



**SGH  
PGAHI**

POSTGRADUATE  
ALLIED HEALTH INSTITUTE

# Continuing Professional Development Lecture: Steering A Life Beyond Pain: Back to the driver seat of your life 10 June 2019

## Synopsis

Chronic pain often consumes and takes control of individuals to the point where life takes a back seat. Healthcare professionals may feel just as helpless in the face of such pain that cannot be eliminated. This introductory talk provides an overview on Acceptance and Commitment Therapy (ACT) for management of chronic pain, via experiential techniques.

Through ACT, we can help individuals learn to get back into the driver's seat of their life, by learning skills that will help them learn to be with their pain and live a vital life.

## Speakers

**Miss Ng Jing Xuan**

**Clinical Psychologist**

**Department of Psychology, SGH**

Jing Xuan graduated with a Master of Psychology (Clinical). She has been working with patients with chronic pain at the Pain Management Centre of Singapore General Hospital since 2015. Jing Xuan adopts ACT & mindfulness approaches to help patients with chronic pain. She also sees individuals experiencing other issues, such as mood issues, anxiety issues, obsessive-compulsive disorders and eating disorders.

**Mr Henry Lew**

**Senior Psychologist**

**Department of Psychology, SGH**

Henry graduated with a Master's in Applied Psychology (Counselling Psychology). He has been working with patients with chronic pain at the Pain Management Centre of Singapore General Hospital since 2012. Henry adopts mindfulness approaches to help patients with chronic pain. He has a keen interest in health psychology and works with patients with obesity and chronic illnesses as well.

## Lecture Details

Date	: <b>10 June 2019 (Monday)</b>
Duration	: <b>1 hour</b>
Time	: <b>6.00 pm – 7.00 pm</b>
Venue	: <b>Learning Space Room 4/5</b> Singapore General Hospital Block 6 Level 1, Outram Road Singapore 169608
Fee	: <b>Complimentary</b>

## Target Audience

For medical and healthcare professionals working directly with individuals experiencing chronic pain. This talk will be of interest to individuals who are keen to learn psychological strategies to inform their practice with clients/patients.

## Registration

To register, please submit the following details to [agnes.low.s.m@sgh.com.sg](mailto:agnes.low.s.m@sgh.com.sg) by **30 May 2019 (Thu)**.

- **Name**
- **Organisation/Department**
- **Profession**
- **Contact No.**
- **Email Address**
- **SGH Employee No. (if applicable)**
- **Professional Registration No.**

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

*Limited to 120 pax, on a first-come-first-served basis. As priority would be given to those who have pre-registered, walk-in registration may not be accepted.*

*To maximise your learning and also to help each other to focus better at the lecture, please be punctual for the lecture.*

## Enquiries

Miss Agnes Low

Contact No.: (65) 6576 2714

Email: [agnes.low.s.m@sgh.com.sg](mailto:agnes.low.s.m@sgh.com.sg)

Find us on

