Building Emotional Resilience in Caregiving

Duration: 2 days / 14 hours (inclusive assessment)  
Venue: Social Service Institute

Overview
The workshop seeks in engaging individuals in a social services setting to better understand the need for personal self-care and building emotional resilience in the course of their work. The workshop touches on the psychological and physiological link between resilience and stress, and through heighten awareness of the cause, develop individual strategies for self-care. This workshop also features hands on elements in stress management.

Learning Outcomes
By the end of the course, participants will be able to:

- Determine the motivations and challenges faced by caregivers
- Manage emotions and challenges involved in caregiving
- Relate the concept of stress to caregiving
- Assess the well-being of caregivers
- Demonstrate stress management strategies in caregiving

Target Audience / Pre-requisites
Target audience includes a broad range of social service practitioners. They may work with families, children and youth or other professions school personnel, medical professionals, social workers, counsellors, welfare officers, police officers etc.

The skills and knowledge for this course, which the learner is assumed to possess, are as follows:

- Be able to listen and speak English at a proficiency level equivalent to the Employability Skills System Workplace Literacy (WPL) Level 6 and above
- Be able to read and write English at a proficiency level equivalent to the Employability Skills System Workplace Literacy (WPL) Level 6 and above
- Be able to use numeracy skills equivalent to the Employability Skills System Workplace Numeracy (WPN) Level 6 and above

Assessment Requirements
Learners will be assessed holistically with a practical performance & reflective journal during the duration of workshop.

Course Agenda

- Understanding emotional resilience.
- Psychological link between resilience and stress.
- Causes of stress for caregivers.
- The change process.
- Components of stress in caregiving and the effect of such stress on the body and mind.
- Caregiver roles, shared responsibilities and setting healthy caregiving boundaries.
- Cognitive load, compassion fatigue and specific caregiver emotions (resentment, guilt, fear, grief, etc).
- Resilience-building strategies for caregivers.
- Developing the caregiver support network.
**Course Fees**

Full fees: $650 exclusive of GST

Nett Fees\(^*: $65 exclusive of GST (after WDA subsidy of 90%)

\(^*\)Funding is applicable to Singaporeans and Singapore PRs only.

**Trainer's Profile**

**Praveen Nair** has many years of counselling and supervisory experience in VWOs and in the civil service. He previously performed the duties of a Deputy Head and Clinical Supervisor for a Family Service Centre where he undertook a range of clinical and operational duties including working with a number of community partners such as the Family & Syariah Courts. He also helped to oversee the running of a Student Care Centre which included children with special needs. Specialising in forensic interventions and counselling, Praveen is currently pursuing his PhD research in biopsychosocial interventions for pre-offenders. Praveen is also the first Psychologist in Singapore to have provided full-time consultation on the Responsible Thinking Process for a mainstream school.

Praveen is a Full Member with the Singapore Psychological Society and Professional Member with the Singapore Human Resource Institute (SHRI), Praveen is also an MSF Certified Practitioner for the Management of Family Violence and a member of the prestigious Golden Key International Honour Society that has recognized him for outstanding academic achievements, leadership and social service.