

# Counsel with Confidence – First Steps

Welcome to the Counsel with Confidence Series. 'First Steps' is the entry level clinical supervision programme offered jointly by Grace Counselling Centre and PSYCHLIVING Associates. The sessions are led by two senior psychotherapists with over 30 years of clinical experience between them. The programme aims to help beginning psychosocial care professionals to develop key skills, gain essential know-how and grow positive attitude in clinical counselling practice.

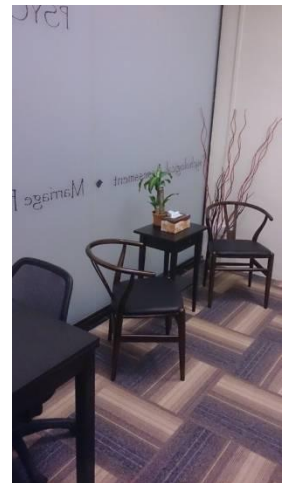
## OBJECTIVE

Upon completion of the programme, participants will be able to:

- Use microskills in clinical settings with greater mastery and comfort
- Gain greater awareness of self and others in the clinical process
- Appreciate and grow positive attitudes towards learning and growing in supervision relationship.

## COMPONENTS

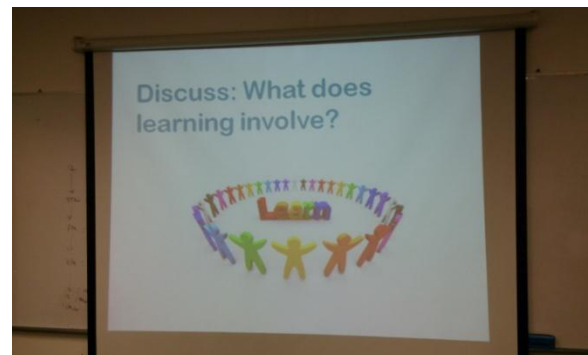
- Learn with a group of 6 – 10 peers
- Be guided by 2 senior psychotherapists
- Experience clinical settings of 2 different counselling clinics.
- Attend 10 Monthly Group Supervision Session (3hrs each)
- Accumulate 30 supervision hours in a year.



## PROGRAMME MODALITY

While the programme is mainly Case Presentation & Discussion based, a wide range of learning activities are also incorporated into the sessions:

- ✓ Case studies
- ✓ Role-plays
- ✓ Case Presentation & Discussions
- ✓ Journal Articles
- ✓ Audio & Video Clips



## FEES & DATES

May 2015 to Feb 2016  
Last Saturday of each Month  
Commencing : **30 May 2015 - 9am to 12pm**  
*Light refreshment provided*

Per Participant: \$1,700  
After Early Bird Discount (\$200): \$1,500  
Plus Special Discount (\$100)\*: \$1,400  
\*Practitioners working towards registration with SAC, APACS & SPS

## PARTICIPANT REQUIREMENTS

- Participants are expected to have completed professional education in counselling, social work or psychology.
- Participants should be practicing counselling in a social service, healthcare or education settings with regular professional supervision.
- Participants are expected to present one or two cases he/she is currently managing (anonymously ) with all required consent.
- Participants should be ready to share, learn and contribute in a group setting.

## CONSULTANT-SUPERVISORS

### KIRBY CHUA

Kirby is a Singapore Registered Psychologist and Counselling Supervisor at Grace Counselling Centre. Kirby holds a Master of Arts in Counselling Psychology and Bachelor of Science in Psychology. He is a full-member of Singapore Psychological Society and a full-member of Psychological Association of the Philippines. His main areas of interest revolve around neurotic disorders and psychological conditions triggered by guilt and anxiety. With his vast experience in counselling and clinical psychology as well as teaching experience in various universities in the Philippines and Singapore, Kirby will bring hands-on practical teaching backed by well-grounded theories into clinical supervision sessions.



### FREDERICK LOW

Frederick is a Registered Counsellor and Social Service Practitioner in Singapore and Chartered Psychologist in the UK. He is a Fellow of American Psychotherapy Association and an Associate Fellow of British Psychological Society and the Institute of Mental Health, UK. He holds a Bachelor of Social Science in Psychology, Master of Applied Psychology and a Master of Science in Management. Frederick offers individual as well as couple counselling on relationship, parenting, stress, work-life balance and men's issues. Prior to entering private practice, he was director of a Family Service Centre and was head of social work and counselling in a multi-centre special education agency. Currently, he provides regular consultation to social service agencies and supervises psychologists, social workers and counsellors. He also teaches psychology and counselling at several institutes of higher learning.



## Registration & Enquires

**Email: [admin@gracecounsellors.com](mailto:admin@gracecounsellors.com) Tel: 6408 9752**

**This programme is jointly brought to you by**

**PSYCHLIVING**  
**Associates**

*Discovering Minds, Enriching Lives*

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