



EMCC will be holding workshops for couples and therapists who work with couples in April this year. The couples workshop will be on April 26, 2014 at Changi Cove to help them strengthen their relationships. For therapists, the Level 1 workshop will be on April 24 to April 25 while Level 2 will be on April 28 to April 30. Both will be held at EMCC's training room.

Offered for the first time in Singapore, the April 26 "The Gottman Seven Principles Program for Couples" workshop is based on the internationally acclaimed research of Dr. John Gottman as presented in his New York Times Bestselling book The Seven Principles for Making Marriage Work. It will be conducted by Dr Jeffrey White, a licensed Marriage & Family Therapist and also a Certified Gottman Method Couples Therapist.

Couples often wait an average of six years from the time they identify problems in their relationship until they seek help. This observation is based on research by Dr John Gottman.

"We hope that by providing a workshop based on the latest research about what makes marriages succeed, and what happens when relationships deteriorate and fail, couples will be encouraged to get help and get it much sooner," said Mr Billy Chan. Mr Chan is EMCC's Assistant Manager, Counselling Services, who is involved in EMCC's Marriage Journey.

The aim of the workshop is to provide couples with practical tools to enhance and strengthen their relationships in a variety of ways. These include deepening their love maps, fostering fondness and admiration, facilitating turning towards each other, accepting influence, solving solvable problems, overcoming gridlock, creating shared meaning and maintaining gains.

The workshop is appropriate for couples contemplating engagement, pre-marital couples, couples married for decades.

The Level 1 and 2 workshops are suitable for marriage facilitators, clinicians, counsellors, pastors, priests, mental health practitioners and employee assistance professionals. The Level 1 "Bridging the Couple Chasm" workshop will provide new insights into couples' struggles using research-based assessments and effective interventions. The Level 2 "Assessment, Intervention and Co-Morbidities" workshop helps deepen participants' understanding of the Gottman Method Couples Therapy.



## FATHERS LEARN TIPS TO MANAGE PARENT-TEEN CONFLICTS

"(I) have a lot of good insights in how to properly deal or address conflicts during and after it happens," said Mr William Villaviray after attending EMCC's Father-Teen Conflict Resolution workshop on January 18, 2014.

Another participant, Mr John Soh, said it was an excellent workshop. Learning points he found most useful and applicable as a father included "how to break/disengage conflicts as a mediator" and "not to let silence or stonewalling get into a more serious situation."

The workshop at Church of Our Lady Star of the Sea was attended by about 30 fathers who were keen to pick up parenting tips on how to deal with their teens. It was organised under the auspices of Dads@Communities, an initiative by the Dads for Life movement and the Fathers Action Network.

EMCC's father-teen resolution programme is part of EMCC's upstream initiative to help build stable families. It covered topics including types and levels of conflicts and five golden rules for conflict management.

## FIXING MARITAL STRESS HELPS CHILDREN

A distressed marital couple, Mr and Mrs Tan\* (pseudonym used to protect their identities), sought help from our counsellor when they found they were feeling frustrated with their two kids. They had noticed that they became angry easily when their young children misbehaved.

Mr and Mrs Tan were not happy about the state of affairs at home. Mrs Tan complained about her husband, who had not been actively involved in doing house chores. She did not feel loved and felt that she was unable to feel connected in the marriage. On the other hand, Mr Tan felt rejected. He was unable to connect with his wife due to her constant nagging and their conflicts.

In the course of the counselling, Mr and Mrs Tan found that their roles had changed from husband/wife to father/mother and this contributed to the stress in the family. They had forgotten their initial roles as husband and wife and their marriage became stale. This was mainly because of the many responsibilities and challenges they faced with the arrival of their kids.

After going through 8 counselling sessions, Mr and Mrs Tan were able to rebuild their relationship. Our counsellor helped them to reflect on what made them react in a certain way and taught them new skills in communication to apply to their relationship. This helped the couple to understand their needs and regain their intimacy.

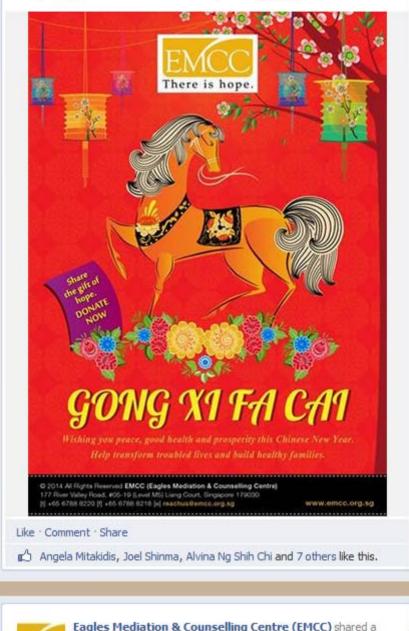
It was wise of the couple to have sought couple counselling and not delay the process as it could have made the relationship deteriorate. As a happier couple, they were also better parents.

## SOCIAL MEDIA



Eagles Mediation & Counselling Centre (EMCC) January 29 @

EMCC would like to wish those celebrating Chinese New Year, a very happy and blessed lunar new year. 马到成功!!





Maybe we should learn from this parent. #healthyfamilies #happymarriages



Everything You Need To Know About Parenting Via Post-It Notes

www.huffingtonpost.com

The first time work-at-home dad Chris Illuminati was home alone with his son Evan, who is now almost 4, he wrote down everything he'd need to remember on one Post-it note as a joke: "Feed baby, change baby, don't

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