



**Singapore  
Association for  
Counselling**

FOR COUNSELLING  
AND PSYCHOTHERAPY

OCTOBER 2021

# SAC NEWSLETTER



## PRESIDENT'S DESK

### Career and Recruitment Exercise (CaRE) 2021

Over 190 counselling practitioners and students from SAC recognised institutions participated in SAC's inaugural Career Talk on 30 July 2021, where our esteemed panellists shared about Community-based Family Counselling and the job opportunities at their respective agencies.

Special thanks to our wonderful panellists and moderator for making this webinar a great success!

- Ms Han Yah Yee, Group Director, Montfort Care
- Ms Marie Yeo, Deputy Divisional Head, Fei Yue Community Services
- Ms Bettina Yeap, Principal Counsellor, Care Corner Singapore
- Ms Cindy Loh, Principal Counsellor, Care Corner Singapore
- Mr Damien Ong, Senior HR Executive, Care Corner Singapore
- Moderator: Mr Joachim Lee, PBM

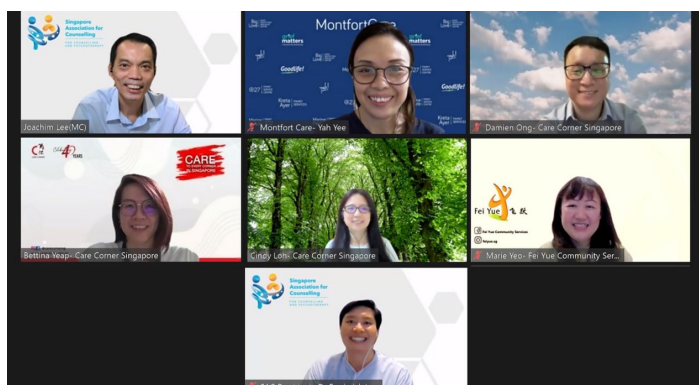
We had an eventful third quarter with various collaborative efforts and initiatives with our partners from the social service, associations locally and overseas, and ministries. I hope you will enjoy reading about them in this newsletter.

As we move into the last quarter of 2021, the EXCO, Boards and Subcommittees are gearing up for an exciting year in 2022 to celebrate SAC's 40th Anniversary. More details will be announced at a later date.

SAC has come a long way since its founding in 1982 and we have grown to over 1000 members over the years. We are thankful to our members, both pioneer and newer members, for being a part of this meaningful journey with us.

Before I end off, do follow us on our social media channels (links on the last page) to be in the loop with the latest news and happenings at SAC.

Yours sincerely,  
*Dr Frederick Low*



## Community of Practitioners

Over 50 fellow members and practitioners joined us on our talk about Psychological Effects of Divorce on Children by Mr Tony Leong, Director of Youth Work at CampusImpact on 25th June 2021.

It was an insightful session for the practitioners to learn more about the common psychological effects of divorce on children and how to manage the divorce to reduce the impact on them.



## New Members Orientation



A New Members Orientation was organised by the Membership Subcommittee on 3 July 2021 via zoom to officially welcome the new members who have joined SAC since early 2021.

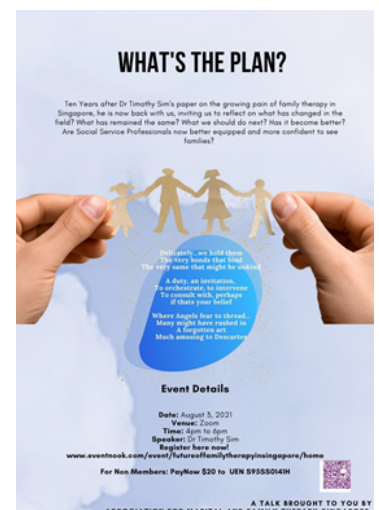
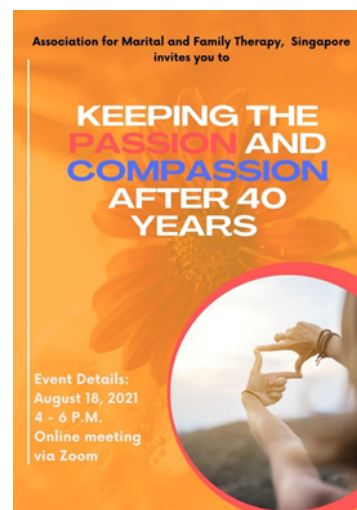
The Subcommittee shared their personal counselling journeys and the new members got to know more about SAC and the volunteering opportunities available.

Once again, a warm welcome to all new members to the SAC family!

## Workshops by AMFTS

In the month of August, the Association for Marital and Family Therapy Singapore (AMFTS) kindly extended complimentary invitations to SAC members to attend two of their workshops: **What's the Plan** by Dr Timothy Sim on 3 August 2021 and **Keeping the Passion and Compassion After 40 Years!** by Dr Barbara McKay on 18 August 2021.

We hoped you have enjoyed the workshops and we look forward to share future invitations from our partners with you.



## Calling for volunteers for SAC's 40th Anniversary!

As SAC celebrates its 40th Anniversary in 2022, we will be organising various events to engage and connect with our members, and we would like to harness the talents amongst our fellow members to join us as a volunteer in various roles ranging from social media/PR support, event coordinator, moderator, IT support and others.

Sign up your interest at this link below:  
<https://forms.gle/VdjbvWCvvhmbraEPB8>

## Counselling and Supervision Hours

In consideration of the current Safe Management Measures, we are pleased to inform that the SAC EXCO has approved the extension of the recognition of video/tele-counselling hours and video supervision hours for the purpose of Registered Counsellor (RC) registration or renewal until further notice.

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## MOU with HKPCA

The Singapore Association for Counselling (SAC) and the Hong Kong Professional Counselling Association (HKPCA) signed a four-year Memorandum of Understanding (MOU) to facilitate the establishment of a working relationship between the two associations.

This potentially leads to the conduct of various collaborative activities, including exploring the possibility of mutual recognition of specific type of membership, professional exchanges and joint research projects of direct relevance to practitioners, among other potential opportunities for collaboration under the MOU.

Incorporated in 1995, HKPCA is the largest, oldest and most established organization representing professional counsellors in Hong Kong. It has over 1,400 members and around 300 certified counsellors and 100 Approved Counselling Supervisors which constitute a broad representation of professional counsellors in Hong Kong.

Dr Frederick Low, President of SAC, spoke about the agreement, "The MOU brings the two Associations closer together, to explore areas for collaboration that are mutually beneficial in the years ahead."

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## Panel of Therapeutic Specialists (POTS)

The Family Justice Courts (FJC) has announced the establishment of the Panel of Therapeutic Specialists (POTS) to improve access to the spectrum of therapeutic services available to meet the diverse needs of families undergoing or concluding their legal proceedings in FJC. POTS will comprise qualified mental health and social science professionals from the private sector.

SAC is pleased to support the POTS initiative with our President, Dr Frederick Low, on board the Steering Committee, working with leaders of Singapore Psychological Society, College of Psychiatrists and the FJC to develop the professional requirements for POTS. Moving ahead, a POTS pilot is targeted to be launched in 2022.

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## Ministry Representatives to the Register of Counsellors Board

The SAC Register of Counsellors Board (RCB) plays a crucial role in upholding high professional standards amongst counsellors in Singapore by overseeing the review of new and renewal applications of Registered Counsellors status. The RCB ensures that only members in good standing and who possess the recognised training and experience be admitted and/or remain on the Register.

As part of the Board's strategic plan, SAC has invited representatives from the Ministry of Education (MOE) and the Ministry of Social & Family Development (MSF) to the RCB. This provides a common platform for MOE, MSF, and SAC to identify and be apprised of emerging trends relating to counsellor-regulation in Singapore and consequently, to review and recommend enhancements to the current registration scheme.

SAC is pleased to announce the appointments of Ms Malar Palaiyan, Lead Specialist, Guidance Branch from MOE, and Ms Nancy Ng, Director, Family Support Division from MSF as the Ministry Representatives to the RCB serving from 1 October 2021 to 30 September 2023.

# Upcoming External Workshops

## Introduction to Narrative Therapy Level 1 (Run 2)

**Overview:** Based on the work of Michael White and David Epston, Narrative Therapy involves ways of understanding the stories of people's lives and ways of re-authoring their stories collaboratively between therapist and the people whose lives are being discussed.

**Speaker/Trainer:** Mr. Mohd Fareez

**Date:** 10 - 12 November 2021

**Time:** 9.00am - 5.00pm

**Mode of Instruction:** Onsite or online (TBA)

**Course Fees:** SGD 1200 (50% discount for counselling or psychology students)

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



## 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?

Good Enough Parenting (GEP) is the solution to this pressing need. 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:** Mr John Louis & Mrs Karen Louis

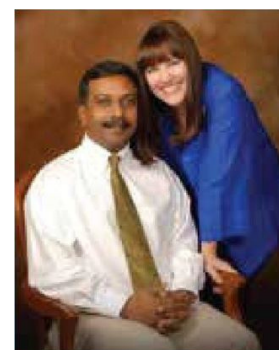
**Date:** 22 - 24 November 2021

**Time:** 9.00am - 5.00pm

**Mode of Instruction:** Online Zoom Platform

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

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



## Empathy Masterclass

**Overview:** Empathy is essential in any helping processes be it counselling or psychotherapy. Research has shown that therapist's ability to empathise correlates positively with outcome measures. However, there has been little or no systematic training to enhance one's capacity to empathise. This training on Empathy Skills offers a framework for understanding the empathic process and the wide range of empathic responses.

**Speaker/Trainer:** Prof. Robert Elliott

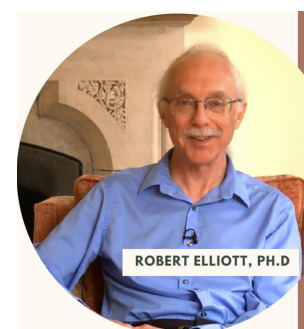
**Date:** 8 - 10 & 15 - 17 December 2021 (6 days)

**Time:** 9.00am - 1.00pm

**Mode of Instruction:** Online

**Course Fees:** SGD 1500

**Registration:** <http://bit.ly/empathymasterclass2021>



## Upcoming External Workshops

### ITrauma Education presented by Dr Leah Giarratano

**Overview:** Two highly regarded trauma focused programs for all mental health professionals. Offered in Australia and New Zealand and internationally as a self-paced online program or via 2-day livestream

Clinical skills for treating post-traumatic stress disorder: Day 1 - 2

Clinical skills for treating complex traumatisation: Day 3 - 4

**Speaker/Trainer:** Dr Leah Giarratano

**Date:** Various course dates available

**Time:** 15 hours for Day 1-2 and 19 hours for Day 3-4

**Mode of Instruction:** Self-paced online or 2-day livestream

**Course Fees:** Day 1-2 or Day 3-4 are AUD 795 and Day 1-4 is AUD 1,390


**Registration:** [www.talominbooks.com](http://www.talominbooks.com)



### THRIVE for your clients


**Registration:** [thrivefamily.sg/training](http://thrivefamily.sg/training)

#### Nurturing Our Therapeutic Stance



**The Perfectionistic Therapist**  
Helping the self and clients with flexibility, courage and compassion  
*Starts from 11 Nov 2021*

Jennifer Kemp



**Supercharge Your Therapeutic Alliance**  
Becoming a better clinician, to better your clients  
*Starts from 25 Nov 2021*

Jim Lucas

#### The Third Wave Therapy



**ACT for young children, adolescents and parents/carers**  
*Starts from 29 Oct 2021*

Dr. Chris McCurry



**Nurturing Roots to Reach New Heights**  
ACT as Clinical Behaviour Analysis for Mastering Implementation

Dr. Emily K. Sandoz

#### Gottman Method Couples Therapy



Trish Purnell-Webb

- 1. Professional Trainings** (Levels 1-3)
- 2. Workshops**
  - Infidelity
  - Neurodiversity
  - Process Focused Therapy
- 3. Mini-Workshops**
  - Planning & feedback
  - Gottman-Rapoport Intervention & Four Horsemen
  - Dreams within conflict
  - Aftermath of a fight
  - Atonement process
  - Relapse prevention

*Starts from 6 Jan 2022*

## Singapore Association for Counselling

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