2017: For Professionals

The 2017 Psychology Week is designed for professional psychologists of all disciplines. To this end, we have prepared a seminar series covering:

- The ‘Inner Child’ in therapeutic change
- 50 shades of sexual offenses
- Coaching psychology for career development
- Relational trauma and educational psychologists
- Career development for early-career psychologists

You are cordially invited to join us.

Sincerely,

Events Team,
Public Education,
Singapore Psychological Society

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Psychology Week 2017

For Psychologists, For You

Dates: 19 – 24 June
Time: 7 pm daily
Venue: TMC Academy Lecture Theatre
250 Middle Road
Singapore 188983

Seats are complimentary. Reserve your place at psychweek2017.eventbrite.sg

For inquiries, please contact:
benjamin.low@my.jcu.edu.au
The Importance of Inner Child Therapy

By Mahima Gupta Didwania

Inner child therapy refers to the field of working with core memories that contribute to a person’s current and often long-standing patterns of thoughts, feelings, and responses. It is an essential element of core issue work across many therapeutic modalities. Unresolved negative experiences often serve as the foundation for dysfunctional or unhealthy ways of understanding and interacting with our inner and outer worlds. This includes how we feel about our relationships, life situations, and ourselves, even though we often know better at a rational level. We cannot change our history but we can change the impact of history by working through, repairing, and healing those wounds. Inner Child therapy can help people process and let go of the past in order forge a healthier self in the present.

Catch this talk on...

Monday

19th June 2017

About Mahima

MAHIMA GUPTA DIDWANIA is a registered psychologist with SRP and has many years of clinical experience in psychological assessment, counselling, and workshop facilitation. She helps people of all ages to overcome mental, emotional, or behavioural difficulties including stress, depression, anxiety, past baggage, anger, fears and phobias, relationship problems, communication issues, self-development and other challenges – supporting their growth into the happiest healthiest versions of themselves. Mahima is the founder of Lodestar Within and is currently working at SACAC Counselling.
50 Shades of Sexual Offenses

By Julia Lam

The incidence of online love scams, threats to post expose private explicit material, and sex with minors seems to have risen and frequently feature in headline news. This talk will cover an assortment of mental disorders and their connection to sex-related offences. This includes:

- How different Paraphilic Disorders (e.g. voyeurism, exhibitionism) may shift from a private, personal preference to a criminal offence in Singapore
- The precipitating and facilitating role that smartphones and online social media play in these offences.
- The ambiguities in distinguishing between victims and perpetrators.

Julia will discuss these issues with reference to a few local case studies. Key questions include: What do we look out for online? How well do you really know the other party? Are they sexual predators?

Catch this talk on...

Tuesday
20th June 2017

About Julia

JULIA LAM is a Consultant Forensic Psychologist at Forensic Psych Services, a company she founded in May 2015. She specializes in forensic psychological assessment and provides reports on medico-legal issues relating to criminal, civil and family law for Court purposes. She is a scientist-practitioner who has worked in universities, hospitals, prisons and corrective services, gambling treatment facilities and private clinics. She has been a pioneer in forensic-clinical work in the private sector of Singapore since 2009 with expertise in assessment of post-traumatic stress disorder, atypical theft offending, impulse-control disorders, problem gambling, drugs and alcohol addictions, and their respective offences. She has written more than 350 forensic reports for and provided expert testimony for judicial proceedings over the last seven years.
Coaching Psychology: Begin your career with a competitive advantage

By Christin Tan

Have you ever wished to attend seminars that teach you to recognise opportunities to create and build something from practically nothing? Where you realise you have self-employment options as well as those involving working for others; where you are encouraged to have big dreams, you can build skills, and create multiple pathways to use your talents and giftings? Come and hear!

- Understand how coaching psychology can add a competitive advantage to your career prospects
- Know what is typically covered in a coaching psychology module/programme and how it adds value to your personal and professional development
- Explore opportunities of professional development and the role of coaching psychology across different domains

Catch this talk on...

Wednesday

21st June

About Christin

CHRISTIN TAN has worked in the private, public and voluntary sector across different industries, including banking and finance, correctional services, and education. She dropped out of college and started working at a young age. Having gone through a difficult period in her life, she went on to be trained as a counsellor (MEd Counselling), and in her early career has worked with many troubled teens, helping them to transition successfully into adulthood. More recently, Christin has travelled and worked in non-traditional domains, having obtained an MBA (Entrepreneurial Management) and MSc (Occupational Psychology). She uses Coaching Psychology and Organisational Psychology to help those who help others, and is actively involved in Social Technopreneurship and fourth sector work in Asia.
Relational Trauma in Kids: The Educational Psych’s Perspective

By Liza Thia

There is a growing body of research showing that children who have experienced trauma, particularly relational trauma, exhibit impairment in six key areas: attachment, biology, emotional regulation, dissociation, behavioural regulation, cognition and self-concept. This short talk will highlight the etiology and symptomology of relational trauma and how educational psychologists can factor them into the assessment process.

The two baseline questions that any child with traumatic experiences would pose are, "am I safe, do you like me?" This is the foundation for an educational psychologist’s recommendations, even for learning-related issues. This talk will also explore how a multidisciplinary approach, centered on the development of psychological safety, needs to applied to support these children in their growth and development.

Catch this talk on...

Thursday

22nd June
Moving On From University:  
A workshop for early career psychologists

By Carlin Lee, Tey Beng Huan, & Sam Hui Fang

This workshop is aimed at early-career practicing psychologists, postgraduate trainees, as well as students in their Honours year. As an early career psychologist, it is important to learn to chart your career in the psychological scene in Singapore. Career counselling has never been introduced to our field of psychology in Singapore. In this workshop, you will be doing a profiling tool to have a better understanding of your interests, as well as learn how this knowledge can be useful for your own career in psychology. Tips in building a career in psychology will also be shared. Two young psychologists will also share their experiences and journeys in building their own careers.

Catch this workshop on...

Friday

23rd June 2017

About Carlin

CARLIN LEE holds a Masters in Applied Psychology (Sports Psychology). He is also certified in career development facilitation and Education and Career Guidance (ECG) counseling. He has spent most of his career in the education field, educating and counseling students of various disciplines at the tertiary level. Carlin also serves as the Head of Public Education in the Singapore Psychological Society.

Carlin is joined by Beng Huan and Hui Fang. Their profiles are on the following page.
About Beng Huan

TEY BEN HUAN is an occupational psychologist working in the Singapore office of OPRA Consulting Group. OPRA is a company that applies industrial and organizational psychology to help organizations develop employee and organisational potential. In his professional work, he consults on talent management solutions for clients, runs psychometric testing and surveys, and trains and develops individuals and groups, including coaching on coping or performance issues. In addition, he also teaches psychology modules as an associate faculty member at various tertiary institutions in Singapore.

About Hui Fang

SAM HUI FANG holds a Masters in Clinical Psychology (NUS) and practices as a clinical psychologist in Ng Teng Fong General Hospital. Hui Fang provides individual therapy and neuropsychological assessments. She uses an eclectic approach in her clinical practice, delivering evidence-based treatments to adult and adolescent clients with a wide range of emotional, behavioral, personality, health and adjustment problems. These include anxiety, stress, depression, chronic pain and relationship problems. Hui Fang also conducts skills training groups for elderly individuals with cognitive impairments. Beyond that, she is part of the Memory Dementia Workgroup, Pain Multidisciplinary Committee, and Research Committee in Ng Teng Fong General Hospital.
We would like to thank the following parties for supporting this event

TMC Academy

SPS Clinical Psychology
Special Interest Group

SPS Coaching Psychology
Special Interest Group

SPS Educational Psychology
Special Interest Group

Our Valued Speakers

Psychology Week 2017 is brought to you by

Benjamin Low       Carlin Lee
Andi Susanto       Benedict Lim
Deborah Goh

A team of Public Education,
Singapore Psychological Society