

Workshop on Burnout and Self-Care

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.

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

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

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

Trainer's Profile



Prof Andy Hau Yan Ho, PhD, EdD, MFT, is Provost's Chair Professor of Psychology, Professor of Psychology and Medicine at the School of Social Sciences and the Lee Kong Chian School of Medicine, as well as Founding Director of the Action Research for Community Health (ARCH)

Laboratory, at Nanyang Technological University (NTU) Singapore. He is also Deputy Director (Research) of PaIC, President of the International End of Life Doula Association (INELDA), Past President of the Association for Death Education and Counseling (ADEC), and Fellow of the prestigious International Work Group on Death, Dying and Bereavement (IWGDDB).

Course Details

Date and Time: 24 and 25 Nov 2025, 9.30am – 5.30pm

Venue: Dover Park Hospice, Level 3 Training Room

TTSH Integrated Care Hub (Lobby C)

1 Tan Tock Seng Link, Singapore 307382

Course Fee: \$566.80 per person (Including 9% GST)

- **Eligible Community Care Organisations (CCOs) may tap into the Community Care Training Grant (CCTG) to subsidize course fees.**
- **This course is not eligible for SkillsFuture Funding (SFC)**

Scan to Register



Register by **07 November 2025**

Please contact us at enquiries@palc.org.sg

Click [here](#) to register!