



Course Synopsis

The Palliative Care Centre for Excellence in Research and Education (PaIC) is offering a two-day workshop to provide participants with a unique opportunity to obtain a holistic understand of burnout, well as a true appreciation of self-care via an immerse experience with Mindful-Compassion Art Therapy (MCAT). Through a series of mini interactive lectures on stress, resilience, dignity and compassion in care, as well as engaging in mindfulness meditation practices, art making, reflective writing and group discussions, participants will learn how to apply mindfulness mediation and expressive arts into their own clinical work and self-care practices. Relevant research findings on the effectiveness of MCAT in promoting wellness and cultivating resilience will also be shared to inform and encourage evidence-based practice and professional training management

Who Should Attend

- All Medical, Social and Allied Care Professionals
- Clinicians-in-training from all disciplines
- All walks of life who are faced with caregiver stress and risks of burnout

Course Objectives

The workshop will focus on experiential learning techniques to apply theory and research to expand participants' cognitive knowledge, practical skills and emotional competence for self-care. It will cover the following topics in a fully immersive experience:

- Stress and burnout
- Compassion fatigue and moral distress
- Dignified and compassionate care
- Grief and loss in professional caregivers
- Basics of MCAT
- Mindfulness meditation
- Expressive arts therapy
- Meaning making and resilience building

Registration Details

- Registration closing date: **10 September 2019**
- Please register through **AIC ILTC-LMS**.
- For any enquiries or those without access, please contact us at enquiries@palc.org.sg or 6500 7269.

Trainer



Associate Professor Andy Hau Yan HO

Dr Ho is Associate Professor of Psychology at the School of Social Sciences, Honorary Joint Assistant Professor at the Lee Kong Chian School of Medicine, and Deputy Director of the Centre for Population Health Sciences at Nanyang Technological University, Singapore.

He is a Fellow in Thanatology, and currently serves on the Board of Directors of the International Work Group on Death, Dying and Bereavement (IWGDDB), and the Association of Death Education and Counseling (ADEC).

He specialises in the research and teaching of public health palliative care, life and death education, psychosocial gerontology, holistic therapy and community empowerment. He has produced numerous public health campaigns and short film documentaries, as well as authored over 70 books, chapters, research reports and articles in prominent journals.

He is the first Asian recipient of the esteemed ADEC Academic Educator Award in 2018.

When & Where

Dates/time

26 and 27 September 2019

9am - 5pm

Venue

Lee Kong Chian School of Medicine

NTU Novena Campus

11 Mandalay Road Singapore 308232

Course Fees (after GST)



\$535.00 per person

(before subsidy*)

**Prevailing course fee subsidy at 90% for Singaporean/PR and 45% for non-Singaporean/PR working in eligible Community Care organisations.*

**Organisations will be billed the amount after subsidy.*

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