





EMCC Newsletter | August 2014

Follow us on :  

IN THE NEWS

PARENTS LEARN TO “BRING BABY HOME”

Pre-natal classes are kind of a must to attend by all parents who are expecting the arrival of a newborn baby. However the question remains on whether parents are adequately prepared to handle the stresses of the arrival of the newborn baby. EMCC plans to fill the gap by introducing a new programme for married couples who are experiencing the transition to parenthood, entitled “Bringing Baby Home”. The programme will happen on 1 November 2014 and will be held at the iconic Changi Cove Resort.

“We have realized that newly married couples face many challenges when they make that transition into parenthood”, said Mr Billy Chan the assistant manager overseeing the running of this programme at EMCC. He added “that hopefully the research-based Bringing Baby Home programme will help prepare couples for the arrival of their baby and allow them to be the best parenting team possible.”



Bringing Baby Home

According to research by US-based Gottman Institute, 67% of couples were found to be less satisfied after the baby arrived than they were before. With women experiencing more dissatisfaction in the first 6 months of the baby's arrival and men experiencing dissatisfaction when the baby was 9 months or closer to its first year.

Topics at the workshop range from “learning to preserve intimacy in the marriage to recognizing the role of fathers in the marriage.” The “Bringing Baby Home” workshop is a programme under EMCC's Marriage Journey, conceived to connect with and cultivate a relationship with couples in their marriage journey.

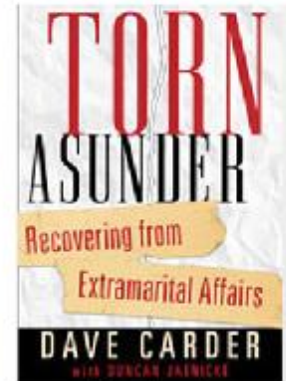
We hope that by educating married couples we can help them understand their new role as parents and support each other in these exciting times ahead for them.

COUNSELLING HELPS SAVE MARRIAGE CAUGHT IN AN AFFAIR

Mr and Mrs Wan* (pseudonym used to protect their identities) whose marriage was deteriorating because of an extra-marital affair, came to EMCC for counselling and to see if they could still salvage their marriage.

The couple with child had been facing problems for a year and found that trust and intimacy were lacking in their relationship as such they came in for individual as well as combined sessions.

After their 8th session, Mr and Mrs Wan managed to salvage their marriage from the pits. Our counsellor offered them the option of undergoing the Torn Asunder intervention, an intervention researched and designed by Mr Dave Carder meant for couples affected by extra marital affairs to help map out a recovery process for them.



Torn Asunder
By Dave Carder

Our counsellors are equipped to work with couples dealing with extra marital affairs, having completed the train-the-trainers workshop under Dave Carder. Mr and Mrs Wan were keen to undergo the proposed intervention to strengthen their relationship after the ordeal. However part of the programme required that both parties sign a contract stating that they would not seek a divorce and the straying party would promise not to contact the third party during this period.

During the programme they worked on exercises and as a result changed their perspectives. Mr Wan started to see his responsibility in the marriage and Mrs Wan realized the way she dealt with her husband had a part to play in causing him to withdraw.

After more than 20 sessions, the couple is still seeing the counsellor. They are now progressively working on rebuilding their trust and intimacy.

Our counsellor found the Torn Asunder intervention especially appropriate for couples facing extra marital affairs issues. It is useful in Singapore where 44% of couples in the first 9 years of marriage go through a separation or divorce.

NATIONAL JUNIOR COLLEGE TEACHERS LEARN ABOUT "THE TURBULENT PERIOD"

On 5th June 2014, teachers from National Junior College (NJC) started their day a little differently compared to a normal day at school. Rather than teaching, they were being taught by counsellors from EMCC.



The workshop titled "Emerging from a Turbulent Period" saw 29 teachers taking a glimpse into the life of a teenager in Singapore and understanding the transitions and problems faced by teenagers during this period.



Group of National Junior College Teachers

A wide variety of topics were taught which include: understanding the developmental transitions of a teenager, a look into the teenage brain, helping teenagers to transition well, finding out why teenagers disconnect and learning how to connect with teenagers.

A teacher commented that "It was a good course for beginning teachers and the sharing was interactive and open". Another teacher commented that the "course was informative and will help us to better connect and help our students".

All in all, the teachers from National Junior College had an interesting and fun learning experience through group activities, watching video clips and finally taking time to reflect on what was being taught during the sessions. We hope that the teachers were equipped to begin using the new knowledge and tips for their work with students.

SOCIAL MEDIA



Eagles Mediation & Counselling Centre (EMCC) shared The Mind

Unleashed's photo.

June 25

Some pretty good advice...

It's not what you say, it's how you say it!

**10% of conflicts
are due to
difference in
opinion.**

**90% are due to
wrong tone of
voice.**

Like · Comment · Share

👍 Donna Cheng, Sarizan Ahmad, Henry Benry and 6 others like this.



Eagles Mediation & Counselling Centre (EMCC)

June 26 🌐

EMCC-StarHub Family Day (66 photos)

As part of a \$20,000 donation to EMCC, StarHub organized an family day for beneficiaries of EMCC and its partner organisations to come together to bond with StarHubbers and each other. — at Far East Organization Children's Garden At Gardens By the Bay.



Like · Comment · Share

 Suey Kok Hua, Linda Heng and Gee Soon Kew like this.

We are grateful to all our donors who have supported our work all these years.
Your continued donation will enable us to provide subsidized counselling and mediation services for low-income families facing difficult times as well as public education workshops.
Thank you for helping us build stable, harmonious families and communities.

© 2014 **EMCC (Eagles Mediation & Counselling Centre)**

177 River Valley Road, #05-19 (Level M5), Liang Court, Singapore 179030

TEL : +65 8788 8220 FAX : +65 8788 8218

EMAIL : reachus@emcc.org.sg

www.emcc.org.sg

PERSONAL DATA PROTECTION NOTE:

EMCC wants to assure you that your personal data is safe with us. EMCC makes all efforts to protect the personal information you have given us. We will not pass your details to any third party without your consent and will keep your personal information secure. We might call you on your phone some time. If you would prefer us not to, please write to us to advise and we will not use your phone number.