



The Palliative Care Centre for Excellence in Research and Education (PalC) is offering a two-day workshop to provide participants with a unique opportunity to obtain a holistic understanding of burnout, well as a true appreciation of self-care via an immerse experience with Mindful-Compassion Art Therapy (MCAT).

Photo by Kelli Tungay on Unsplash

Course Objectives

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 meditation 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.

Training Methodology

Dialectic teaching and experimental learning with face-to-face instructions, mindfulness meditation exercise, expressive art-making activities, large and small group discussions, reflective exercises, as well as pre-course readings

Course Outline (2 days)

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

Venue

📍 Dover Park Hospice, Level 3 Auditorium
10 Jalan Tan Tock Seng, Singapore 308436

Enquiries

☎ 6500 7269 ✉ enquiries@palc.org.sg

In partnership with



Target Audience

- Doctors, Registered Nurses, Advanced Practice Nurses, Enrolled Nurses, Support Care Staff, Allied Health Professionals, Psychosocial Staff, Senior Management, Corporate Services Staff
- Individuals from all walks of life who are faced with caregiver stress and risks of burnout

Course Fee

\$561.60 (Including GST)

Prevailing course fee subsidy at 90% for Singaporeans/PRs and 45% for Work Pass Holders working in eligible community care organisations

Course Time

15 and 16 Jun 2023
9.30am to 5.30pm

Trainer's Profile



A/Prof Andy Hau Yan Ho is Associate Professor of Psychology at the School of Social Sciences, Honorary Associate Professor at the Lee Kong Chian School of

Medicine, and Director of the Action Research for Community Health (ARCH) Laboratory, at Nanyang Technological University, Singapore. He is also Deputy Director (Research) of PalC.

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



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