



IN THE NEWS

WORKSHOPS FOR COUPLES ON MAKING MARRIAGES WORK

What can make marriages work? One key is to learn and practice Dr John Gottman's seven principles which will be taught at EMCC's inaugural Marriage Journey "...because we said, "I do" workshop on 26 April 2014 at Changi Cove.

Dr John Gottman, of the US-based The Gottman Institute, spent years using rigorous scientific procedures to observe the habits of married couples and came up with New York Times bestselling book *The Seven Principles for Making Marriage Work*, a definitive guide for couples who want harmonious and long-lasting relationships.

The full-day Saturday workshop for couples will be conducted by Dr Jeffrey White, a licensed Marriage & Family Therapist and also a Certified Gottman Method Couples Therapist.



Dr Jeffrey White

"EMCC's Marriage Journey aims to build strong marriages," said Mr Billy Chan, EMCC's Assistant Manager, Counselling Services. "This workshop will give couples practical guidance to make their marriages succeed and last."

The workshop is targeted at couples who want to further strengthen their relationship and those who want some roadmap for repair. The skills taught are also appropriate for marriage mentors and facilitators, clinicians, counsellors, clergy and their spouses.

Participants will learn practical tools to enhance and strengthen marital relationships, develop their own love map, manage conflicts, understand the power of influence and create shared meaning as husband and wife.

WORKSHOP FOR MARRIAGE THERAPISTS

EMCC is presenting the Gottman Clinical Training Programme – Gottman Couples Level 1 and 2 workshops for therapists who work with couples on 24 to 25 April 2014 and 28 to 30 April 2014 respectively.

"We believe the workshops will better equip therapists because of the solid research done by the Gottman Institute and the tools which can be applied to couples work", said Ms Diana Chandra, EMCC's Head of Counselling.



Diana Chandra

By collaborating with the Gottman Institute, EMCC is tapping into The Gottman Institute cofounder Dr John Gottman's 35 years of couple work and research. His research offers scientifically-based insights into the anatomy of marriage and couple relationships.

Participants who attend the two-day Level 1 programme "Bridging the Couple-Chasm – Gottman Couples Therapy" will learn practical and empowering skills to help couples with their conflicts, heal their hurts and deepen their intimacy.

Those who attend the three-day Level 2 "Assessment, Intervention and Co-morbidities - Gottman Couples Therapy" workshop will learn skills for working with couples and in-depth skills such as how to internalise and integrate the research-based Gottman Method Assessment and Intervention techniques through role plays and active discussions.

The Level 1 and 2 workshops are specially organised for mental health practitioners, allied professionals and clergy, students and interns, family clinic staff, professors/teachers of couples therapy and researchers in the social sciences.

The Level 1 workshop is also appropriate for employee assistance professionals to help them assist employees who have marital issues.

EMCC'S FAMILY MEDIATION TRAINING TO PROMOTE MEDIATION

EMCC conducts its family mediation training to promote mediation and position the organisation as a mediation resource for clients of social workers and counsellors who need mediation.

It has been conducting four Family Mediation: Introduction workshops at the Social Service Institute in FY2012/2013, with the last workshop held on 11-12 March 2014.

A total of 26 participants attended the 2-day March 2014 workshop, among them social workers and counsellors with Family Service Centres(FSCs) and voluntary welfare organisations.

Mr Lai Mun Loon, EMCC's Mediation Services Manager said, "By training social workers and counsellors, we give them the skills and techniques that they can apply in their practice. When mediation issues are more complex, EMCC can be an available resource for their clients as well."

As part of the training, the participants learn about mediation, the types of conflict, the difference between mediation and counselling and what cases are suitable for mediation through a series of lectures, discussions and role plays.

"There is a lot of people who go to FSCs with issues which need to be mediated," Mr Lai observed. "Mediation works extremely well for people to get the issues resolved so that they can focus on mending or rebuilding the relationship between them." For instance, if the parties need to preserve their relationship, need a less expensive process to resolve issues or a speedy solution, then mediation is best suited for them.

In FY2013/2014, EMCC will continue to educate professionals and those who work with families in conflict on mediation as a good option by conducting more workshops, including intermediate-level workshops to provide in-depth training to deal with pre- and post-divorce issues and multi-party family disputes.



Family mediation workshop at Social Service Institute

CLIENT STORY: COUNSELLING TEENAGER TO STOP STEALING

EMCC's counsellor guided a troubled teenager Jason* (pseudonym used to protect his identity) for almost a year and helped him stop his stealing habit, become self-disciplined and motivated in his studies.

When the school counselling sessions started, Jason had been caught stealing in school several times and had poor grades.

Jason comes from an abusive home environment where his jobless, short-tempered father always canes him and his brother because of their studies or behaviour. His mother is the sole breadwinner of the family, holding two jobs and the family is struggling financially.

Jason often had bad dreams. He was traumatised by the threat of loan sharks who hounded their family for some time.

When Jason wanted to buy things he liked, he did not dare ask his parents for money. So he stole from his schoolmates.

The counsellor explored the theft incident with Jason in a non-judgemental way, taught him words to express his feelings and thoughts and techniques to manage his stress. She processed with him the things that had happened in his family and assessed the impact of the trauma. She also helped him to externalise his fear and anxiety through play and art therapy such as the use of play dough.

In the family sessions, the counsellor worked with the parents to give pocket money to Jason and encourage him to save up for what he wants to buy. She provided psycho-education for them about the harmful effects of stress and taught them some skills in listening and providing emotional support for their son.

SOCIAL MEDIA

Eagles Mediation & Counselling Centre (EMCC)
March 5

Our Gottman Educators (Mr Billy Chan & Mr Lai Mun Loon) visiting and meeting with Miss Etana Dykan Kunovsky (Director of Program & Business Development) and Mr Alan Kunovsky (CEO) from The Gottman Institute.

We are excited about the upcoming... [See More](#) — at The Gottman Institute.

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Eagles Mediation & Counselling Centre (EMCC) shared a link.
March 3

We know you've been waiting for it... Here it is!!

Introducing Gottman Couples Therapy Level 1 and Level 2 a series of workshops targeted at clinical professionals and clergy workers.

Come and learn about the intensive research based Got... [See More](#)

Gottman Couples Therapy Level 1 and 2
emcc.org.sg

In adopting a research-based approach to couple work, Eagles Mediation & Counselling Centre (EMCC) is honoured to present the Gottman

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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.

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177 River Valley Road, #05-19 (Level M5), Liang Court, Singapore 179030
TEL : +65 6788 8220 FAX : +65 6788 8218
EMAIL : reachus@emcc.org.sg www.emcc.org.sg

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