

2020 HINDSIGHT: 2021 VISION LEARNING FROM 2020 FOR 2021 AND BEYOND

Industry Experts Share Insights and Foresight on the Future of Relational Health



Lim Tat | Lawyer and Mediator | Aequitas Law LLP - Maxwell Mediators

Lauded as “the best in Singapore” for mediation services by his peers, according to Who’s Who Legal 2018, Tat is a leading mediator in Singapore who also practises extensively as a mediation advocate and counsel. The Legal 500 has described Tat as “knowledgeable and sharp”, leading a team that “punches above its weight in heavyweight commercial litigation”. He is honoured to be the recipient of the State Courts’ Outstanding Court Volunteer Award for his contribution to mediation and is the first Singaporean mediator to be elected as a Fellow of the International Academy of Mediators (USA) and awarded the Weinstein JAMS International Fellowship.

Dr Daryl Chow | Psychotherapist | MA (Psych), Ph D (Psych)

Daryl is a Psychologist with a passion to pay it forward. He currently resides in Perth and works alongside a team of practitioners at the Henry Street Centre in Fremantle. He serves as senior associate and certified trainer of the International Center for Clinical Excellence, a world-wide consortium of clinicians, researchers and educators dedicated to promoting excellence in behavioural health sciences. He is the author of *The First Kiss: Undoing the Intake Model and Igniting First Sessions in Psychotherapy* and is co-author of *Better Results: Using Deliberate Practice to Improve Therapeutic Outcomes* and *The Write to Recovery: Personal Stories & Lessons about Recovery from Mental Health Concerns*.



Rev Dr Tan Siang-Yang | Senior Professor of Psychology | Fuller Theological Seminary | Ph D (Psych)

Previously a native of Singapore, Siang-Yang is now Senior Professor of Clinical Psychology at Fuller Theological Seminary in California and Senior Pastor of First Evangelical Church Glendale. He is a licensed psychologist and Fellow of the American Psychological Association. He has published numerous articles and books, including major texts such as *Counseling and Psychotherapy: A Christian Perspective*. He is Associate Editor of the Journal of Psychology and Christianity and serves or has served on the editorial boards of the Journal of Consulting and Clinical Psychology, Professional Psychology: Research and Practice, Journal of Psychology and Theology, Christian Psychology: A Transdisciplinary Journal, and Journal of Spiritual Formation & Soul Care.

Dr Dave Penner | Master Trainer | The Gottman Institute | Ph D (Clinical Psych)

Dave is a licensed clinical psychologist and was the Clinical Director of The Gottman Institute (TGI) from 2005 to 2017. He managed clinical aspects of the Institute including new program and product development, quality control, selected and trained senior Certified Gottman Therapists for leadership positions, answered questions from the media, clinicians, researchers, and the public, and provided clinical consultation. He is the author of *The Seven Principles for Making Marriage Work Leader Guide for Teaching Couples* and *The Seven Principles for Making Marriage Work Couples Guide for a Better Relationship*. Dave practiced for over 35 years as an individual and couples therapist, working in private practice, university, mental health and hospital settings. He now serves as a consultant to TGI and is a Master Trainer for their workshop leaders and other clinicians across the United States and internationally.



SCAN ME

**REGISTER
HERE!**

DATE | WED, MAR 3, 2021
TIME | 9AM TO 11AM
CLOSING DATE | MON, MAR 1 2021
FREE

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Eagles Mediation & Counselling Centre Ltd



Plumb the depths of the collective wisdom of our panellists so we can rise above the whirlpool of stress and anxieties brought on by Covid-19

Programme

9 – 10AM: Each panellist will speak for 15 minutes on their topic below

10 – 11AM: Panellist Dialogue and Q & A



Rev Dr Tan Siang-Yang

Topic: From Soul-care to We-Care, Journeying inwardly so we can care outwardly

We say we learn to pause and learn from Covid-19, but do we? Sharing life lessons from Covid-19, Rev Dr Tan reflects on caring for self (self-care) to caring for others in our family/community (we-care) and the need for spirituality (soul-care) – allowing the pandemic to speak to us about the quality of our lives so we can lead better, more meaningful ones.



Dr Daryl Chow

Topic: Finding answers to our big questions in the midst of the Covid Crisis

Daily life pre-Covid-19 already put some people in an endless cycle of pain and hopelessness. Do you know of anyone that Covid-19 pushed off the edge? Dr Chow, who is the foremost trainer and user of Deliberate Practice to ensure quality counselling, shares about his personal experiences as a therapist, father and husband: precious lessons gleaned from human existential struggles.



Dr Dave Penner

Topic: Connecting in times of Covid - the upsides and downsides on relationships

How did Covid-19 highlight the strength of your connections with others? The virus and its impact ripples through our lives with a magnifying effect, strengthening some relationships and worsening others. Dr Dave Penner will talk about connecting in good times and bad, connecting through Zoom and beyond, and the impact of the pandemic on marital, familial and other relationships.



Lim Tat

Topic: Dealing with the stresses of Covid-19, a Dispute Resolver's Perspective

Has the pandemic sorely tested the limits of your relationships? Domestic violence increased by 40% in Singapore during 2020 – Mr Lim Tat will share his experience of Covid-19 through the lens of someone who deals with alternative dispute resolution on a daily basis. He will share not only about mediating between highly contentious couples, persons and groups, but also the toll it takes on dispute resolvers.



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