



EVIDENCE-INFORMED PRACTICE: “TOWARDS A BETTER STATE OF WELL-BEING”

The Academia, 20 College Road, Singapore
October 15-16, 2015

The aim of this Counselling Symposium is to bring together counsellors, psychotherapists, and related mental health and educational professionals in Singapore and the ASEAN Region to discuss the progressive and emerging trends in counselling practice. This Counselling Symposium will also showcase Singapore Association for Counselling as we celebrate our 33rd Anniversary, through the new categories of Membership, the benchmarking of Registered Counsellors and the Course Recognition of Training Providers, and the official launch of the SAC Ethics Manual.

The main theme of the Counselling Symposium has been intentionally deliberated and chosen to raise awareness on the quality and expectations in our practice as one being “evidence-informed.” This means the practice that SAC supports now and in the future is a practice that is researched, and can withstand scrutiny by academics and professionals across the globe. Responsibility is placed on the counselling professionals to ensure that training, certifications and competencies are constantly upgraded in order to maintain professional ethics, transparency, and accountability as practitioners.

The Counselling Symposium’s sub-theme will focus on how counselling can promote a better well-being among the clients and within the community in fast-paced and progressive Singapore as well as within the dynamic ASEAN Region. While there may be visible signs of prosperity and dynamic economic progress - children, individuals, couples and families are undergoing tremendous stress and multiple tensions in academic expectations, interpersonal relationships, and making ends meet for the family.

This Counselling Symposium 2015 by SAC will provide ample opportunities to showcase the dynamics and life of the counselling and psychotherapy practice in Singapore. With the focus on “Evidence-Informed Practice”, the Scientific Committee worked very hard to invite an exceptional team of overseas and local practitioners with interesting presentations on topics that would focus on the three majors concerns of our practice, i.e., the Counsellor; the Client; and the Community! Through the Keynote Speakers, Panel of Experts in the field, Workshop Presentation of Scientific Papers by researchers, and presentations on current “Hot Topics”, we believe you will have a wonderful two days of learning, networking, and updating on cutting edge research on the practice and different modalities.

On behalf of the Organising Committee, I welcome you to our SAC Counselling Symposium 2015 and look forward to seeing you.

Yours faithfully

MR JIM BEK
President, Singapore Association for Counselling



GUEST-OF-HONOUR

DR. AMY KHOR
Senior Minister of State for the Ministries of Health and Manpower

Who Should Attend

Professionals involved in mental health care and social services in both private and public sectors, including:

- Counsellors
- Social Workers
- Psychologists
- Psychiatrists
- Doctors
- Academics
- Faith-based Practitioners
- Nurses
- Palliative Caregivers
- Correctional Practitioners
- Rehabilitative Officers
- Criminologists
- Allied Professionals
- Counselling Students

Hosted by:



Venue Sponsor:



Supporting Organisations:



	EARLY BIRD REGISTRATION FEES (registration & payment received on or before 31 May 2015) (includes Symposium Materials and all meals/breaks)	STANDARD REGISTRATION FEES (includes Symposium Materials and all meals/breaks)
SAC Members	SGD 428	SGD 458
Current students or members of supporting organisations	SGD 428	SGD 458
Non-members	SGD 458	SGD 488

Programme

Day One | 15 October 2015

8:30 – 09:00	Registration for Delegates
09:00 – 09:45	Opening Ceremony Arrival of GOH: Welcome Drums by MINDS Taiko Welcome Speech by GOH Launch of SAC's Ethics Manual Speech by SAC President
09:45 – 10:30	Key Note #1 "The Three Waves of Behavioural Psychotherapy: Theory, Evidence and Practice Towards Improved Wellbeing" Prof Greg Murray , Professor in Psychology Faculty of Health, Arts and Design, Swinburne University of Technology, Australia
10:30 – 11:00	Morning Tea
11:00 – 12:40	Multi-disciplinary Panel <ul style="list-style-type: none"> Would the panellist comment from his/her perspective whether school counsellors; psychiatrists, psychotherapists, psychologists and social workers could collaborate in a multi-disciplinary setting to support clients/patients in Singapore? What are the challenges? Would the panellist comment from his/her perspective the importance of evidence-informed Practice in his/her area of work? <p>Moderator: Prof Kok Lee Peng</p> <p>Panellists: Ms Ang Bee Lian, Director of Social Welfare, Ministry of Social & Family Development, Social Development & Support Ms Malar Palaiyan, Senior Specialist Guidance Branch, Student Development Curriculum Division, Ministry of Education Associate Prof John Wong, Head, Associate Professor & Senior Consultant Psychiatrist, Department of Psychological Medicine, Yong Loo Lin School of Medicine, NUS & National University Hospital Dr Augustine Tan, Psychotherapist/Director, Executive Counselling & Training Academy, Singapore Dr Elizabeth Nair, Principal Psychologist of Work & Health Psychologists</p>
12:40 – 1:50	Networking Lunch
1:50 – 2:40	Concurrent Sessions 1: Scientific Papers (1-6 papers)
2:40 – 3:30	Concurrent Sessions 2: Scientific Papers (7-12 papers)
3:30 – 4:00	Afternoon Tea
4:00 – 5:30	Concurrent Sessions 3: Hot Spots Hot Spots 1: "The Mindful and Attuned Therapist" Dr Harold Robers , Clinical Psychologist, Marriage and Family Therapist Psycare Consultants, Singapore Hot Spots 2: "Counsellor Education – A Round Peg in a Square Hole?" Dr Geoffrey McNulty , Senior Lecturer in Education, Guidance and Counselling James Cook University, Singapore Campus Hot Spots 3: "Qualitative & Quantitative Research In Counselling: Choosing Your Path" Associate Prof Jeffrey Pfeifer , Ph.D., M.Leg.St., Chair, Department of Psychological Science; Associate Professor (Psychology), Swinburne University of Technology, Australia Hot Spots 4: "Supervisor's Vision: Crafting your Personal Vision of Supervision" Dr Augustine Tan , Psychotherapist/Director, Executive Counselling & Training Academy, Singapore Hot Spots 5: "Domestic Violence and the Criminal Justice System 101" Associate Prof Stella Tan Wei Ling , Director, Legal Policy; Group Director Office; Applied Sciences Group, Health Sciences Authority, Singapore Hot Spots 6: "Uncertain Borders: A Counsellor's Dilemma" Dr Tan Chue Tin , Psychiatrist, Mount Elizabeth Medical Centre; Chairman, Executive Counselling & Training Academy, Singapore Hot Spots 7: "Multiculturalism in Counselling: A Logical Extension of Being Client-Centered and the Intentional Use of Self" Mr Benny Bong , The Family Therapist, Singapore Hot Spots 8: "Water The Seeds, Not The Weeds: Solution-Focused Creativity And Creative Problem-Solving" Prof John McCarthy , Professor, Department of Counselling, Indiana University of Pennsylvania, USA

Programme

Day Two | 16 October 2015

09:00 – 09:15	Welcome Back
09:15 – 10:00	Key Note #2 "Listen to What They Say: Engaging Service Users to Improve Counselling Service" Associate Professor Timothy Sim , Department of Applied Social Sciences, The Hong Kong Polytechnic University, Hong Kong
10:00 – 10:30	Morning Tea
10:30 – 12:00	Theory & Counselling Approaches <ul style="list-style-type: none"> Why do counsellors need theory in counselling and what is the role of theory in counselling? Why are there so much diversities of theories about therapy and counselling? <p>Moderator: Dr Jessica Leong, Psychotherapist/Clinical Director, Executive Counselling & Training Academy, Singapore</p> <p>Panellists: Prof Glen Bates, Pro Vice-Chancellor (Student Advancement), Swinburne University of Technology Mr Benny Bong, The Family Therapist Ms Ruth Chua, Executive Director, Counselling and Care Centre Ms Rose-Inza Kim, Professor Emeritus, Sogang University Rev Sam Kuna, Dean, School of Counselling, TCA College</p>
12:00 – 1:15	Networking Lunch
1:15 – 2:45	Concurrent Sessions 4 - Workshops: Application Workshop 1: "Psychological Interventions for Bipolar Disorder: Best Practice and Future Directions" Prof Greg Murray , Professor in Psychology, Faculty of Health, Arts and Design, Swinburne University of Technology, Australia Workshop 2: "Making Systemic Concepts Alive in Clinical Practice" Ms Juliana Toh , Clinical Director, Counselling and Care Centre, Singapore Workshop 3: "A Taste of Psychodynamic Psychotherapy: An Experiential Understanding of the Key Concepts" Dr Lyn Chua , Adjunct Associate Professor, the Department of Psychological Medicine, National University of Singapore Workshop 4: "Working with Offenders and those with Problem Behaviours: A Primer" Professor James R. P. Ogloff , Centre for Forensic Behavioural Science, Swinburne University of Technology and Victorian Institute of Forensic Mental Health (Forensicare) Workshop 5: "Supporting the Dying & Next-of-Kin: A Humanistic Approach" Dr Tan Yew Seng , Senior Consultant, Bright Vision Hospital, Singapore Workshop 6: "The Eight Core Principles of Child Centered Play Therapy" Dr Alicia K L Pon , University of Hong Kong/Honorary Assistant Professor, Child Psychotherapist, Psychology Resources Limited, Hong Kong Workshop 7: "Happiness is a Choice - Mental Health and Happiness" Ms Rose-Inza Kim , Professor Emeritus, Sogang University Workshop 8: "10-Minute Therapeutic Conversations with Patients Facing Serious Medical Conditions" Dr Gilbert Fan , Department of Psychosocial Oncology, National Cancer Centre Singapore
2:45 – 3:15	Afternoon Tea
3:15 – 4:15	Concurrent Sessions 4 - Workshops: Application (continue)
4:15 – 5:15	Closing Ceremony Performance - "A Song for the Counsellor and Client"

For the detailed agenda and latest information on our Symposium, please visit our website www.intellitrain.biz/SAC2015.

For sponsorship, exhibition and registration enquiries, please contact SAC@intellitrain.biz.

1 SAC SYMPOSIUM 2015: REGISTRATION FORM

IMPORTANT: 1. Please complete a separate form for each delegate 2. Return this form to: Secretariat, SAC Symposium 2015 c/o Intellitrain Pte Ltd, Level 3, 146 Robinson Road, S 068909 or SAC@intellitrain.biz or Fax to +65 3151 5797	Registration closes on 30 September 2015.
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	PLS TICK (✓)	EARLY BIRD REGISTRATION FEES (registration & payment received on or before 31 May 2015) (includes Symposium Materials and all meals/breaks)	PLS TICK (✓)	STANDARD REGISTRATION FEES (includes Symposium Materials and all meals/breaks)
SAC Members		SGD 428		SGD 458
*Current students or members of supporting organisations: 1. Academy of Human Development (National Chi Nan University) (AHD) 2. Care Community Services Society (CCSS) 3. College of Allied Educators (CAE) 4. Counselling and Care Centre (CCC) 5. Executive Counselling and Training Academy Pte Ltd (ECTA) 6. James Cook University (JCU) 7. Monash University (Monash) 8. SIM University (UniSIM) 9. Singapore Bible College (SBC) 10. Singapore Psychological Society (SPS) 11. TCA College (TCA)		SGD 428		SGD 458
Non-members		SGD 458		SGD 488

NOTE:

- 1) Registration Fee includes attendance at the event, coffee breaks and lunch.
- 2) Registration for ALL delegates start at 8.30am on 15 October 2015, before the Opening Ceremony.
- 3) Current Enrolled Students from SAC Recognised Course Providers must apply through their respective institutions to be entitled to the discounted rate.

DELEGATE DETAILS – Please complete all details

Name (Prof/Dr/Mr/Mrs/Miss/Mdm): _____

Name to Appear on Badge: _____

Name and Mailing Address of Organisation: _____

Designation: _____

Tel number: _____ Fax number: _____ * Email: _____

(Email required for confirmation of registration)

Please indicate any special dietary, medical or other requirements: _____

2. PAYMENT DETAILS

- Cheque Telegraphic Transfer

Fee Category:

- SAC Member Non-Member

Student or member of:

- AHD CCSS CAE CCC ECTA JCU Monash SBC SPS TCA UniSIM

Cheque Payment Details:

Cheque payments should be made payable to “Singapore Association for Counselling” & arrive at our office with your completed registration form before the closing date, **Wednesday, 30 September 2015**.

Telegraphic Transfer Details:

Account Name: **Singapore Association for Counselling** Account Number: 005-903830-2 SWIFT Code: DBSSSGSG

Bank Details: DBS Bank Address: Toa Payoh Branch, 520 Toa Payoh Lorong 6 #02-50, HDB Hub, Singapore 310500

Please email us at SAC@intellitrain.biz after the T/T has been done for our follow-up with the bank. The registration fee must be received **nett of all bank charges**.

REGISTRATION, REFUNDS & CANCELLATION POLICY

1. Registrations will be confirmed upon receipt of full payment accompanied by a duly completed registration.
2. The Organisers reserve the right to refuse to register or admit any participant, and to cancel or postpone the event.
3. Equivalent substitute delegate (e.g. member for member or non-member for non-member) are welcome at no additional charge, subject to our being informed in writing at least 5 working days in advance of such substitution.
4. The Organisers will not entertain any request for a refund of fees. However a confirmed registrant who has paid in full the registration fees but does not turn up for the event will be entitled to collect a set of the materials provided.
5. I fully consent to receive messages and materials from SAC or SAC' service providers, regardless via telephone, mail, electronic mail or any other form of communication.
6. I further consent to the collection, use and disclosure of my personal data collected by SAC for the above mentioned purposes and for purposes related to this registration.

DISCLAIMER

The Organising Committee is committed to staging a successful Symposium; however it reserves the right to cancel or postpone the Symposium, change its programme or venue or any of the other details published.

FOR REGISTRATION ENQUIRIES

For any enquiries on registration, please contact:

Secretariat, SAC Symposium 2015, c/o Intellitrain Pte Ltd, Level 3, 146 Robinson Road, Singapore 068909

Tel: +65 6551 2789, Fax: +65 3151 5797, Email: SAC@intellitrain.biz, Symposium Homepage: www.intellitrain.biz/SAC2015

**For the detailed agenda and latest information on our Symposium, please visit our website www.intellitrain.biz/SAC2015.
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