



**SGH  
PGAHI**

POSTGRADUATE  
ALLIED HEALTH INSTITUTE

## Continuing Professional Development Lecture: Utilising mistakes and failures to build resilience 23 Nov 2020

### Synopsis

We often think of mistakes and failures as something to be avoided. Yet, research indicates that building on these experiences and helping our patients utilise them can lead to resilience. Resilience is the ability to recover and bounce back from a difficulty. This is a very important life skill that we want our patients to develop. Using a strengths-based method, we can help our patients build self-efficacy, an important factor that leads to self-confidence and empowers them to think differently about their mistakes and failures and view them as important life experiences.

This lecture will include some basic research and ideas on the topic of resilience and its impact on how we work with our patients. It will challenge our mindset regarding mistakes and failures.

After the lecture, participants would be able to:

- Relay some basic information on the topic of resilience
- Examine their thinking regarding mistakes and failures
- Value mistakes and failures as important keys to building resilience
- Use strengths-based methods and communication tools to build self-efficacy and resilience

### Target Audience

All allied health professionals

### Speaker



**Debbie Hogan**  
BS, MS, CSFT, PCC  
Psychotherapist, Coach & Trainer  
Singapore, USA

Debbie has over 25 years of experience in the mental health field and is currently in private practice. She specialises in Solution Focused Brief Therapy (SFBT) and was trained by the developers, Insoo Kim Berg and Steve de Shazer. Debbie runs professional certification programmes in SFBT and Solution Focused Coaching and has trained practitioners all around Asia. She is a Registered Clinical Supervisor and Master Clinical Member with Singapore Association for Counselling.

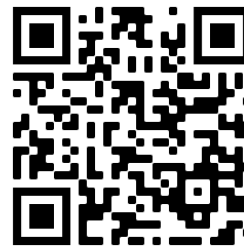


### Lecture Details

|          |                       |
|----------|-----------------------|
| Date     | : 23 Nov 2020         |
| Duration | : 60 minutes          |
| Time     | : 6.30 pm – 7.30pm    |
| Fee      | : Complimentary       |
| Platform | : Zoom Cloud Meetings |

### Registration

To register, scan the following QR code or click on the web link. Registration closes on **9 Nov 2020**.



<https://tinyurl.com/CPD23Nov2020>

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 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 and Directory](#)