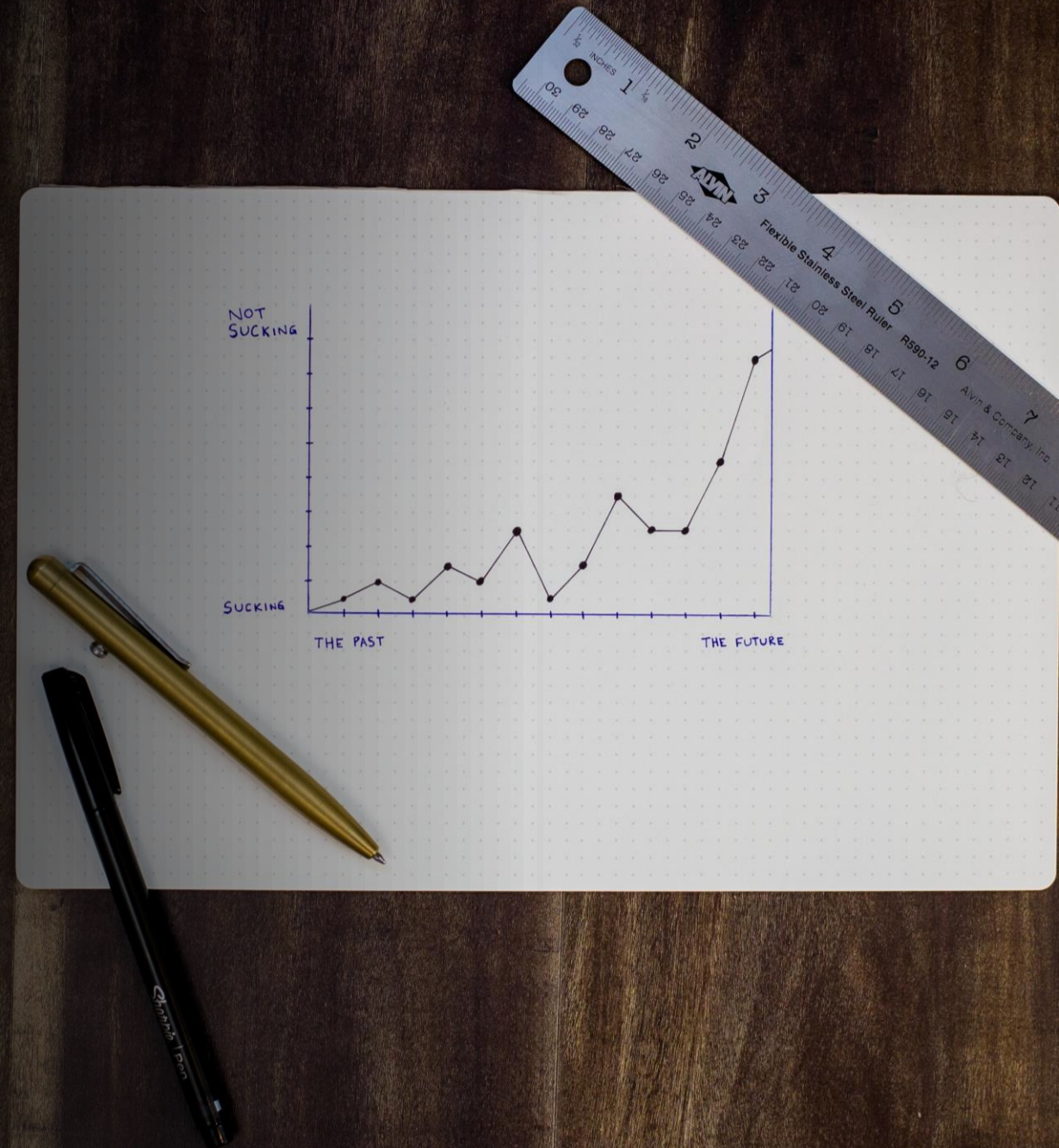


Our Achievements

2020 Director's Report



Our Mission

To promote mental wellness and positive psychology through **education** and **partnership** with the **community**.

Our Vision

To ensure that the community **recognises** that **mental wellness** is as **important** as physical wellness.

Executive Team



Yap Weiren
Co-founder
Operations Director



James Chong
Co-founder
Clinical Director



Kevin Daniel Pillay
Principal Counsellor
Psychologist



Tan Wei Jie
Associate Psychologist
Centre Manager



Lai Wei Xuan Vivien
Associate Psychologist
Liaison Manager



Dhivyaasree Krishnamoorthy
Associate Psychologist
Events Manager



Rachel Lim
Counsellor



Belinda Lau
Wellness Consultant

2020 Achievements

- Expansion of clinical services
- Community Outreach
- Impact of COVID-19 Pandemic
 - Psychology is essential
 - Seminar to Webinar
 - Spilt-shift Teams
 - CBT Workshop
- Industry recognition
- Quality clinicians



Expansion of Clinical Services

- Couple / Marital Counselling
- Family Therapy
- Integrative Counselling with Child-centred Play Therapy (CCPT)
- Psychological Assessment & Diagnosis



Community Outreach

Workshop

MontfortCare

您是否了解心理健康的重要性？

10月2日 (星期五) | 2.00 PM

蒙福关爱下午茶系列 (免费)

MONTFORT CARE 线上讲座  LIVE



赖纬璇

副 心理学家/心理治疗师

Workshops (Community Outreach) for 2020

External Talks (Free)

Organisation	Topic	Date	Speaker
Ngee Ann Polytechnic Peer Helper	Introduction to Para-counselling for Depression	4 Jan 2020	Tan Wei Jie
Nanyang Technological University Graduate Student Association	Demystifying Mental Health Counselling	4 Feb 2020	James Chong
CPA Australia	Managing Stress & Burnout During COVID-19 Pandemic	22 Jun 2020	Vivien Lai
Oversea-Chinese Banking Corporation, Limited	Coping with Stress & Burnout During COVID-19 Pandemic, The Definitive Guide	3 Jul 2020	Vivien Lai
Valqua Industries Singapore Pte. Ltd.	The Definitive Guide to Combating Impostor Syndrome	14 Aug 2020	Dhivya
National Gallery Singapore	The Definitive Guide to Combating Workplace Stress & Burnout	25 Sep 2020	Vivien Lai
National University of Singapore Student Union (NUSSU)	Managing Depression during COVID-19 Pandemic	26 Sep 2020	James Chong

Workshops (Community Outreach) for 2020

External Talks (Free)

Organisation	Topic	Date	Speaker
Montfort Care Singapore	蒙福关爱下午茶系列 - 倾听我说	2 Oct 2020	Vivien Lai
Food Panda Singapore	The Definitive Guide to Combating Workplace Stress & Burnout	5 Oct 2020	Vivien Lai
People Association (Ulu Pandan CC)	Career Counselling	28 Oct 2020	Dhivya James Chong Tan Wei Jie Vivien Lai
Aviva Asia	The Definitive Guide to Combating Workplace Stress & Burnout	20 Nov 2020	James Chong
BCD Travel, Asia Pacific	The Definitive Guide to Combating Imposter Syndrome	7 Dec 2020	James Chong
Aviva Asia	The Definitive Guide to Combating Workplace Stress & Burnout	10 Dec 2020	James Chong

Collaboration with Republic Polytechnic (RP)

Final Year Project with RP School of Sports, Health and Leisure (SHL)

Period: 19 Oct 2020 to 10 Feb 2021

Project Title: Enabling mental health for healthy life transition in youth

TLM Reporting Officer: Ms Dhivyaasree Krishnamoorthy

Synopsis: Poly students may not know how to transition healthily into the working world. While some students may pressurize themselves to give up social life and work long hours for the first few years of their lives to build an identity, other students may be struggling with adapting to long working hours and not seeing friends very often. This may cause them to experience a burnout and feel lost eventually. The aim of this project is to promote mental wellness and positive psychology among youth for healthy life transition.



Media Release



Releases	Source	Date
Top Psychotherapists In Singapore	MediaOne Marketing	21 Oct 2020
The 18 Clinics with the Best Psychotherapy in Singapore	Best in Singapore	23 Sep 2020

Digital Outreach



Facebook Followers

560

166 (2018) -> 425 (2019)



Instagram Followers

495

146 (2018) -> 337 (2019)



Impact of COVID-19

How Did We Overcome it?

Psychology, rehab among allied health services reclassified as essential



This includes rehabilitation or therapy services, and other allied health services. PHOTO: ST FILE

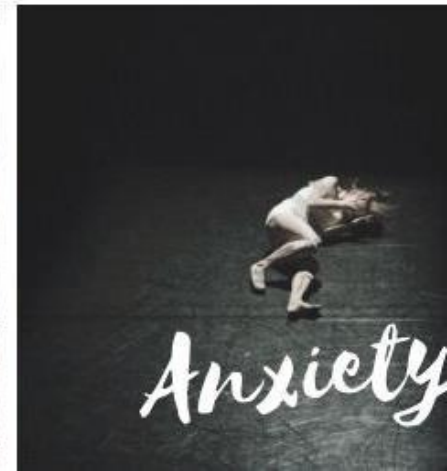
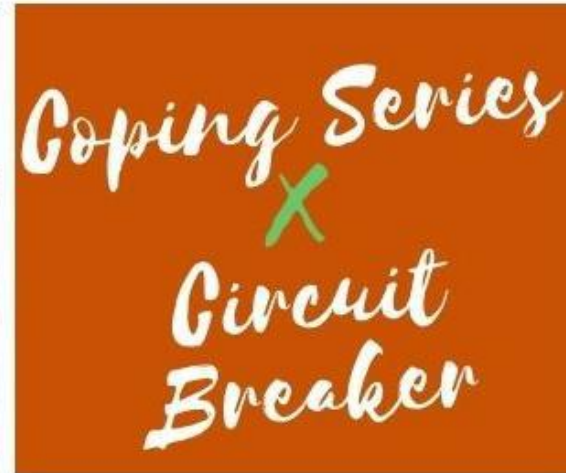
With the extension of the circuit breaker to June 1, the Ministry of Health (MOH) has re-categorised allied health services outside of the public healthcare institutions as essential services with effect from today. These include rehabilitation or therapy services, and other allied health services such as dietetics, social work, psychology and podiatry.

The ministry said there will be restrictions in place for the provision of such services to ensure that overall movement and interactions are still minimised during this period.

These include keeping therapy to one-to-one sessions, and prioritising face-to-face consultations for patients whose condition may significantly or rapidly deteriorate and thus potentially threaten their health and well-being if they do not receive the therapy or treatment.

Impact of COVID-19 Pandemic

- TLM move seminars to online
- Create new and relevant content pertaining to COVID-19 Pandemic
- TLM implemented split-shift teams for Phase 1 and Phase 2
- Re-designed Grad Cert in Psychotherapeutic Approaches (CBT Specialisation) to blended learning



Webinars (Free) for 2020

Existing (from seminar)

- Coping with Anxiety
- Coping with Depression
- Coping with Grief & Loss
- Coping with Insomnia
- Coping with Obsessive-Compulsive Disorder (OCD)
- Coping with Stress & Burnout
- Career Options for Psychology Graduates

New

- Managing Anxiety During COVID-19 Pandemic
- Managing Depression During COVID-19 Pandemic
- Managing Grief & Loss During COVID-19 Pandemic
- Managing OCD During COVID-19 Pandemic
- Managing Stress & Burnout during COVID-19 Pandemic
- COVID-19 & Your Mental Health
- Mending Bridges, Maintaining Relationship
- Coping with Caregiver Stress & Burnout
- Managing Caregiver Stress & Burnout During COVID-19 Pandemic
- Demystifying Counselling & Psychotherapy

Spilt-shift Teams



The Lion Mind
Counselling & Psychological Services

TLM - TEAM TWO

Monday
Friday
Saturday

Weiren | James | Vivien



The Lion Mind
Counselling & Psychological Services

TLM - TEAM ONE

Tuesday
Thursday
Sunday

Kevin | Wei Jie | Dhivya



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

August 2020

- 11 participants
- Safe-distancing (with masks) implemented for Saturday classes
- Online (Zoom) for Sunday classes

December 2020

- 12 participants (maxed)
- Opened Jan 2021 (12, maxed) and Apr 2021 intake due to popular demand

CBT Workshops

- Accredited by APACS on 11 November 2018
- Completed a total of 5 runs (*Since 2018*)
 - *1 Dec to 15 Dec 2018*
 - *11 Participants*
 - *28 Apr to 12 May 2019*
 - *13 Participants*
 - *7 Dec to 21 Dec 2019*
 - *15 Participants*
 - **15 Aug to 29 Aug 2020**
 - 11 Participants
 - **5 Dec to 19 Dec 2020**
 - 12 Participants
- Enhancing the workshop for June 2021



Certification Workshops for 2020

Workshop	Facilitator	Comment
Introduction to Counselling	James	TBC for 2021
Introduction to Art Therapy	Vijaya Mohan	Revamped programme for 2021



Industry Recognition

2020

*Association of Psychotherapists And Counsellors Singapore

- **Executive Committee (2020-2022)**
 - Tan Wei Jie – *Honorary Secretary*
 - James Chong – *Honorary Treasurer*
 - Yap Weiren – *Committee Member (Marketing & Publicity)*
- **Marketing & Publicity Sub-committee (2020-2022)**
 - Dhivyaasree Krishnamoorthy – *Editor-In-Chief*
 - Vivien Lai – *Designer*
- **Community Outreach to BW Monastery**
 - Vivien Lai & Kevin Daniel Pillay as speakers
 - Topic Presented: *Coping with Stress & Burnout with Work-from-home*

*Association of
Psychotherapists
And Counsellors
Singapore

- **Influencing Industry through NTUC connections**
 - SIRS
 - Psychology as essential
 - Workplace Burnout
 - Mental Healthcare Ambassador Training
- **Psychological First Aid (PFA) Course 2020**
 - Dhivyaasree Krishnamoorthy
 - James Chong
 - Tan Wei Jie
 - Vivien Lai
 - Yap Weiren





Melvin Yong 杨益财 ✓

Yesterday at 16:57 · 🌐

Met Cherie and James for breakfast this morning, to brief them about the newly-launched Tripartite Advisory on Mental Well-being at Workplaces.

Cherie is president of Singapore Psychological Society (SPS) while James is the co-founder of The Lion Mind Limited and a key leader of the Association of Psychotherapists and Counsellors Singapore (APACS).

As mental health practitioners, Cherie and James have seen an increase in the number of Singaporeans seeking help for issues relating to workplace burnout over the past few months.

Happy to hear from them that both SPS and APACS are supportive of the recommendations listed in the advisory, in particular, for companies to establish a work-life harmony policy to provide employees with clarity on after-hours work communication. I've spoken much in recent months about the need for workers to be able to disconnect from work and have protected time to rest and recharge: <https://www.straitstimes.com/.../parliament-right-to-disconne...>

For more info on the Tripartite Advisory, do refer to <https://bit.ly/3kF8wle>

I'm keen to identify employers that have initiatives or programmes to support their employees' mental well-being. If your employer is one of them, please do let me know!



Others

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





Empathy Matters

6 December 2020 | 3pm to 5.30pm

Others

Project Care Dialogue 2020

- James Chong & Yap Weiren



WHERE	WHEN	Guest-Of-Honour
Zoom <small>(Log in details will be sent to you closer to event date)</small>	22 October 2020 2.30pm – 5pm	Mr Chan Chun Sing <small>Minister for Trade and Industry Deputy Chairman, People's Association</small>

The Project We Care Dialogue aims to bring together the public and private sectors to provide levers for businesses to **#EmergeStronger**. Learn from your business peers on how they have successfully pivoted and transformed, and seek clarity from public service agencies on support schemes to tide through the pandemic.



Through this Dialogue, you can gain:

- Business peer-to-peer exchanges on best practices, networks and solutioning
- Relevant knowledge & clarity on existing business support schemes

Scan here
to register

Highlights of Project We Care Dialogue 2020

► Welcome Address

By Project We Care Chairperson, Ms Wee Wei Ling, PBM

► Introduction & Context Setting

By Dialogue Chairperson, Mr Stanley Tan

► Breakout Workshops:

Attendees will be split according to their preferred breakout session topics:

- Manpower and Employability Workshop
- Government Business Assistance Programme Workshop
- Digital Marketing Fundamentals Workshop

► Address by Guest-Of-Honour (GOH)

► Plenary Session with GOH and Distinguished Speakers

In collaboration with Enterprise Singapore and SkillsFuture Singapore

► Closing Remarks

The Lion Mind x Best In Singapore
*Best Psychotherapy
in Singapore*





The Lion Mind x MediaOne Marketing

***Top Psychotherapists
In Singapore***