

Feb-Apr'2022 Schedule

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Year 2022 is just beginning. Thank you for staying with us and keeping in touch. Here is the course calendar for your registration.

All workshops are skills-based and delivered in a multi-modal format including immersive and experiential training. They are conducted via **ZOOM**. **VCF funding is available for VWOs registered with NCSS.**

Course details and online registration are found at: www.orego.com.sg. Please call Paul Goh at 9735 1774 or email

FEBRUARY 2022

Understanding Legal Issues When Working with Children and Adolescents

Trainer: **Mr Sebastian Quek**

Date: **15 & 16 Feb, 2 to 5.30 pm**

30% VCF funding: \$406 after funding

Normal Fees: \$580/pax

Synopsis: A 'must-attend' course for everyone (teacher, counsellor, AED, HOD, VP or Principal) if you are helping a child or adolescent to navigate thru' difficult situations, be it family violence, sexual or drug abuse, divorce, and others. It provides a legal framework and define the legal boundaries where you can safely help. It addresses possible dilemma you may face: your moral values, professional ethics and legal obligations.

Understanding Families and Healing Relationships

Trainer: **Ms Evonne Lek**

Date: **17 & 18 Feb, 2 to 5.30 pm**

45% VCF funding: \$319 after funding

Normal Fees: \$580/pax

Synopsis: This workshop gives participants an understanding of families and the potential causes of family conflicts. You will learn how to apply family system theory to understand your clients' issues. Participants will learn and practise interventions skills (such as conflict de-escalation and strength-based questions) to heal relationships.

Working with Youth with Self-Harm and Suicide Tendencies (Level 1)

Trainer: **Dr Natalie Games**

Date: **21 Feb, 9 to 5 pm**

45% VCF funding: \$319 after funding

Normal Fees: \$580/pax

Synopsis: Participants will learn the tell-tales signs of a youth who is in danger of harming himself or planning suicide. Risk and protective factors will be discussed. You will be taught how to do a preliminary case assessment and to guide the at-risk youth to write a safety plan. You will learn strategies to prevent suicide & self-harm, set org. policies and procedures, and manage those impacted such as family members and other at-risk individuals belonging to the same cluster.

MARCH 2022

Working with Children and Adolescents with School Refusal and Anger Issues

Trainer: **Dr Lohsnah Jeevanandam**

Date: **2 & 3 Mar, 2 to 5.30 pm**

45% VCF funding: \$319 after funding

Normal Fees: \$580/pax

Synopsis: Students refusing to attend school and those exhibiting angry behaviours are challenging to handle. This course helps you understand their psyche and examines the risk and protective factors behind the behaviour. You will learn practical skills such as anger thermometer to help such students. Without breaching confidentiality, participants will critique past cases they have experienced and learn to incorporate lessons learned in this workshop into future cases.

Coordinating a Response to Crisis in Schools

Trainer: **Dr Suzanne Anderson**

Date: **3 Mar, 9 to 5 pm**

Normal Fees: \$580/pax

Synopsis: Schools must be operationally ready to handle a crisis (such as COVID cases upsurge, suicide) when it happens. Importantly, schools must be able to bounce back quickly. Suzanne, the trainer, is an experienced certified crisis response specialist. **Part 1** guides participants through the impact and response of a crisis in chronological time frames from pre-crisis through to 1.5 to 2 years post-crisis. In **Part 2**, participants will apply their own knowledge and experience as well as the learning from Part 1 to school-based scenarios and will be tasked to develop a response plan. **Part 3** will briefly address a part of responding to crisis that is often overlooked—the need to review the response to a critical incident for challenges faced and lessons learned and apply that knowledge to maintaining crisis plans and protocols.

Developing Effective Skills to Respond to Crisis in Schools

Trainer: **Dr Suzanne Anderson**

Date: **10 Mar, 9 to 5 pm**

Normal Fees: \$580/pax

Synopsis: In the aftermath of a crisis, be it intentional harm, natural disasters and industrial accidents, those affected experience a roller-coaster of emotions, with greater intensity than they have ever experienced. They often wonder if they are going crazy and may believe there is something wrong with them. In **Part 1**, participants will have a good understanding of the impact of a crisis on individuals. In **Part 2**, participants will learn important psychological first aid (PFA) skills to help the affected person, how to deliver bad news, and how to provide group support. Suzanne, the trainer, is an experienced certified crisis response specialist.

Working with Children and Adolescents with ADHD

30% VCF funding: \$406 after funding

Trainer: **Ms Carolyn Kee**

Date: **21 & 24 Mar, 2 to 5.30 pm**

Normal Fees: \$580/pax

Synopsis: Students with ADHD have so much difficulty controlling their restlessness, attention and impulsivity that it pervades many areas of their lives and has a serious impact on their studies. This workshop scaffolds important ADHD knowledge with group activities that help participants learn in a refreshingly clear way areas such as: ADHD diagnosis, interventions skills, practical tips and strategies that can be immediately applied in the workplace.

Working with Children and Adolescents with Autism in Mainstream School

45% VCF funding: \$319 after funding

Trainer: **Ms Cindy Kua**

Date: **29 & 30 Mar, 2 to 5.30 pm**

Normal Fees: \$580/pax

Synopsis: Students with ASD have core difficulties in social interaction and communication, as well as inflexibility in thoughts and behaviours. Despite having the intellectual ability to learn mainstream curriculum, they have difficulty understanding the social expectations and coping with the social demands in school. This workshop covers skills and strategies neatly categorised under: (1) supporting their learning needs; (2) supporting their social coping; and (3) supporting their emotional coping.

Post Trauma Support

Trainer: **Dr Suzanne Anderson**

Date: **31 Mar, 9 to 5 pm**

Normal Fees: \$580/pax

Synopsis: WHO reported that 70% of people worldwide will experience some form of trauma. Some will require on-going mental health support by professional counsellors and psychologists while some will, without seeking professional help, be able to continue daily functioning - although they may still be uncomfortably affected by the past trauma when they hear of similar trauma. **This workshop equips participants, who are not mental health professionals, with knowledge and practical skills to support individuals who have experienced trauma and presently able to function without professional mental health support.**

APRIL 2022

Working with Children and Adolescents Impacted by Divorce and Separation

Trainer: **Ms Sylvia Tan**

Date: **4 & 6 Apr, 2 to 5.30 pm**

Normal Fees: \$580/pax

Synopsis: Divorce is on the rise around the world. As a teacher, social worker, counsellor/psychologist or parent, what can be done to support such children and adolescents? In **Part 1**, you will learn the dynamics of divorce including the potential complexities. **Part 2** highlights challenges that participants may face, and provide guidance how to avoid being triangulated in the parents' acrimony. Other helping skills will be taught, as well as how to engage parents & other stakeholders (eg, child protection officer, lawyer, etc).

Working with Children Using Play and Creative Arts Therapy (Level 1)

Trainer: **Ms Jeanie So**

Date: **7 Apr, 9 to 5 pm**

Normal Fees: \$580/pax

Synopsis: Play Therapy is a type of therapy used primarily for children (3 - 12 years old). Unlike more commonly known therapies such as Counselling (which is a form of Talk Therapy), Play Therapy do not use 'talk'. Instead it uses a variety of play and creative arts techniques (such as play, toys, art and sand) to help the child explore, express, and safely experience the difficulties they are working through. This workshop introduces the concept and principles of Play Therapy. Participants will learn how to conduct an effective session, and through it understand and help the child. Participants need not have prior psychological knowledge.

'Typical' Students, Students with Differing Learning Abilities and Special Needs: Pedagogical Strategies and Processes To Enhance Learning for ALL Students

Trainer: **Mr Simon Reynolds**

Date: **12 Apr (9 to 5 pm) and 13 Apr (2 to 5.30 pm)** **Normal Fees: \$750/pax**

Synopsis: It is now commonplace to have students with learning disabilities or special needs in a mainstream class. Are teachers' currently used pedagogical approaches equally effective for all types of students? This workshop recognises that practical demands such as time or class size may skew the choice of approaches to benefit one type of learners over another; the pressure of looming exams may also dictate pedagogy. This course emphasises the importance of socio-emotional dimension of teaching, building an inclusive classroom and the principles of Universal Design for Learning. Pedagogical strategies proven effective for students with learning disabilities and special needs are discussed and suggested for implementation.