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 Presentations 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.

Mr Jim Bek
President, Singapore Association for Counselling

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
- Counseling Students

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.
The Three Waves of Behavioural Psychotherapy: Theory, Evidence and Practice Towards Improved Wellbeing

Numerous psychotherapies hold the promise of improving our clients’ wellbeing. Some of the most prominent contemporary approaches fall under the broad heading of ‘behavioural’ psychotherapies. The history of scientific psychology is paralleled in the history of behavioural psychotherapies, which have arisen in three ‘waves’: traditional conditioning-based therapies, cognitive-behavioural therapies, and mindfulness-based therapies.

The overarching aim of this talk is to characterise these three approaches in terms of their theoretical assumptions, evidence base and clinical implications. Shared features will be highlighted (e.g., the transparent and collaborative therapeutic process), as well as important differences (e.g., changing assumptions about the nature of the person). Examples of particular interventions and their application in counselling will be provided. It will be argued that the behavioural psychotherapies provide a wide range of relatively simple tools with demonstrated efficacy, but evidence-informed counselling practice requires more than scientific evidence of efficacy. To obtain the best outcomes for a particular client, the counsellor must integrate evidence from the scientific literature with knowledge about this client’s personal and social context, values and preferences.

Prof Greg Murray - Professor in Psychology, Faculty of Health, Arts and Design, Swinburne University of Technology, Australia

Qualitative & Quantitative Research In Counselling: Choosing Your Path

This presentation will provide a brief overview of the advantages and disadvantages of employing qualitative and quantitative methodologies within the context of counselling research. Emphasis will be placed on ensuring that those engaged in designing research projects gain an understanding of when each of the methodologies may be more effectively utilised.

Attention will also be given to ensuring that consumers of this research (e.g., counsellors, practitioners, students) hold a clearer understanding of how selected methodologies might impact the findings reported in journal articles, books, and counselling manuals. Finally, a discussion will be presented which suggests the importance of framing the qualitative/quantitative question in terms of its effectiveness as triangulation evidence for alterations to counselling practices and programs rather than as a competing methodological decision (i.e., one method perceived as more effective than the other).

Associate Prof Jeffrey Pfeifer, Ph.D., M.Leg.St. - Chair, Department of Psychological Science; Associate Professor (Psychology), Swinburne University of Technology, Australia

Domestic Violence and the Criminal Justice System 101

Domestic violence is a topic that strikes at the very heart of our community and the family unit. Victims often suffered for long periods of time before they break the silence and seek help. One may argue that the criminal justice system does not provide the best resolution for domestic violence cases but it is often the first port of call for the victims to seek redress. For all its imperfection, the criminal justice system strives to achieve a just result and to provide a voice for the victims. This presentation covers the offences that are commonly invoked for domestic violence in the Penal Code as well as under the Women’s Charter.

Associate Prof Stella Tan Wei Ling - Director, Legal Policy; Group Director Office; Applied Sciences Group, Health Sciences Authority, Singapore
Symposium Programme - Day 1

Time  Topic / Synopsis
09:00  Welcome Back
09:15  Key Note #2 “Listen to What They Say: Engaging Service Users to Improve Counselling Service”

This keynote speech highlights the need to rigorously obtain feedback from service users, who we aim to serve, as an important source of evidence to inform best practices. This set of practice research data is drawn from an eminent and award winning cyber-wellness programme in Singapore. The process of engaging the service users, methods used, findings and lessons learnt are delineated. Inevitably, the voices and views of the service users are crucial to develop effective interventions, while the openness of counsellors and their management to listen to service users’ feedback forms the backbone for excellent services.

Associate Professor Timothy Sim - Department of Applied Social Sciences, The Hong Kong Polytechnic University, Hong Kong

10:00  Morning Tea
10:30  Theory & Counselling Approaches

The two areas for discussion by the panellists are:
- 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?

Moderator: Dr Jessica Leong - Psychotherapist / Clinical Director, Executive Counselling & Training Academy, Singapore

Panellists:
- Prof Glen Bates - Pro Vice-Chancellor (Student Advancement), Swinburne University of Technology, Australia
- Mr Benny Bong - The Family Therapist, Singapore
- Ms Ruth Chua - Executive Director, Counselling and Care Centre, Singapore
- Ms Rose-Inza Kim - Professor Emeritus, Sogang University, Korea
- Rev Sam Kuna - Dean, School of Counselling, TCA College, Singapore

12:00  Networking Lunch
13:15  Concurrent Sessions 4: Workshops: “Application” (cont.)
14:45  Afternoon Tea

Symposium Programme - Day 2

Time  Topic / Synopsis
15:15  Concurrent Sessions 4: Workshops: “Application” (cont.)
16:15  Closing Ceremony Performance -“A Song for the Counsellor and Client”

Workshop 1: “Psychological Interventions for Bipolar Disorder: Best Practice and Future Directions”

Treatment outcomes for bipolar disorder (BD) are not satisfactory, but psychological models and treatment approaches show promise for improving symptoms and quality of life. Participants will be introduced to theory, knowledge and skills concerning the assessment and psychological management of BD. Evidence-based treatments will be introduced, and application in everyday practice described. Emerging international issues will be discussed, including the role of recovery approaches, mindfulness-based therapies, the bipolar spectrum and dimensional measurement of BD. Social learning processes in therapy, integrating face-to-face and online treatments, and leveraging patients’ strengths (particularly creativity).

Process: The workshop will follow an interactive seminar format. Instructional videos will demonstrate the symptoms of BD, and case studies will highlight how a clinician’s existing skill base can be applied to the condition. Participants will be provided with a handbook of resources and background information supporting the workshop content. Links to our free, online assessment package for BD will also be provided.

Learning Outcomes: Participants will deepen their understanding of the assessment and diagnosis of BD. They will become more confident in the management of clients with BD through learning an integrated treatment-learning model of the bipolar disorders and understanding key therapeutic process issues. This strongly applied set of knowledge and skills will be situated in an empirical and theoretical context, supporting participants’ critical engagement with rapidly growing scientific literature.

Level of Expertise: The workshop will assume foundation knowledge/skills in assessment and diagnosis of BD. The section on assessment will build on this knowledge/skill so that participants have a sophisticated appreciation of contemporary diagnostic issues. The workshop will assume foundation knowledge/skills in psychological treatments of disorders, and the section on models and treatment will build on this knowledge/skill so that participants have a thorough understanding of evidence-based approaches to psychological treatment for this particular disorder.

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”

Salient systemic concepts will be presented and its application demonstrated in one or more cases brought by workshop participants. The workshop will conduct in this manner to illustrate the evolutionary properties of a system – in this context – a workshop at a conference. Attempts will be made to transfer the application of the systemic approach and integrate into the participants’ respective clinical context.

Ms Juliana Toh - Clinical Director, Counselling and Care Centre, Singapore

Workshop 3:  “A Taste of Psychodynamic Psychotherapy: An Experiential Understanding of the Key Concepts”

This workshop attempts, in three short hours, to provide the participants with just a “taste” of the key concepts (for example, transference, countertransference, defense mechanisms) and an overview of how they apply in psychodynamic psychotherapy. As psychodynamic psychotherapy is an intense and personal form of therapy, the therapist must be acutely aware of boundary issues; the pitfalls of boundary violations and crossings will be discussed.

This interactive workshop will involve role-plays to demonstrate how some of these concepts and issues would emerge during therapy. Participants will hopefully benefit from the experiential sessions through participation in the role-plays. Towards the end of the workshop, there will be time for questions, answers and feedback of the experiences of the role-play participants.

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”

The presentation will equip participants with information pertaining to their work with clients with offence histories and/or problem behaviours. Problem behaviours are defined as those activities in which people engage that might result in offending behaviour (e.g., arson, problem gambling, threats, stalking, sexual offending, aggression and violence). The underpinning ethical principles for dealing with such clients will be reviewed. Information will be provided regarding some foundation issues relevant to this population: demographic factors, lifestyle factors, mental health features, substance misuse, and education. A framework will be presented that allows for an understanding of why [most] people offend.

The General Personality and Social Psychological Perspective on Criminal Conduct. Flowing from the framework, the Risk Need Responsivity model will be used to help differentiate forensic counselling work from more general counselling and the roles will be explained based on the type of work in which the counsellor is employed to engage. The presentation will conclude with information about dealing with clients who exhibit challenging behaviour for the counsellor. The presentation will include brief case studies to help illustrate the points being made and time will be allocated for questions and discussion.

Professor James R. P. Ogloff - Centre for Forensic Behavioural Science, Swinburne University of Technology and Victorian Institute of Forensic Mental Health(Forensicare)


Many healthcare agencies support patients against dying rather than support them in their dying. To be with the dying is to be fully open to another’s suffering, identified mutually by our universal human condition of ageing, sickness and death.

This workshop will highlight what is required of us to support the dying, the place and misplaced of compassion, and some skills that might be useful to someone interested in supporting the dying. It will also discuss loss and grief and how one can continue to journey with the living when the patient dies.

Dr Tan Yew Seng - Senior Consultant, Bright Vision Hospital, Singapore

Workshop 6:  “The Eight Core Principles of Child Centered Play Therapy”

Child-centered Play Therapy (CCPT) operates from a solid theoretical base and it is recognized as one of the most effective ways of working with children who have wide ranging emotional and psychological difficulties.

CCPT is an approach originated by Virginia Axline in 1969. With its strong evidence base and wide applicability, it is one of the most developmentally relevant forms of therapeutic intervention for children. This approach emphasizes on the provision of therapeutic conditions for children to open up and express themselves fully and naturally through their own language – Play. CCPT emphasizes on the underlying belief in and trust of the inner person of the child and their innate capacity to strive towards growth and maturity. The Child Centered Play Therapist works on developing the kind of relationship that facilitates inner emotional growth and children’s belief in themselves. Familiarly with the use of this approach serves as a good base for integrating other more directive play therapy approaches into the process of working with children using play.

This workshop offers participants a glimpse into the child’s world and the efficacy of CCPT to facilitate growth and healing in the child. The participants will learn and practice the 8 core principles of CCPT that are essential in providing the therapeutic conditions for healing. The participants will work in small groups and will have the opportunity to be involved in group consultation and practice. Dr. Pon will present brief lectures, videotaped demonstrations, case studies, and feedback to participants as they practice role-plays. All is done in a playful, positive learning atmosphere.

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”

With no hesitation, I believe that no other counseling theories and helping tools work better than William Glasser’s Reality Therapy based on Choice theory or help people choose their own way to reach personal happiness more effectively.

We all want happiness, health and longevity. Many believe that we will be happy if we get what we want. Some seek material wealth or fight for social fame or spend all their energy to protect their gains and yet others live contented with little wealth or no fame as such.

There must be more than a thousand different ways to secure happiness. Positive Psychology calls it “Science of Happiness” but I feel somehow it needs a better way of “PLANNING” process for happiness, which RT can help. CBT and Meditation are widely used but RT has the “know-how” that focuses on “Acting” to change one’s behaviors to get what we want faster and to be more effective than just changing one’s thinking, feelings or physiology.

We encouraged people to use RT cycle composed of 3 key elements: Thomas Gordon’s communication skills for building Counselor-Client quality relationship, RT for searching clients’ wants and CSV from Positive Psychology for planning. RT works like magic with “self counseling” and peer counseling virtually in very spectrum of life and society.

Ms Rose-Inza Kim - Professor Emeritus, Sogang University, Korea

Workshop 8:  “10-Minute Therapeutic Conversations with Patients Facing Serious Medical Conditions”

Throughout his career as an Oncology Social Worker, Dr. Fan has made several observations of patients facing end-of-life care. The most common issues that these patients struggled with were acceptance of their grave prognosis, their difficulties in telling their loved ones about their decisions pertaining to treatment and care, their inability to let-go, their search for meaning of their current predicament, their fear of suffering and of losing their mental and physical faculties, and their fear of the unknown after death. Their stories have helped him develop motivational interventions in working with them. This talk will cover some of these therapeutic interventions that he has developed such as the use of therapeutic stories and brief questioning techniques, the use of metaphors and imagery, and experiential exercises.

Dr Gilbert Fan - Department of Psychosocial Oncology, National Cancer Centre Singapore
Keynote Speakers

DAY 1 KEYNOTE:
15 October 2015 - 9.45 am to 10.30 am
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

Professor Murray is an academic and a practicing clinical psychologist. Since taking out his PhD from University of Melbourne in 2001, he has published over 100 peer-reviewed articles and two books. He has been a chief investigator on more than $5 million of national competitive grants in Australia and overseas, and graduated more than a dozen doctoral students. From 2010 to 2013, he was Head of Psychology at Swinburne University. He became a Full Professor in 2011, and was elected a Fellow of the Australian Psychological Society in 2013.

Professor Murray is an award-winning educator and acclaimed presenter. He has conducted workshops for hundreds of counsellors, psychologists, and psychiatrists in Australia, Singapore, and Canada. In 2012, he authored the Australian Psychological Society guidelines for psychological treatment of bipolar disorder, and he is currently collaborating on mood disorder guidelines for the Royal Australian and New Zealand College of Psychiatrists.

In Australia, Professor Murray’s research focuses on psychological treatments (behavioural, cognitive and mindfulness-based) for depression and bipolar disorder. Internationally, he is research lead for the Canada-based CRESTBD group investigating determinants of well-being in people with bipolar disorder. He also conducts basic psychological research, collaborating with colleagues at UC Berkeley, Harvard, and University of Massachusetts on studies of sleep, circadian rhythms and mood. His work has been cited more than 2000 times, and been the focus of more than 200 media interviews.

DAY 2 KEYNOTE:
16 October 2015 - 9.15 am to 10.00 am
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

Professor Sim is an Approved Supervisor and Associate Fellow of The Hong Kong Professional Counselling Association and a Member of Singapore Association of Social Workers. His main practice and research interest is to develop culturally sensitive family-based treatment in Asian contexts, particularly for the Chinese family that is in constant flux. He has been involved in children and adolescent-health-related-behaviors practice research, with a particular focus on family dynamics of adolescent drug abusers, as well as excessive video game use among adolescents. In the wake of the 5.12 Sichuan earthquake, he has been working closely with Chinese scholars and social work practitioners in developing psychosocial practice research projects in the earthquake-affected areas.

Speakers/Panellists/Moderators

Ms Ang Bee Lian
Director of Social Welfare, Ministry of Social & Family Development, Singapore

Miss Ang Bee Lian is the current Director of Social Welfare at the Ministry of Social and Family Development. As part of her statutory appointment by the Minister for Social and Family Development, she provides views and advice on the standards of social work practice and the professional development of social service practitioners in the sector.

Qualified as a social worker, she started as a child protection staff and practised in several settings. She has a Masters from the London School of Economics and Political Science. She has worked within the statutory and voluntary sectors in the children, youth, elder care, disability and juvenile rehabilitation settings, and in a variety of policy, practice and management roles. She has been instrumental in contributing to the strengthening of capability in the social service sector. She was a Visiting Expert at the UN Asia and Far East Institute for the Prevention of Crime and the Treatment of Offenders in Fuchu, Japan in 2002. She was Visiting Speaker at the Australian and New Zealand School of Government Annual Conference - Engagement in Policy and Service Delivery for the 21st Century in 2011, with a chapter in the publication, Putting Citizens First called “Singapore’s Social Safety Net and Human Service Provisions”. She was Outstanding Social Worker in Singapore in 2000. In 2003, she was among the winners of the Leader Mentor’s awards given out as part of the Global Leadership and Mentoring Congress in Singapore. She is currently involved in a range of inter-disciplinary committees involved in human services. She was also a member of the 2010 Censorship Review Committee and a current member of the Films Appeal Committee.

Prof Glen Bates Ph.D.
Pro Vice-Chancellor (Student Advancement), Swinburne University of Technology, Australia

Professor Glen Bates is a clinical and counselling psychologist with over thirty years experience in counselling and in training postgraduate students in Cognitive Behavioural therapy. Before taking up a University position he worked as a clinical psychologist at Darwin Hospital in the Northern Territory of Australia. He first taught clinical psychology at the University of Melbourne before coming to Swinburne University of Technology where he is currently a Professor of Psychology and a Pro Vice-Chancellor. He has taught cognitive behavioural therapy in Melbourne and Singapore and also works in private practice. Professor Bates’ primary areas of research are in PTSD and in anxiety disorders (especially Social Anxiety Disorder and Generalised Anxiety Disorder).
Mr Benny Bong
The Family Therapist, Singapore
Benny has been in the field of Family and Marital Therapy for the past three decades. He currently runs his own private practice and besides seeing clients, he teaches and supervises social workers and counsellors in the social service and mental health settings.

In 2013 he was also appointed as a Master Social Worker by the Ministry of Social and Family Development, Singapore.

Dr Benny Bong
Department of Psychosocial Oncology, National Cancer Centre, Singapore
Dr Benny Bong, RSW, FAPA is a Clinical Supervisor (Satir), Fellow of the American Psychotherapy Association (USA) and Registered Social Worker & Registered Counsellor. Gilbert’s professional doctorate is in Social Work & Futures Studies. He has extensive experience as a medical social worker, having worked in both general and tertiary hospitals and a short teaching stint at the Nanyang Polytechnic (NYP) lecturing in the Behavioural Sciences. He continues to teach in various capacities in social work and counselling programmes at both local and foreign universities (off-shore programmes).

He is an Adjunct Senior Lecturer with the Department of Social Work, NUS and Honorary Senior Lecturer with The Department of Social Work and Social Administration, The University of Hong Kong.

Gilbert is currently the Co-Chair for Patient Support and Master MSW of the Department of Psychosocial Oncology, National Cancer Centre Singapore.

His clinical interest is in griefwork, experiential counselling and groupwork, particularly in the application of experiential counselling of patients with advanced cancers. His research interests include the study of coping behaviours, meaning-making and intervention models in cancer care.

Dr Lyn Chua
Adjunct Associate Professor, the Department of Psychological Medicine, National University of Singapore
Dr Lyn Chua is a clinical psychologist who has been practicing psychotherapy/counselling for over 20 years. Qualified and trained in the United Kingdom with a Ph.D. from University College, London, she was previously the Head of the Department of Psychology at the Institute of Mental Health before she joined the Yong Loo Lin School of Medicine, National University of Singapore (NUS), as a lecturer. Currently an Adjunct Associate Professor at the Department of Psychological Medicine, NUS, she lectures to medical students and psychiatric residents, and supervises doctors, psychologists and other mental healthcare providers in psychotherapy. She is a lecturer in psychodynamic psychotherapy to Masters students in Counseling. She is a Registered Psychologist with the Singapore Psychological Society and a Chartered Psychologist with the British Psychological Society, UK.

In her part-time private practice at the Mt Elizabeth Medical Centre, Singapore, Dr Chua sees clients with various types of psychiatric disorders and psychological problems, and also those with interpersonal relationship, work-related, bereavement and family problems.

Ms Lyn Chua
Executive Director, Counselling and Care Centre, Singapore
Ms Lyn Chua is the Executive Director of Counselling and Care Centre. She was trained in social work, family and systemic psychotherapy. She has been involved in clinical work, consultation and training in systemic psychotherapy for the past 17 years. She is currently the executive committee member of Association for Marital and Family Therapy (Singapore).

Ms Ruth Chua
Executive Director, Counselling and Care Centre, Singapore
Ms Ruth Chua is the Executive Director of Counselling and Care Centre. She was trained in social work, family and systemic psychotherapy. She has been involved in clinical work, consultation and training in systemic psychotherapy for the past 17 years. She is currently the executive committee member of Association for Marital and Family Therapy (Singapore).

Dr Gilbert Fan
Department of Psychosocial Oncology, National Cancer Centre, Singapore
Dr Gilbert Fan, RSW, FAPA is a Clinical Supervisor (Satir), Fellow of the American Psychotherapy Association (USA) and Registered Social Worker & Registered Counsellor. Gilbert’s professional doctorate is in Social Work & Futures Studies. He has extensive experience as a medical social worker, having worked in both general and tertiary hospitals and a short teaching stint at the Nanyang Polytechnic (NYP) lecturing in the Behavioural Sciences. He continues to teach in various capacities in social work and counselling programmes at both local and foreign universities (off-shore programmes).

He is an Adjunct Senior Lecturer with the Department of Social Work, NUS and Honorary Senior Lecturer with The Department of Social Work and Social Administration, The University of Hong Kong.

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His clinical interest is in griefwork, experiential counselling and groupwork, particularly in the application of experiential counselling of patients with advanced cancers. His research interests include the study of coping behaviours, meaning-making and intervention models in cancer care.

Dr Kok Lee Peng
Singapore
Dr Kok Lee Peng is a senior consultant psychiatrist with 44 years of experience in the field of psychiatry. She was previously a psychiatrist at Woodbridge Hospital - the state mental hospital, then became an Associate Prof at the Department of Psychological Medicine, National University of Singapore and subsequently had her own private practice from which she retired in 2006.

Currently she is working part-time as a visiting consultant at 3 restructured hospitals and has clinical duties as well as teaching duties - she teaches trainee psychiatrists and registrars, as well as Advanced practice nurses in psychiatry. She was recently a local external examiner for the Exit examination of psychiatric doctors.

Dr Kok’s fields of interests include:

1. Suicidal behaviour (both suicide and attempted suicide) - she did her MD (Doctor of Medicine) thesis on attempted suicide in Singapore by drug overdose, wrote several papers on suicide in Singapore and edited a book on Suicidal Behaviour in the Asia Pacific Region.

2. Forensic Psychiatry - she co-authored 2 books on different aspects of psychiatry and the law.

Currently, Dr Kok is interested in various psychological therapies, e.g. Hypnotherapy and therapy for Post Traumatic Stress Disorders and complex traumas.

Ms Rose Inza-Kim
Professor Emeritus, Sogang University, Korea
Academic background:
1951 Kyunggi Girl's High School graduate
1955 Benet College Bio-Chemistry complete
1958 BS. Bio-Chemistry St. Mary College,
Leavenworth, KS
1965 MS, Counseling & Guidance, Loyola University,
Chicago, IL
2005 Hon. Phd, Liberal Arts, University of Saint Mary Leavenworth, KS

Career:
1960-1996 Professor of Sogang University, Dean of Liberal Arts School
1996-current
Professor Emeritus, Sogang University
Chairman of Associations of Good Human Relationship,
Korea Family Therapy
Korea University Counseling
Korea RT
President of Korea Counseling Centre
Chairman of Board of Trustee Dae-In Positive Psychology
Educational Foundation
Senior Instructor of RT
WGI Board Member
IPPA (International Positive Psychology Association) Board Member
Internationally certified Instructor/Trainer of PET, RT, PPC (Positive Psychology coaching), YQMT, QMT
Advisory Member of Army Leadership Training Centre
2010-2012 President of Graduate School of Yong Moon Counselling Psychology

Rev Sam Kuna
Dean, School of Counselling, TCA College, Singapore
Rev Sam Kuna has a BA in Psychology and an MA in Marriage, Family & Child Counselling. He is a Registered Counsellor and Registered Clinical Supervisor with the Singapore Association for Counselling (SAC) and also served as the Past President of SAC from 1999-2003. He is a trained Addiction Counsellor and Clinical Supervisor. He is also a clinical member of the Association for Marriage and Family Therapy Singapore. An active practitioner of Sandplay Therapy he is currently undergoing further training in Jungian Sandplay Therapy.

He currently serves as the Dean, School of Counselling with TCA College, which offers a Post-graduate Diploma in Counselling and a Master of Arts in Counselling degrees, which are both recognised programs of SAC. TCA College is a multi-disciplinary Christian college pioneered by Trinity Christian Centre, Singapore. Sam is an ordained minister with the Assemblies of God of Singapore. He is an active volunteer and sits on the Executive Committee of SAC and the Asia Pacific Certification Board (APCB).
Dr Jessica Leong  
Psychotherapist / Clinical Director, Executive Counselling & Training Academy, Singapore  
Dr Jessica Leong has a Ph.D. in Counselling Psychology, an MA in Counselling and an MSc in TA Psychotherapy. An Adjunct Teaching Fellow with Swinburne University of Technology, Australia, Jessica is also a Registered Counsellor & Psychotherapist (BACP, United Kingdom); (PACFA, Australia) and (SAC, Singapore).  
Jessica was awarded the Gold Award in the “Excellence in Teaching” Convention, and she achieved the distinction of becoming the first certified Transactional Analyst in Singapore. Having held the post of the President of the Transactional Analysis Association in Singapore for more than 20 years, she became the first Asian Transactional Analyst to be awarded the Goulding Award for Excellence in TA Theory and Practice. Jessica was a visiting lecturer at Keele University in the UK, and she has taught at the Gerard Egan Annual Counselling Summer School at the College of Ripon & York St. John. A highly sought after trainer, consultant, counsellor and therapist, Jessica has taught and shared in many prestigious multi-national corporations, financial and educational institutions, private companies, hospitals and helping agencies, as well as statutory and government bodies. Jessica is the Training and Counselling Consultant and Director of JC Integra (TA) Pte Ltd and of the Berne TA Center as well as the Clinical Director of Executive Counselling & Training Academy Pte Ltd.

Professor John McCarthy  
Professor, Department of Counseling, Indiana University of Pennsylvania, USA  
Dr. John McCarthy has taught in the Department of Counseling at Indiana University of Pennsylvania (USA) since Fall 2000 and has directed the University’s Center for Counselor Training and Services since its inception in 2005. He has offered various regional, national, and international lectures on creativity and creative problem-solving, including a keynote address at the 2014 APECA Conference in Singapore. He has developed two graduate-level courses on creativity and is the primary author of a recent e-book entitled Driving Forward in Reverse. From 2009-2015, Dr. McCarthy served as an International Scholar in the Academic Fellowship Program of the Open Society Institute. In this role, he worked with Tbilisi State University in the Republic of Georgia and Yerevan State University in Armenia. He also taught at National Chengchi University in Taiwan. Finally, Dr. McCarthy serves as chair for the Ambassadors of the National Board for Certified Counselors (NBCC) Foundation.

Dr Geoffrey McNulty  
Senior Lecturer in Education, Guidance and Counselling, James Cook University, Singapore Campus  
Dr Geoff McNulty is currently Senior Lecturer in Education, Guidance and Counselling at James Cook University in Singapore. He has been involved in the practice and delivery of professional learning within a diverse range of settings, educational and otherwise, for over forty years and his practice within counselling spans more than thirty years. He remains senior accredited as a Counsellor, Psychotherapist and Supervisor with the British Association for Counselling and Psychotherapy. Having run numerous Counsellor training programmes, designed to differing contexts, as well as having managed three professional Counselling Services in his career, two in Higher/University Education, Geoff feels readily equipped to map out the issues that are involved in this workshop subject. Geoff is currently Campus Programme Manager for the Masters in Guidance and Counselling Programme running at James Cook University Singapore.

Dr Elizabeth Nair  
Principal Psychologist, Work & Health Psychologists, Singapore  
Dr Elizabeth Nair has served in various ministries and statutory bodies, including as Chief Psychologist in MINDEF. She taught at the National University of Singapore from 1989-2004 as Senior Lecturer/Assistant Professor in Psychology. While in academia, she undertook various consultancy engagements with NGOs, MNCs and organisations in the public and private sectors including schools. Dr Nair is a registered counsellor and registered as trauma counsellor. She does clinical supervision for students in various post-graduate courses in both Psychology and Counselling. Dr Nair served as Vice President (1983-1984) and President (1986-1987) of SAC and currently serves on the SAC Clinical Supervision Sub-committee (2013 to date). She organised APECA (1986) in Singapore on behalf of SAC. Dr Nair is the Principal Psychologist of Work & Health Psychologists (WHP).

Ms Malar Palaiyan  
Senior Specialist, Guidance Branch, Student Development Curriculum Division, Ministry of Education, Singapore  
Malar Palaiyan is a Senior Specialist in the Guidance Branch (Ministry of Education) and holds a Masters of Arts (Applied Psychology - Counselling). She is also a registered counselling psychologist. She has been in the education service for the past 24 years, having taught in both the primary and secondary schools. Since 2003, she has counselled students in the mainstream schools. She has widespread experience in providing clinical supervision for school counsellors. Currently, she is also involved in policy and research work in the area of guidance and counselling.

Professor James R. P. Ogloff  
Centre for Forensic Behavioural Science, Swinburne University of Technology and Victorian Institute of Forensic Mental Health (Forensicare), Australia  
James R. P. Ogloff, JD, Ph.D., FAPS, AM is trained as a lawyer and psychologist. He is a Fellow of the Canadian, American, Australian and International psychological societies. He is Professor and Director of the Centre for Forensic Behavioural Science at Swinburne University and Director of Psychological Services and Research at Forensicare. He has worked in clinical and forensic psychology for more than 30 years and has specific expertise in assessing and management offenders. He has more than 250 publications and has delivered hundreds of keynote addresses and workshops. He has served as President of the Canadian Psychological Association, the American Psychology Law Society, ANZAPPL, and the Psychology and Law Division of the IAAP and Chair of the College of Forensic Psychologists of the APS. He is the recipient of many awards recognising his work.

Associate Prof Jeffrey Pfeifer, Ph.D., M.Leg.St.  
Chair, Department of Psychological Science; Associate Professor (Psychology), Swinburne University of Technology, Australia  
Associate Professor Pfeifer is Chair of the Department of Psychological Sciences at Swinburne University of Technology and has been teaching and researching in the area of social psychology, policing, and correctional psychology for over 20 years. He has published over 35 peer-reviewed articles as well as two books and has testified a number of trials as an expert witness. In addition to his research, Dr Pfeifer has also been involved in over 30 program evaluations on a variety of initiatives related to public safety, policing and corrections and also conducted numerous workshops on training and professional standards for a variety of organisations including the Royal Canadian Mounted Police, the Ontario Provincial Police, the Western Australia Police Service, the Anti-Corruption Commission of Zambia, the Singapore Airport Security Service, the Sharjah (UAE) Police Service, and the Durban (South Africa) Police Service.
Speakers/Panellists/Moderators

Dr Alicia K L Pon, Ph.D
University of Hong Kong, Honorary Assistant Professor, Child Psychotherapist, Psychology Resources Limited, Hong Kong

Dr. Alicia Pon works in a private practice group in Hong Kong providing play therapy and counselling to children, adolescents and families. Dr. Pon’s training is in General Psychology, Child and Adolescent Mental Health, Play Therapy, Sandplay Therapy, Grief Counseling, Somatic Experiencing and Social Work. Dr. Pon’s experience and specialisation include divorce & separation, grief and loss, complex trauma, developmental stresses, parent-child relationship, and adoption and attachment.

Dr. Pon is also serving as an Honorary Assistant Professor with the University of Hong Kong in the Department of Social Work and Social Administration. She lectures and supervises undergraduate and post graduate students in the areas of counselling and psychotherapy, grief and loss, and adolescent mental health, play therapy and social work. In addition, Dr. Pon has been highly involved in the research on Psycho-oncology, Play Therapy and End of Life in the University department.

In the area of play therapy, Dr. Pon is a Registered Play Therapy – Supervisor (RPT-S. S1618) for both the Association of Play Therapy (US) and Play Therapy International (HK). She supervises social workers, psychologists, counsellors, and psychotherapists for licensing in Play Therapy for both the Associations. Dr. Pon is also an Approved Play Therapy Provider (APT Provider: 10-279) and has presented in numerous international conferences, and conducted workshops in Singapore, Hong Kong, Taiwan and China. Her training specialisations include Foundations and Intermediate of Play Therapy, Working with Grieving Child through Play, Child Centered Play Therapy, Creative Activities in Counselling, and Supervision using Creative Approaches.

Dr Harold Robers
Clinical Psychologist/Marriage and Family Therapist, Psycare Consultants, Singapore

Harold Robers completed a Masters in Counselling in 1987 and went on to pursue a Ph.D. in clinical psychology. He was trained and has worked in the USA, and eventually returned to Singapore to set up a private practice in 1992. Dr Robers has been trained and supervised in a variety of counselling modalities which include: psychodynamic, cognitive behavioral therapy, gestalt therapy, person centered therapy, family systems, biofeedback, EMDR, marriage therapy, child and adolescent therapy and neurological approaches to psychotherapy. He has taught and trained social workers, psychologists, counsellors, and psychotherapists for licensing in Play Therapy for both the Associations. Dr. Pon is also an Approved Play Therapy Provider (APT Provider: 10-279) and has presented in numerous international conferences, and conducted workshops in Singapore, Hong Kong, Taiwan and China. Her training specialisations include Foundations and Intermediate of Play Therapy, Working with Grieving Child through Play, Child Centered Play Therapy, Creative Activities in Counselling, and Supervision using Creative Approaches.

Dr Augustine Tan
Psychotherapist / Director, Executive Counselling & Training Academy, Singapore

Dr Augustine Tan, Ph.D., NCC, S.A.C. Recognised Clinical Supervisor is in private practice in Singapore and runs Journeys – The Next Step, where he works with clients across the age range on a wide variety of issues. These include mental health issues, emotional and relational difficulties, as well as adjustment challenges. He is also a Director at Executive Counselling & Training Academy, Singapore.

Augustine is actively involved as a counsellor educator. He teaches and supervises counsellor trainees in several Masters program in counselling. Augustine also provides supervision for practising counselling professionals and supervision-of-supervision for aspiring clinical supervisors.

Dr Tan Chue Tin
MBBS (Singapore), FAM (Singapore), DPM (England), MRC Psychiat (London), FRANZCP (Aust & New Zealand), Hon Ph.D. Soc Science (Melbourne)

Psychiatrist, Mount Elizabeth Medical Centre, Chairman, Executive Counselling & Training Academy, Singapore

Prof Tan Chue Tin is a Senior Consultant Psychiatrist at the Mount Elizabeth Medical Centre and Chairman of the Executive Counselling and Training Academy. In 2013 he was awarded an Honorary Doctorate in Social Science by Swinburne University of Technology for his contribution to mental health. Prof Tan is also an Examiner for the post-graduate degree of Master of Medicine (Psychiatry) at the National University of Singapore. He is a Member of the Royal College of Psychiatrists (London) and a Fellow of the Royal Australian and New Zealand College of Psychiatrists as well as the Academy of Medicine, Singapore. Prof Tan teaches Ethics and Boundary Issues in the Masters in Professional Counselling programme offered by Swinburne University of Technology. He had previously served as the Chairman of Ethics Committee in the Singapore Medical Association.

Associate Prof Stella Tan
Director, Legal Policy; Group Director Office; Applied Sciences Group, Health Sciences Authority, Singapore

Associate Professor Stella Tan is Health Sciences Authority’s Director of Legal Policy. She is seconded from the Attorney-General’s Chambers where she holds the appointment of a Deputy Senior State Counsel. She lectures on Forensic Science and Evidence at the National University of Singapore. She has a personal interest in domestic violence and child abuse cases. She has attended courses from the American Professional Society on the Abuse of Children and was the lead coordinator for legal training for child protection officers and psychologists from the Ministry of Social and Family Development.

Dr Tan Yew Seng
Senior Consultant, Bright Vision Hospital, Singapore

Dr Tan Yew Seng is a family medicine physician and a palliative medicine specialist. He is currently Senior Consultant at Bright Vision Hospital and had formerly been Senior Consultant and Medical Director of Assisi Hospice.

His key interests include the provision of holistic care in the community and psychotherapy, and he has been involved in teaching medical students and doctors in Family Medicine and Palliative Medicine, as well as training social workers and counselors/therapists.

Mrs Juliana Toh
Clinical Director, Counselling and Care Centre, Singapore

Mrs Juliana Toh is the Clinical Director of Counselling and Care Centre and has been practicing as a family therapist for over 25 years, specialising in systemic therapy with families and children. Mrs Toh is also a consultant/trainer to social service professionals and agencies.

Associate Prof John Wong
Head, Associate Professor & Senior Consultant Psychiatrist, Department of Psychological Medicine, Yong Loo Lin School of Medicine, NUS & National University Hospital, Singapore

Associate Professor John Chee Meng Wong is the Head, Department of Psychological Medicine at the National University Hospital (NUH) and National University of Singapore (NUS). He also chairs the Master of Medicine (Psychiatry) Examination Committee, NUS.

A Child and Adolescent Psychiatrist, Dr Wong obtained his MBBS from NUS and did specialty training at the Singapore National University Hospital, Institute of Mental Health and Tan Tock Seng Hospital. He was a Visiting Fellow in Trauma Psychiatry at the Uniformed Service University F Edward Hebert School of Medicine, USA and Child Psychiatry Fellowship at the Guy's Hospital Bloomfield Clinic and Institute of Psychiatry, King's College London. He has a special interest in ADHD, Autism and developmental psychiatry. He last served as Executive Director of NUHS Regional Health System (2013-14), and also was the Vice Chairman Medical Board (Education) (2011-13) which oversaw the NUH Education Office in undergraduate, postgraduate medical education at NUH. He continues to contribute actively towards psychiatry training of undergraduate medical students and psychiatry residents.

Dr Wong is an established clinician with a wide repertoire of clinical skills and experiences in psychiatry, medical education, child psychiatry research, and organisational management.
IMPORTANT:
Please complete a separate form for each delegate
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

PLS TICK (✓)

EARLY BIRD REGISTRATION FEES (registration & payment received on or before 30 June 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)
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.

1. 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:

2A DAY 1 – CONCURRENT SESSIONS 1 – SCIENTIFIC PAPER PRESENTATIONS

(please circle the session you wish to attend)

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<td>Therapy Among Young People Who Have Recovered from Depression – Dr Kok Jin Kuan</td>
<td>– Ms Michelle Koay</td>
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<td>– Dr Nicky Jacobs, Dr Brett Furlonger &amp; A/Prof Andrea Reupert</td>
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2B  DAY 1 – CONCURRENT SESSIONS 2 – SCIENTIFIC PAPER PRESENTATIONS

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<td>What Helps? Working with Adolescents Who Play Video Games Excessively – Dr Timothy Sim</td>
<td>Counselling Beyond The Clinic: Practical Ways To Turn Client Goals Into Behaviour Change using Self-management Strategies – Dr Brett Furlonger</td>
<td>Integrative Care: An Anxiety Case Study – Ms Nabilah Ulah Began &amp; Dr Bibi Van Md Ayyub</td>
<td>A Locally-developed Therapist-assisted Internet Cognitive Behavioural Therapy for Depression – Dr Hong-Hui Lin &amp; Ms Zhang Jin Huang</td>
<td>Journey of a Lifetime: Narrative Techniques for Evolving the Preferred Identities of Women – Mrs Esther Tan Tzer</td>
<td>Becoming Informed about Reducing Cyber-Bullying … Taking a Stand in Higher Education – Dr Margaret Anne Carter</td>
<td>The ORBIT Project: Pilot Evidence for Feasibility and Efficacy of a Novel Online Mindfulness-based Intervention for Late Stage Bipolar Disorder – Prof Greg Murray</td>
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3. DAY 2 – CONCURRENT SESSIONS 3: HOT SPOTS

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<td>Counsellor Education – A Round Peg in a Square Hole? – Dr Geoffrey McNulty</td>
<td>Qualitative &amp; Quantitative Research In Counselling: Choosing Your Path – A/Prof Jeffrey Pfeifer</td>
<td>Supervisor’s Vision: Crafting your Personal Vision of Supervision – Dr Augustine Tan</td>
<td>Domestic Violence and the Criminal Justice System 101 – A/Prof Stella Tan</td>
<td>Uncertain Borders: A Counsellor’s Dilemma – Dr Tan Chue Tin</td>
<td>Multiculturalism in Counselling: A Logical Extension of Being Client-Centered and the Intentional Use of Self – Mr Benny Bong</td>
<td>Water The Seeds, Not The Weeds: Solution-Focused Creativity And Creative Problem-Solving – Prof John McCarthy</td>
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4. DAY 2 – CONCURRENT SESSIONS 4 - WORKSHOPS: ”APPLICATION”

(Please circle the session you wish to attend)

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5. 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 and Advisory” and arrive at our office with your completed registration form before the closing date, Wednesday, 30 September 2015. Early bird payment must arrive at our office on or before 30 June 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 on or before the closing date before the T/T has been done for our follow-up with the bank.
5. A Locally-developed Therapist-assisted Internet Cognitive Behavioural Therapy for Depression – Dr Hong-Hui Lin & Ms Zhang Jin Huang
6. The Eight Core Principles of Child Centered Play Therapy – Dr Alicia K L Pon
7. Water The Seeds, Not The Weeds: Solution-Focused Creativity And Creative Problem-Solving – Prof John McCarthy
8. Happiness is a Choice - Mental Health and Happiness – Ms Rose-Inza Kim
9. 10-Minute Therapeutic Conversations with Patients Facing Serious Medical Conditions – Dr Gilbert Fan

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

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 website: www.intellitrain.biz/SAC2015