

## PROGRAMME LINE-UP AND SESSION SYNOPSES

10 October 2020

10am - 10.10am

**Welcome Message**



Mr Fred Cordeiro  
*Executive Director, Clarity Singapore*

10.10am - 10.30am

**Caritas In Mission: Serving our Brothers and Sisters in Christ**



Professor Tan Cheng Han  
*Chairman, Caritas Singapore*

10.30am - 11.30am

**Opening Keynote: Mental Health Landscape in Singapore**



Dr Christopher Cheok Cheng Soon  
*Senior Consultant, Institute of Mental Health  
Chairman, Clarity Singapore*

How prevalent are mental health conditions in our community?

What are some common misconceptions about mental health conditions and faith?

How does one's faith in God play a role in one's recovery journey from mental health conditions?

Increasing our awareness is the first step towards becoming a more accepting community towards individuals with mental health conditions.

Join us in this session as we work towards a better understanding of mental health conditions and how our faith can play a role in recovery.

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11.40am - 12.40pm

### **Cultivating Hope: Adopting a Holistic Approach in Mental Health Recovery**



Mr Peter Tan  
*Director, Community Psychology Hub*

What does it mean to adopt a holistic approach in mental health recovery?

As a community, how can we be more supportive towards individuals with mental health conditions? What do we have in place currently to support these individuals?

Join us in this session as we learn more about the resources and efforts available in the community to support individuals with mental health conditions.

13 October 2020

8pm - 9.30pm

### **From Stigma to Solidarity: What More Can We Do to Address the Stigma of Mental Health Issues?**



Members of Caritas Singapore Young Adults Committee

Mental health has recently been at the forefront of many public discussions. As Catholics, how are we called to respond to mental health issues? How can we overcome stigma and show true solidarity?

This session will allow young adults to discuss how the principles of Catholic Social Teaching can guide them in building authentic Christian solidarity with persons with mental health conditions. There will be time for personal reflection as well as small-group sharing.

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**14 October 2020**

**7.30pm - 9pm**

### **Finding Hope in Darkness**



**Ms Faith Wong**  
*Peer Support Specialist*



**Ms Gwladys Tan**  
*Peer Support Specialist*

In this session, both Ms Faith Wong and Ms Gwladys Tan will share with us their recovery journeys and how they found hope in darkness. This session also features an 'Ask Me Anything!' session with both speakers.

Come join us to hear their testimonies on how faith and community help them overcome the storms and work towards recovery.

**16 October 2020**

**7.30pm - 8.30pm**

### **Rosary Prayer Night** Led by OYP Community

As the month of October is also the month of the Rosary, we will be having prayer sessions where we will pray the Rosary for intentions relating to mental health. Feel free to get your family to join in this time of prayer as well!

**17 October 2020**

**10am - 11.30am**

### **Let's Talk About Suicide**



**Ms Christine Wong**  
*Executive Director*  
Caritas Singapore



**Fr David Garcia, OP**

What do we know about suicide? What can we do to help persons at risk? What are some do's and don'ts when approaching this topic?

Let us gather the courage to have this difficult but long overdue conversation in this session.

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Ms Christine Wong spent more than 15 years in the mental health sector and 10 years with SOS doing prevention, intervention and postvention work. She will share her experiences and her stories during the session.

This session will also include a Q&A segment with Fr David Garcia, OP for participants to ask questions relating to suicide and our faith.

**17 October 2020**

**11.40am - 1.10pm**

### **Theological Reflection: We are All Beloved Children of God**



Fr David Garcia, OP

How do we move towards being a more accepting community? What does the Church teach about how we should view our brothers and sisters who are experiencing mental health distress?

Fr David Garcia will be guiding us in this theological reflection on our identity as God's beloved children and how we can work towards becoming a truly accepting community for all.

**1.30pm - 3pm**

### **Scrupulosity: When Religious or Moral Beliefs Become OCD**



Dr Bhanu Gupta  
*Senior Consultant*  
Institute of Mental Health



Dr Jackki Yim  
*Senior Clinical Psychologist*  
Institute of Mental Health

When Obsessive Compulsive Disorder (OCD) gets tangled in one's religious and moral beliefs/practices, the symptoms are frequently misunderstood by the patients, their family members, mental health professionals and clergy.

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Unfortunately, this can lead to an OCD sufferer's refusal of treatment and to poorer outcomes when treatment does occur.

In this session, the speakers will explain how to differentiate between scrupulosity (a subtype of OCD) and normal spiritual practices. It explains how, by use of pharmacological intervention and Exposure and Response Prevention (Ex/RP) therapy, people suffering from scrupulosity can be treated.

**20 October 2020**

**7.30pm - 9pm**

### **Working with Youths**



**Ms Gwen Koh**

*Principal Social Worker, YouthReach, Boys' Town*

In this session, Ms Gwen Koh will be sharing with us some of the challenges faced by youth workers. There will also be a personal sharing on how she used her faith to sustain the work that she does and to bring the love of Christ to the youths that she works with.

This session is open to all festival participants who are currently working with youths (either in work or church setting) and are keen to learn more about how our faith can come in to support the work that we do.

**21 October 2020**

**7.30pm - 9pm**

### **Keep Sane: Parenting My Adolescent**



**Ms Laura Jonathan**  
*Clinical Psychologist*  
Clarity Singapore



**Ms Ang Yue Ying**  
*Clinical Psychologist*  
Clarity Singapore

**\*This session (chargeable at \$15) is only for parents of youth (aged 16-35).**

**For more details and registration, please go to [tinyurl.com/BRAVEparents](https://tinyurl.com/BRAVEparents)**

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This session will provide parents with a perspective on the important aspects of parenting and mental well-being. The speakers will go through common pitfalls in parenting your adolescent child while keeping you sane. This segment also aims to help you to understand how your own past experiences affect your own parenting!

It can be challenging being a parent. In this session, strategies will be provided to help manage your emotions and communication to better support your child with mental health difficulties and to hopefully make this journey a smoother one. Stay tuned!

**23 October 2020**

**7.30pm - 8.30pm**

### **Rosary Prayer Night**

As the month of October is also the month of the Rosary, we will be having prayer sessions where we will pray the Rosary for intentions relating to mental health. Feel free to get your family to join in this time of prayer as well!

**24 October 2020**

**10am - 11.30am**

### **When Life Feels Overwhelming - Understanding Anxiety**



**Dr Goh Ciping**  
*Clinical Psychologist, Clarity Singapore*

**"I feel anxious all the time, do I have anxiety?"**

All of us feel anxious at some point in our lives, how do we know if it is a normal experience or a condition which requires more attention? In this session, Dr Goh will share with us the different types of anxiety disorders and how we can better support individuals who are experiencing anxiety.

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**24 October 2020**

**11.40am - 1.10pm**

### **Living Out Our Christian Identity in the Midst of Suffering**



**Sr Linda Lizada, RC**

How do we cling onto Jesus, our living hope, in the midst of our sufferings? In what ways can we live out our identity as a child of God even when it is most difficult to do so?

Come join us in this session with Sr Linda Lizada as she shares with us how we can live out our Christian identity during the storms in our lives.

**27 October 2020**

**7.30pm - 9pm**

### **Mindfulness on the Go!**



**Ms Noelle Lim**  
*Mindfulness Teacher*

The changes brought about by the pandemic is having us face more stress and anxiety than usual while it is also an opportunity to learn more about ourselves and pick up another skill.

MBCT was developed in the UK and is an approved treatment for the prevention of depression relapse. The program combines techniques to anchor ourselves in the present moment using for instance the breath and body. We also apply cognitive therapy principles in understanding that thoughts are mental events, not facts.

Join us to discover ways to cultivate calmness and resilience in this introduction session of Mindfulness Based Cognitive Therapy (MBCT). Understand why stress arises, what mindfulness is and how to apply it on the go in our daily lives.

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**30 October 2020**

**7.30pm - 8.30pm**

### **Rosary Prayer Night**

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**31 October 2020**

**10am - 11.30am**

### **Listening to the Still Small Voice: Music Therapy and the Role of Music in Mental Health**



**Ms Fontane Liang**

*Senior Music Therapist, Institute of Mental Health*

From our own personal experiences with music - listening to how particular songs make us feel, or even the sensations we get from playing an instrument - we can see that music is a powerful tool for expressing and modulating our emotions.

In this workshop, you will come to understand Music Therapy as a clinical intervention in mental health and how music has an impact on our brains. Music is not only a form of expression, it is something we listen to as well. Listening is a delicate and important skill as we pay attention to ourselves, the world around us and that still small voice when God is trying to get through to us.

Through exploring insights and perspectives through music, fill up your toolbox with musical ideas and strategies that you can incorporate in your life.

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**31 October 2020**

**11.40am - 1.10pm**

**Prayer: Integrating Our Connection with God, Self and Others**



**Friar Derrick Yap, OFM**

Friar Derrick Yap will be sharing with us how prayer ties in with our mental health and how it brings our connection with God, ourselves and others together.

**1.10pm - 1.30pm**

**Putting It Altogether**



**Mr Fred Cordeiro**  
*Executive Director, Clarity Singapore*