



**Singapore
Association for
Counselling**

FOR COUNSELLING
AND PSYCHOTHERAPY

JANUARY 2022

SAC NEWSLETTER

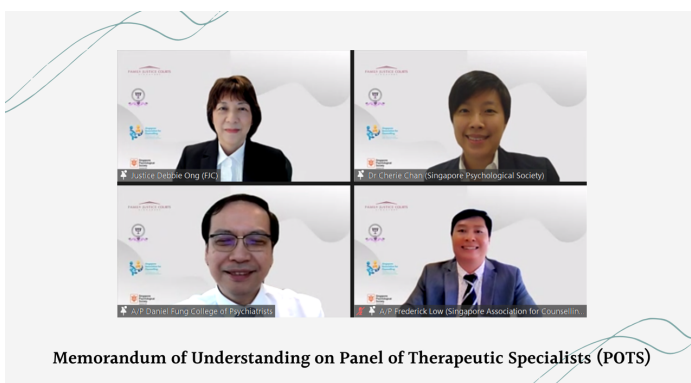


Panel of Therapeutic Specialists (POTS) MoU Signing Ceremony

SAC is happy to share the news of the Panel of Therapeutic Specialists (POTS) MoU Signing Ceremony held on 5th January 2022 by FJC, jointly with College of Psychiatrists, Academy of Medicine Singapore and Singapore Psychological Society.

Assoc. Prof. Frederick Low, President of SAC said, "Demand for counselling has accelerated across all sectors in recent years. The Singapore Association for Counselling strives to support and partner key stakeholders to grow a healthy eco-system of mental health and social care services, promoting easier access to therapeutic support across communities in Singapore. This collaboration with FJC is timely and well-placed to help children and families with relational challenges as they transit through difficult times."

Please refer to the media release for more info:
go.gov.sg/pots



PRESIDENT'S DESK

We sent off 2021 with a bang as we celebrated the achievements of two of our fellow SAC members who have been awarded the highest honors in recognition of their contributions to the social service sector.

With a new year upon us, we had a great start with the signing of the MoU with FJC on 5th Jan on the POTS initiative.

2022 is an important year as we will mark the 40th Anniversary of SAC. I look forward to members coming together, in the coming year, through a series of events to mark this milestone of the Association we call Home.

On behalf of the Executive Committee, I wish you and your family a Healthy, Safe and Enriching Year 2022 ahead!

Yours sincerely,
Assoc. Prof. Frederick Low

Congratulations To Ms. Ruth Chua On Being Awarded The Social Service Fellowship

SAC is pleased to support our Master Clinical Member Ms. Ruth Chua on her appointment of Social Service Fellowship by National Council of Social Service (NCSS). She joins other SAC members, namely Dr. Gilbert Fan and Ms. Irene Loi, as Social Service Fellows recognised for their professional expertise and contributions to the social service sector.

Please refer to the [NCSS website](#) for more information.



Congratulations to Dr. Gilbert Fan for receiving the Outstanding Social Worker Award 2021



Dr Gilbert Fan was one of two people who received the Outstanding Social Worker Award, the highest accolade in the field. ST PHOTO: DESMOND FOO

SAC sends our heartiest congratulations to our Clinical Member Dr. Gilbert Fan for receiving the Outstanding Social Worker Award 2021 from President Halimah Yacob.

Please refer to this article on [The Straits Times](#) for more information.

CH 8 Morning Express Interview with Assoc. Prof. Frederick Low: *The vital role of registered professional counsellors in supporting mental health in Singapore*



The 1st November 2021 episode of Morning Express 《晨光第一线》 on Mediacorp Channel 8 featured the crucial role that professional counsellors play in supporting the mental health of the community at large, especially during the pandemic.

In their interview with SAC's President Assoc. Prof. Frederick Low, he highlighted the importance for professional counsellors to be registered. He further advocated the necessity for mandatory accreditation in order to uphold the professionalism and accountability of counsellors in Singapore.

Please click on this link to view the [feature story](#).

SACnects Series by SAC's Public Education Team

Over the past year, SAC's Public Education Team has brought us a series of short educational videos on the different counselling approaches with our featured guests on our Facebook page. We would like to thank Dr. Joyce Chan and our volunteers on the team, Azlita and Jiayi, for their wonderful efforts!

Psychodynamic Approach

Guest Speaker: SAC President, A/P Frederick Low

Overview:

- History of Psychodynamic
- What are the fundamentals?
- Any misconceptions?
- What could be the common concern for using this approach?
- What is the unique feature of Psychodynamic?

Facebook Link: <https://fb.watch/at2nWQoPXB/>



Humanistic Approach

Guest Speaker: SAC Vice-President, Mr. Dan Ng

Overview:

- What is Humanistic Approach?
- What are the common techniques?
- Strengths and limitations?
- Any misconceptions?
- What happens before intervention?
- What happens when clients face new challenges?

Facebook Link: <https://fb.watch/at5SFIBAvy/>



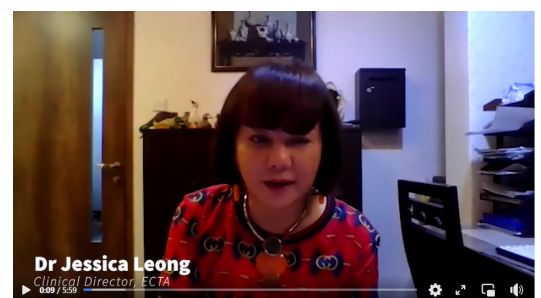
Transactional Analysis

Guest Speaker: Dr. Jessica Leong

Overview:

- What is Transactional Analysis?
- Any philosophical assumptions?
- What can Transactional Analysis do?

Facebook Link: https://fb.watch/at4VVTp_GL/



Family Systems

Guest Speaker: SAC Secretary, Ms. Hema Gurnani

Overview:

- What is Family Systems?
- Why use Family Systems?
- Why focus on the family?
- What can Family Systems Therapy be used for?

Facebook Link: <https://fb.watch/at4UTBTJb9/>



Upcoming External Workshops

Grief Therapy with Mr. Joseph John

Course Outline

Day 1

- Theories of Grief Counselling
- Is the Goal to Always Get Over Grief?
- Stages of Grief
- How to Stabilise Someone Going Through Grief
- Practical Examples Discussed

Day 2

- Traditional, Narrative, Spiritual and Contemporary Approaches
- Cultural Expressions of Grief
- Modern Expressions of Grief
- Different Settings

Speaker/Trainer: Mr. Joseph John

Date: 24 - 25 February 2022

Time: 9.00am - 5.00pm

Course Fees: SGD 700 (SGD 500 for counselling or psychology students, FSC & School Staff)

Registration: www.theselnetwork.sg



Introduction to Narrative Therapy with Mr. David Newman

Overview: Have you wondered what Narrative Therapy might look like in a mental health setting or when working with those who have mental health problems? The training will include a combination of lectures, discussions, the presentation of narrative therapeutic work, exercises and "live" demonstrations. There will be an emphasis on skills you can take away and immediately use in your work.

Speaker/Trainer: Mr. David Newman

Date: 16 - 18 March 2022

Time: 9.00am - 5.00pm

Course Fees: SGD 1450 (SGD 700 for counselling or psychology students)

Mode of Instruction: Zoom

Registration: www.theselnetwork.sg



Marital Counselling & Family Therapy

Overview of Marital Counselling: Marriage breakups are at an all time high in Singapore. What has happened to the stabilising unit that marriage was to provide and be? Enormous pressures both from society and in individual perception. The fallout is sad and not to be encouraged as a sign of modern times. Help must come.

Overview of Family Therapy: Families are the crucial foundation to a healthy society. Sociologists and politicians know this. But healthy families are under tremendous pressure in our current times. With families disintegrating fast, children are in danger of a lost or broken childhood. We need therapy to hold the family unit together.

Speaker/Trainer: Dr. David Gates

Date: 21 - 22 March 2022 (Marital Counselling);

23 - 24 March 2022 (Family Therapy)

Course Fees: SGD 900

Mode of Instruction: Zoom

Registration: www.theselnetwork.sg



Upcoming External Courses

MASTER OF SCIENCE IN APPLIED GERONTOLOGY BY NTU



Overview: The Master of Science in Applied Gerontology is a holistic programme designed to provide you with the expertise needed to work with older people, develop leadership skills, design policies, and help improve services for an ageing population.

Distinctive features:

- Two concentrations: Leadership and Policy Engagement; Clinical Practice and Care Management
- Innovative courses with an Asian focus
- Draws on NTU's strengths in ageing-related research
- Experiential learning through site visits, projects and practicum
- Leverage on perspectives, experience and network of diverse cohort of students
- Strong engagement with external academic, clinical, social service and community partners
- Flexible and caters to the needs of working professionals - study full-time (12 months) or part-time (minimum 18 months)

Join any of the two information sessions to learn more about the programme
(Register on NTU's website or email below).

Session 1

Date: 14 January 2022, Friday

Time: 7pm to 9pm

Venue: NTU Alumni House at One-North [Buona Vista]

Session 2

Date: 5 February 2022, Saturday

Time: 10.00am to 12.00pm

Online session

Application is now open till 28 February 2022

Contact Information:

MSc in Applied Gerontology, School of Social Sciences

Email: gerontology@ntu.edu.sg

Tel: +65 6904 7499 / +65 6592 7833

<https://www.ntu.edu.sg/sss/graduate-education/msc-in-applied-gerontology>

Singapore Association for Counselling

c/o Work Central Offices Pte Ltd
190 Clemenceau Avenue
#06-01 Singapore Shopping Centre
Singapore 239924
Tel: +65 6708 8292
Email: admin@sacsingapore.org
Website: www.sacsingapore.org
UEN No.: S83SS0024D

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