

The background features a complex, abstract pattern of green and orange lines and dots on a dark blue field. The lines are irregular and somewhat jagged, resembling a network or a map. The dots are scattered throughout, with some larger and more prominent than others. The overall effect is one of dynamic energy and interconnectedness.

# Our Achievements

2021 Directors' Report



---

## 2021 Achievements

---

- Adjustments of Clinical Services
- Community & Corporate Outreach
- Workshops
- Impact of COVID-19 Pandemic
- Industry Recognition
- Retainer Clinic Programme
- Future Directions (Internal)



# Clinical Services

Adjustments



# TLM Clinical Services

## **Expansion:**

- Introducing Psychological Assessment using BASC -3

## **Removal of Services:**

- Couple / Marital Counselling
- Family Therapy
- Integrative Counselling with Child-centred Play Therapy (CCPT)
- Psychological Diagnosis using SCID-5

# Outreach



Corporate & Community

# Community & Corporate Outreach



## External Talks (Free)

Organisation	Topic	Date	Speaker
Institute of Technical Education	The Definitive Guide to Combating Imposter Syndrome	15 Jan 2021	James Chong
Institute of Technical Education	The Definitive Guide to Combating Insomnia	01 Feb 2021	Vivien Lai
Netvirta	The Definitive Guide to Combating Workplace Stress & Burnout	01 Mar 2021	James Chong
Hillrom	The Definitive Guide to Combating Workplace Stress & Burnout	04 Mar 2021	James Chong
Zalora	The Definitive Guide to Combating Workplace Stress & Burnout	27 Mar 2021	Vivien Lai
Yishun Health	Psychological Wellbeing, An Introduction	14 Apr 2021	James Chong
Youth Corp Singapore	How Much Do You Know: Caring For Mental Health	18 Apr 2021	Kevin Daniel Pillay

# Community & Corporate Outreach

## External Talks (Free)

Organisation	Topic	Date	Speaker
Yishun Health	Empowering & Connecting with your Child	12 May 2021	Vivien Lai
BOC Aviation	The Definitive Guide to Combating Workplace Stress & Burnout	15 May 2021	James Chong
Yishun Health	The Definitive Guide to Combating Workplace Stress & Burnout	7 Jul 2021	Rachel Lim
Republic Polytechnic, School of Sports, Health and Leisure	Transiting Healthily into the Workplace – Coping with Anxiety, Stress & Burnout	14 Jul 2021	Yap Weiren
SIM Psychological Society	Demystifying Counselling and Psychotherapy	14 Jul 2021	James Chong

# Community & Corporate Outreach

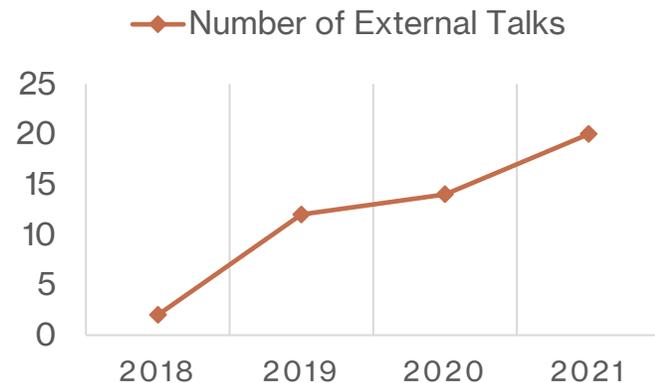
## External Talks (Free)

Organisation	Topic	Date	Speaker
Aviva Affinity (Asia)	The Definitive Guide to Combating Workplace Stress & Burnout	11 Aug 2021	James Chong
Aviva Affinity (Asia)	The Definitive Guide to Combating Workplace Stress & Burnout	12 Aug 2021	Rachel Lim
Yishun Health	The Definitive Guide to Combating Anxiety	7 Oct 2021	James Chong
Singapore Management University	The Definitive Guide to Combating Insomnia	8 Oct 2021	James Chong
Aviva Affinity (Asia) / GCP (Singapore) Private Limited	The Definitive Guide to Combating Workplace Stress & Burnout	21 Oct 2021	James Chong

# Community & Corporate Outreach

## External Talks (Free)

Organisation	Topic	Date	Speaker
SATAIR	The Definitive Guide to Combating Workplace Stress & Burnout	18 Nov 2021	James Chong
Aviva Affinity (Asia) / Heraeus Asia Pacific	The Definitive Guide to Combating Workplace Stress & Burnout	2 Dec 2021	James Chong
Stroke Support Station	The Definitive Guide to Combating Insomnia	10 Dec 2021	James Chong



# Community & Corporate Outreach

## In-house Webinar (Free)

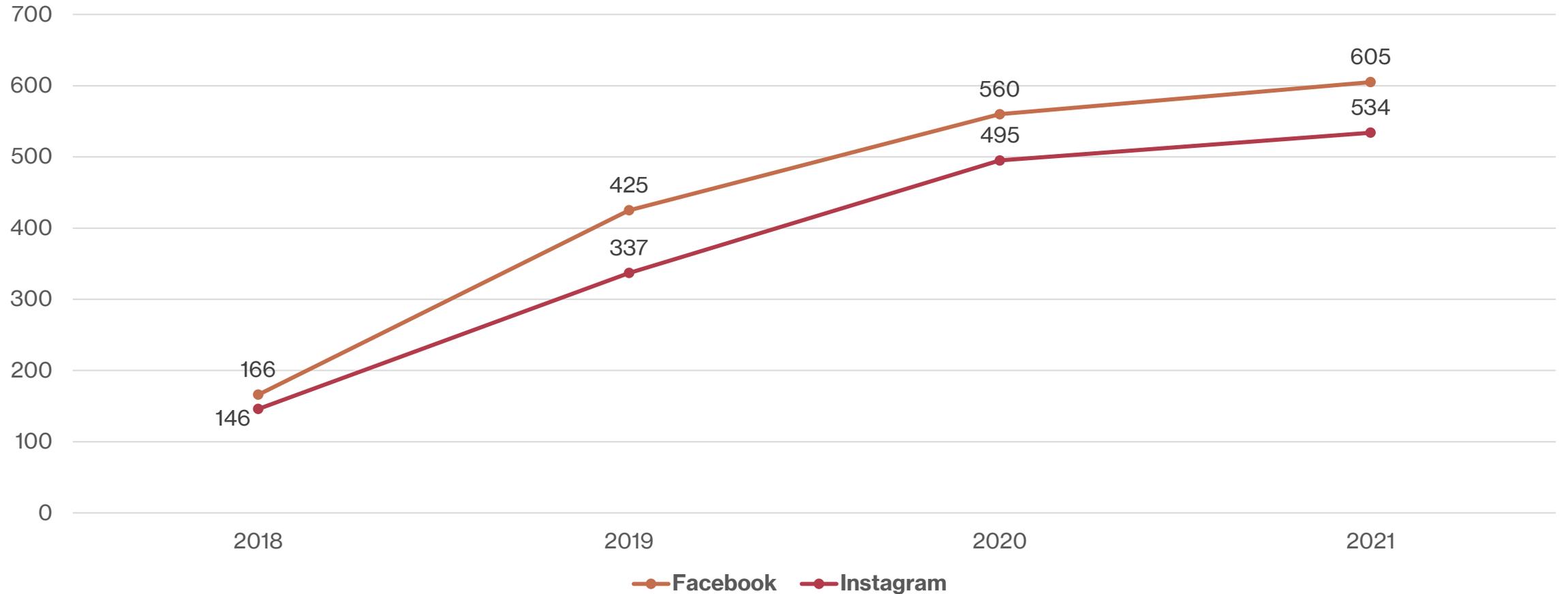
Topic	Date	Speaker
Coping with Depression	21-Aug-21	Shenice Long
Coping with Anxiety	25-Sep-21	Shenice Long
Coping with OCD	10-Oct-21	Vivien Lai
Coping with Stress & Burnout	20-Nov-21	Shenice Long
Demystifying Counselling & Psychotherapy	11-Dec-21	James Chong

# Community & Corporate Outreach

## External Talks (Paid)

Organisation	Topic	Date	Speaker
Central Narcotics Bureau of Singapore (CNB)	Relaxation Tips	11-Nov-21	James Chong

# Facebook & Instagram Outreach Figures



The background of the slide is a blurred photograph of an interior space. On the left, there is a large window with a grid pattern, through which bright light is streaming, creating a bokeh effect. In the foreground, a small vase with several light-colored flowers sits on a dark surface. To the right, another window is visible, also showing a blurred view of the outdoors. The overall atmosphere is warm and professional.

# Workshops

TLM In-house

# Workshops

## **Graduate Certificate in Psychotherapeutic Approaches (Cognitive Behaviour Therapy Specialisation)**

- Four Workshops for CBT due to popular demand
- Old Syllabus (Jan & Apr intake)
  - Safe-distancing (with masks) implemented for Saturday classes
  - Online (Zoom) for Sunday classes
- New Syllabus (Aug & Nov intake)
  - Safe-distancing (with masks) implemented for all classes
  - Limit to maximum class size of 10 pax

### **At a Glance**

#### **January 2021 (Hybrid)**

- 11 participants

#### **April 2021 (Hybrid)**

- 11 participants

#### **August 2021 (5-day F2F)**

- 10 participants

#### **November 2021 (5-day F2F)**

- 10 participants



# Workshops (Future)

## **Professional Certificate in Solution-focused Brief Therapy (SFBT)**

- 3-day face-to-face workshop (max 10 pax)
- 7, 14, 21 August 2022



# Workshops (Future)

## **Basic Skills in Counselling & Psychotherapy**

- ½ day workshop
- Tentative February 2022

## **Introduction to Art Psychotherapy**

- 1-day workshop
- Tentative 2023



# Workshops (Future)

## **Professional Certificate in Motivational Interviewing**

- 5-day face-to-face workshop (max 10 pax)
- Tentative 2023

## **Professional Certificate in Group Psychotherapy**

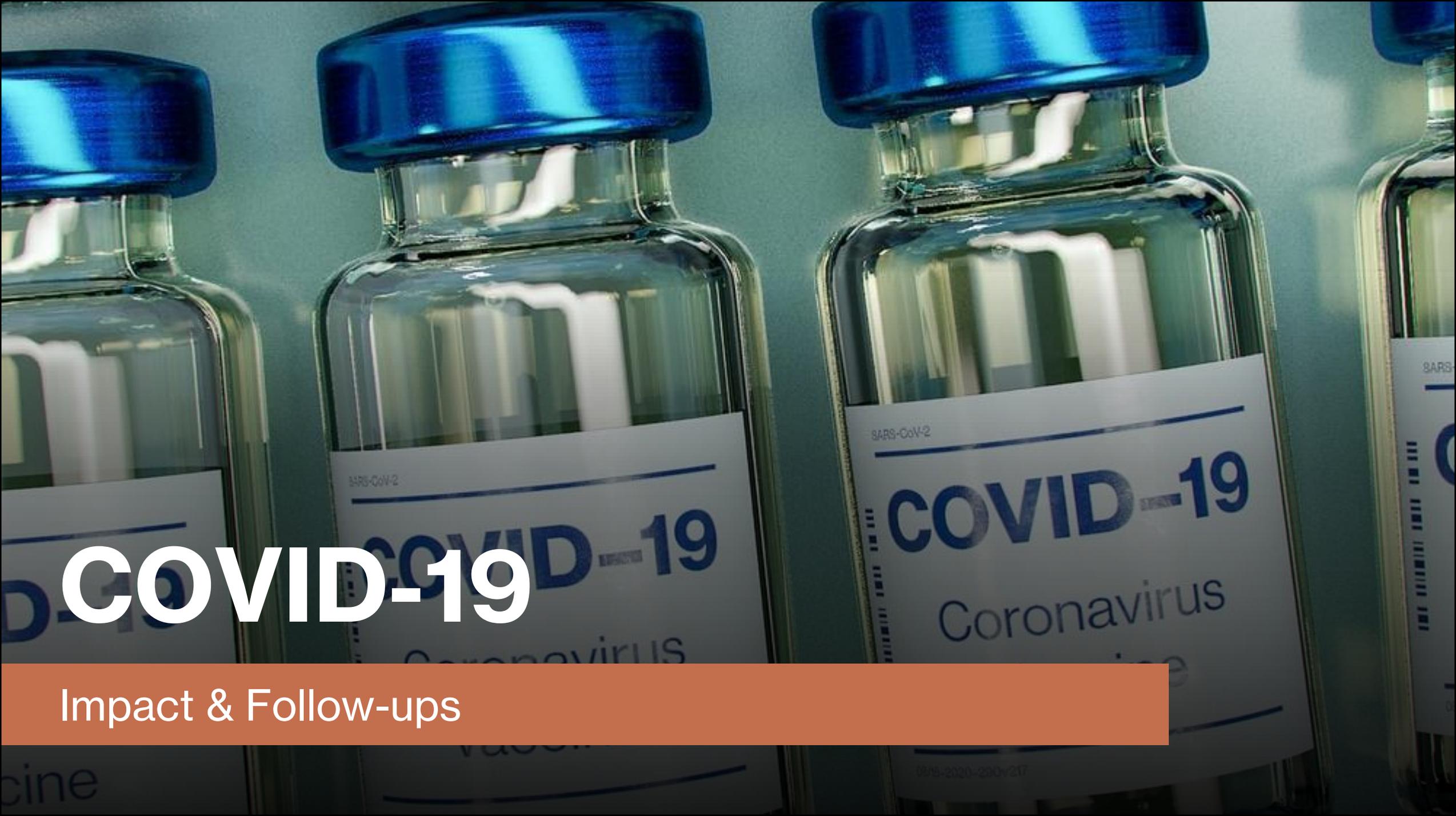
- 5-day face-to-face workshop
- Tentative 2023



# Supervision (Online)

27 June 2021





# COVID-19

Impact & Follow-ups

# Impact of COVID-19 Pandemic

## **Phase 2 Heightened Alert and Phase 3 Heightened Alert**

- Acquired Safe entry Gateway for healthcare clinic
- Encouraged all TLM team members for vaccination
- Staggered working hours among TLM team members
- Only essential services allowed – Counselling & Psychological Diagnosis

# Impact of COVID-19 Pandemic

## **Phase 2 Heightened Alert and Phase 3 Heightened Alert**

- No food and drinks allowed by clients
- No waiting at the centre by clients' family and friends
- CBT Workshop start date postponed from 1 August 2021 to 25 August 2021

# Recognition



Industry



# Industry Recognition

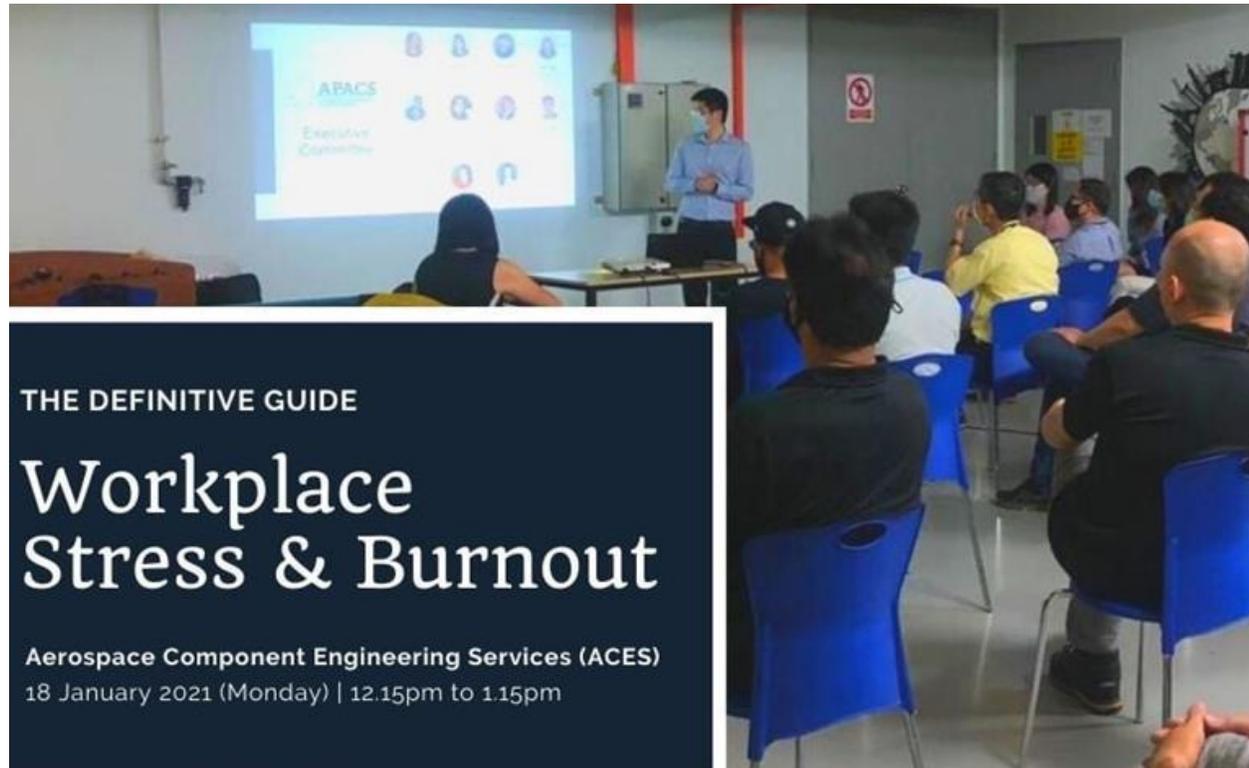
## **APACS Executive Committee (2020-2022)**

- Tan Wei Jie – Honorary Secretary
- James Chong – Honorary Treasurer
- Yap Weiren – Committee Member (Marketing & Publicity)

## **APACS Marketing & Publicity Sub-committee (2020-2022)**

- Dhivyaasree Krishnamoorthy – Editor-In-Chief
- Vivien Lai – Designer

# Corporate Talks on behalf of APACS



## **Singapore Industrial and Services Employees' Union**

**Date:** 18th Jan 2021 (Monday)

**Speaker:** James Chong

**Topic:** The Definitive Guide to Combating Workplace Stress & Burnout



# Retainer Clinic

APACS-HSEU-NTUC

# Retainer Clinic



## Jurong Community Hospital & Ng Teng Fong General Hospital

**Counsellors:** (1) James Chong  
(2) Rachel Lim

**Day:** Every Tuesday  
*(from 1<sup>st</sup> Jan 2021)*

**Time:** 10am to 5pm