



## IN THE NEWS

### WORKSHOPS TO HELP FATHERS MANAGE PARENT-TEEN CONFLICTS

Later in the year, EMCC will be running three workshops for fathers in collaboration with The Elijah 7000 Movement which aims to "turn hearts of all fathers to their children."

The half-day Saturday workshops will be held on 18 October, 25 October and 1 November 2014 at EMCC's training room in the Social Service Hub at Liang Court.

The Elijah 7000 Movement is an initiative by Jason Wong, founder of Yellow Ribbon Project and Dads for Life Movement, to reach out to Christian fathers to proactively play their roles in their families.

"EMCC is honoured to have been approached to provide this educational platform in helping fathers facing great tension in their home fronts," said EMCC's general manager Benjamin Chan.

"The overwhelming demand of this programme has encouraged us tremendously and we hope to make it a regular signature programme in our training calendar."

Each EMCC workshop for an estimated 25 participants will be conducted by a team of dedicated father trainers who will help fathers become aware of conflict triggers and understand the key perspectives of conflict.

The trainers will also teach fathers effective conflict management strategies in handling disputes and introduce the Conflict Style Preference Inventory (COSPI), developed by EMCC's founding chairman Dr John Ng. COSPI will provide the fathers with a personal profile of their conflict style during difficult situations.

Part of EMCC's upstream initiative, the father-teen resolution programme is to help build stable families.



Participants at a FatherTeen Conflict Management workshop

### GOOD RESPONSE TO MARRIAGE THERAPIST WORKSHOPS

The Gottman Clinical Training Programme – Gottman Couples Level 1 and 2 workshops held by EMCC on April 24 to 25 and April 28 to April 30 respectively for therapists and professionals who work with couples were well received.

The trainer for both workshops was Dr Jeffrey White, a licensed Marriage & Family Therapist and also a Certified Gottman Method Couples Therapist.



Dr Jeffrey White

The 23 participants who attended the "Bridging the Couple-Chasm – Gottman Couples Therapy" Level 1 workshop picked up practical and empowering skills to help couples with their conflicts, heal their hurts and deepen their intimacy.

Mr Lawrence Goh, a counsellor who attended the Level 1 workshop, said it was "A good course that should be made available to all beginning marital therapists."

A total of 24 participants attended the Level 2 "Assessment, Intervention and Co-morbidities – Gottman Couples Therapy" workshop. They learnt 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 Gottman Method Couples Therapy gives a good structure to doing marital work with couples and the interventions are appropriate for the various issues (especially conflicts) that are brought into therapy," said Ms Flora Chin, a counsellor who attended the Level 2 workshop.

### COUPLES LEARN RESEARCH-BASED FINDINGS ABOUT MARRIAGE

On 26 April 2014 EMCC held our inaugural Marriage Journey "...because we said, "I do" – The Gottman Seven Principles Programme for couples" workshop for those couples who want to further strengthen their relationship and others who want some roadmap for repair.

"It was helpful to know the research-based findings about the problems of marriage and healthy ways to keep a successful and happy marriage," said Mr T. H. Sim who attended the workshop at Changi Cove.

He and his spouse were among 17 couples who attended the full-day Saturday workshop conducted by Dr Jeffrey White, a licensed Marriage & Family Therapist and also a Certified Gottman Method Couples Therapist.

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



Couples learn The Seven Principles for Making Marriage Work

### CLIENT STORY: COUNSELLING STUDENT TO STAY IN SCHOOL

EMCC's counsellor is making progress to motivate a repeat student Tim\*(pseudonym used to protect his identity) with high absenteeism to continue his studies. He missed so many classes he is now repeating one year in a different primary school.

Tim has been missing school due to his commitment at home. Tim's heavily pregnant mother stopped working and subsequently his father lost his job. As the family is financially unable to hire a helper, Tim helps with some household chores and takes care of his two younger siblings, one of whom is a special needs child.

In Tim's individual sessions, our counsellor helps him to see the importance of going to school regularly and gives him emotional support.

As working alongside parents is vital in an Enhanced STEP-UP programme (ESU) case, our counsellor talked to Tim's mother so they can work out a way for Tim to continue his studies. Now Tim's maternal grandmother is giving support so Tim can attend classes regularly.

## SOCIAL MEDIA

**Eagles Mediation & Counselling Centre (EMCC)** shared a link. May 16

Friends before couples. Find out how being friends in a relationship can help weatherproof your marriage.

Click on the link to read more. Feel free to share this insightful article to those who you think might benefit from reading it. Remember sharing is caring 😊 Have a good weekend ahead!

<http://emcc.org.sg/theprofessional/wp-content/uploads/2014/05/MJ-Friendship-is-where-it-all-starts-FINAL.pdf>

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Billy Chan likes this.

**Eagles Mediation & Counselling Centre (EMCC)** shared a link. May 14

Conflicts in relationships can easily escalate causing emotional flooding. To prevent conflicts from escalating we can try "Repair Attempts". It is okay for a couple to come up with a unique repair attempt for themselves. Read more about repair attempts here and how it can help in dealing with conflicts that happen in relationships. #strongmarriages #healthyfamilies #marriagejourney

**Repair Attempts**  
staymarriedblog.com

Tony and I are leading a ... wait for it... #staymarried group right now. We are meeting weekly with 10 other couples and working through John Gottman's Seven Principles for Making Marriage Work. If ...

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1 Share

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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