)

**Registration:** <https://tinyurl.com/thoughtfull-REBT>



### Good Enough Parenting Professional Training

**Overview:** While clinicians and lay leaders attempt to help families resolve their diverse issues, many wonder: is there a preventive approach to equipping parents so that unhealthy patterns in families can be averted, families can be more connected, and children can grow up and become emotionally healthier and resilient adults? GEP is an in-depth, research-centered, evidence-based parenting programme which focusses on meeting the essential Core Emotional Needs. It is the only Schema Therapy based parenting programme in the world.

**Speaker/Trainer:** Dr John Philip Louis

**Date:** 8 - 9 July 2022

**Time:** 9.00am - 5.00pm

**Mode of Instruction:** Online Zoom Format

**Course Fees:** SGD 980 (10% discount for members of SAC)

**Registration:** [www.gep.sg](http://www.gep.sg) or email: [johnphiliploouis@gmail.com](mailto:johnphiliploouis@gmail.com)



Visit SAC's website at this [link](#) for more details of upcoming external events.

## Singapore Association for Counselling

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