

# Continuing Professional Development Lecture: Mental Health & Grief: Understanding Patients and Caregivers (Part 2) 13 March 2024

## Synopsis

Patients and caregivers often experience multiple losses — loss of health, independence, freedom, mobility, career, financial security, and family harmony. Caregivers may also experience anticipatory grief when a loved one is still living, as well as ambiguous loss, when a loved one loses mental capacity and is “there but not there”.

Society often expects patients and caregivers to ignore their own grief and just get on with doing the practical things that need to be done. However, unresolved grief can lead to depression and other problems. Allied health professionals can play an important role in engaging meaningfully with patients and caregivers — acknowledging their emotions, helping them identify their losses, and pointing them towards further professional help, hence leading to better outcomes.

After the lecture, the participants will be able to gain an understanding on:

- The Grief Process
- Symptoms of Grief
- What Grief Recovery looks like
- Bouncing Back from Grief

## Speaker



**Miss Gracie Mak**  
Co-founder and Director  
Whispering Hope

GRACIE MAK is Co-founder and Director of Whispering Hope, the only consultancy in Singapore that specialises in the internationally-recognised, evidence-based Grief Recovery Method® program.

Gracie holds a Master’s degree in Organizational Leadership, focused on Organizational Development Consulting. Besides being a Grief Recovery Specialist® certified by the Grief Recovery Institute, she is also a certified Life Coach with Liforming Leadership Coaching, USA.

Gracie was previously the CEO of a medical centre in Singapore and the Business Development Director of an international five-star hotel. Over the years, she has worked with many corporate leaders and clients, as well as young adults and families. She is a subject matter expert on loss and grief, and has been interviewed on CNA938 and other media.



## Lecture Details

|          |   |                           |
|----------|---|---------------------------|
| Date     | : | 13 March 2024 (Wednesday) |
| Duration | : | 60 minutes                |
| Time     | : | 6.00 pm – 7.00 pm         |
| Fee      | : | Complimentary             |
| Platform | : | Zoom Cloud Meetings       |

## Target Audience

Allied Health Professionals, Pharmacists, Doctors and Nurses.

## Registration

To register (Internet access is required), scan the QR code or click on the web link. Registration closes on **11 February 2024, Sunday**.



<https://form.gov.sg/656edfb2991ea300122c5bbe>

Upon registration, you agree to the following [Terms & Conditions](#).

*Zoom Capacity: 500*

*This lecture will be conducted via [Zoom Cloud Meetings](#) app. For ease of accessing the lecture, please download/update Zoom Cloud Meetings app.*

*Details of the lecture meeting link will be sent to the successful registrants nearer the lecture date.*

## Quick Links

[FAQs](#) | [PGAHI Programmes](#) | [Training Calendar](#)