



Project REBUILD: A Collaborative Effort between Assisi Hospice & Lien Centre for Palliative Care

Second Public Forum

Will I Ever Get Over My Child's Death?

Date : 22nd October, 2011 (Saturday)
Time : 2:00pm to 5:00pm
Venue : KK Women's & Children's Hospital
Training Centre, Level 1, Women's Tower
(Beside MacDonald's)
100 Bukit Timah Road
Singapore 229899

Co-organized by



Club Rainbow (Singapore)



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Please **RSVP** for the free forum via fax, telephone, or email by **18th October 2011**.
Tel: 6347 6232 / 6436 Fax: 6258 3022 Email: joedward@assisihospice.org.sg
Places/seats are limited and are on a first-come first-serve basis

Name: _____ No. of guests: _____

Tel/HP: _____ Email: _____

SYNOPSES

Presentations

How to go on living after my child's death?

Speaker: Dr Alicia Pon

A parent-child relationship, unlike others can be closer, more involving, definitely more precious and therefore the hardest to lose. The death of your child expose you to the most intense, complex and long lasting grief known to mankind. Losing your child is like losing a part of you, a part of your partner, parts of your family and parts of your future. So how do you go on living when you have lost such a huge part of you and your life? This presentation shares how your child's death can affect you and what to expect in mourning. It also attempts to help you understand that this loss is unlike any other and that you will need that space and time to heal and go on living.

How can we support someone who has lost a young child?

Speaker: Ms Carolyn Ng

Parental loss is often regarded as one of the most difficult losses to grieve because it is commonly believed that parents are not supposed to outlive their children. This is especially true when the child is underage and still considered a child. This presentation aims to share some unique features of parental grief and how people around can help support these bereaved parents during this difficult journey.

How can we support an elderly who has lost an adult child?

Speaker: Ms Helen Ko

This presentation will discuss the impact of death of adult children on the elderly. It will highlight the strategies and approaches which caregivers may adopt to facilitate older persons' ability to cope or adjust to life without them, in cognizance of the local socio-cultural contexts.

Panel Discussion

Will I Ever Get Over My Child's Death?

Chair: Mr Ivan Woo

Panelists: Ms Helen Ko, Ms Carolyn Ng and Dr Alicia Pon

A child's death is untimely and can be difficult for the parents and some people who know the deceased child. Some may wonder if it is wishful thinking to hold on to the hope that it is possible to get over a child's death. This panel discussion provides a platform to discuss the challenges and possibilities in a journey to get over a child's death.

ABOUT THE SPEAKERS

Ms Helen Ko, Executive Director, Beyond Age - a training and consultancy firm with expertise in ageing. Ms Ko has pioneered the development of several programmes and services for older adults e.g. gerontological counselling, care management, day care and employability programmes. She was previously Chief Executive Officer/Executive Director of several non-profit organisations and has extensive experience counselling older adults and training helping professionals / management staff. She also teaches at the National University of Singapore and is co-author of two books: *Understanding and Counselling Older Persons* and *Gerontological Counselling: An Introductory Handbook*.

Ms Carolyn Ng, Senior Counsellor, Children's Cancer Foundation, provides palliative and bereavement counselling support to cancer patients and families. She is a registered counsellor and approved supervisor with the Singapore Association for Counselling (SAC). She is also a Certified Thanatologist with the Association of Death Education and Counselling (ADEC). She is trained in the Critical Incident Stress Management (CISM) by the International Critical Incident Stress Foundation, United States, and community crisis response by the National Organisation for Victim Assistance (NOVA), United States.

Dr Alicia Pon, Lecturer, Research Fellow and Clinical Therapist completed her graduate education at the University of Hong Kong. Currently in private practice, Dr. Pon provides psychotherapy for individuals and families with social, psychological and emotional difficulties. With the University of Hong Kong, Dr. Pon serves as an Honorary Lecturer and Research Fellow where she lectures and supervises undergraduate and post graduate students in the fields of child and adolescent mental health, thanatology, play therapy, counselling and psychotherapy. As a researcher, Dr Pon has research and publications on play therapy, palliative care, trauma, and attachment and adoption issues. She has also delivered a number of conference presentations and conducts workshops and training on a variety of topics around the Asia Pacific region.

Mr Ivan Woo, Project Coordinator for Project REBUILD, is Senior Medical Social Worker, Department of Care and Counselling, Tan Tock Seng Hospital. He is also a PhD candidate with the Department of Social Work, National University of Singapore. With a Master of Philosophy from the University of Hong Kong and a Bachelor of Social Sciences in social work from the National University of Singapore, Ivan is also a registered social worker with the Singapore Association of Social Workers and a certified thanatologist with the Association for Death Education and Counselling (ADEC). His interest is in health social work and his area of specialisation is in grief and bereavement.