

A decorative graphic in the top right corner featuring several overlapping hands in various colors (orange, green, purple, blue, red) reaching out. Surrounding the hands are numerous small dots in yellow and dark blue.

Advancing

**GROUP WORK
APPROACHES**
TO ENHANCE LIVES

THE INTERSECTION OF THEORY, PRACTICE AND EFFICACY

**VIRTUAL SYMPOSIUM
PROGRAMME BOOKLET**

The practice of group work entails the deliberate use of group processes and intervention strategies in enhancing the lives of people based on the values and ethical principles of social work profession. Despite its adoption by social work practitioners as an approach in their practice, the group work approach has not been widely discussed locally.

This inaugural symposium **“Advancing Group Work Approaches to Enhance Lives – The Intersection of Theory, Practice and Efficacy”** aims to provide a platform for social workers to share and create new knowledge in group work practice. Co-organised by the National University of Singapore (NUS), The Next Age Institute (NAI) and the Singapore Association of Social Workers (SASW), the symposium brings together local and overseas academics and practitioners from the community and healthcare sectors for an exchange of ideas in advancing group work practice.

Specifically, the 5-day symposium offers a fresh view on the fundamentals where participants will be challenged to re-think the use of guidelines, standards and evaluation in group work practice. The use of specific approaches like narrative therapy, non-deliberative and activity-based group work across different clientele groups will provide the know-how for participants in applying skills and knowledge. The symposium will conclude with initiatives and ideas to expand group work boundaries through a panel discussion on rethinking and envisioning practice.

CO-ORGANISED BY



Next Age Institute
Faculty of Arts & Social Sciences



Singapore Association of Social Workers

SUPPORTED BY



Changi
General Hospital
SingHealth



INSTITUTE
of MENTAL
HEALTH
National Healthcare Group



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Centre
Empowered. Included. Thriving.



Tan Tock Seng
HOSPITAL
National Healthcare Group

PROGRAMME OVERVIEW

20 JAN 2021

ADVANCING KNOWLEDGE AND PRACTICE

Opening Remarks

Adj A/P Corinne Ghoh, Next Age Institute,
National University of Singapore

Advancing Practice Through Standards and Evaluation in Evidence-Informed Group Work

Prof Mark J. Macgowan,
Florida International University

The 3 'E's that Lead to the 'F' in Group Work

Ms Ng Jek Mui,
Alzheimer's Disease Association

21 JAN 2021

POWER OF STORIES IN MENTAL HEALTH RESILIENCE

Ideas of Narrative Therapy

Mr David Newman, The Dulwich Centre

Beautiful Minds Group Work

Ms Faith Wong & Ms Lanny Santoso,
Fei Yue Family Service Centre

22 JAN 2021

ABC OF GROUP WORK WITH OLDER PERSONS

Nondeliberative Practice: Prioritizing Activity in Social Work with Groups

Dr. Brian L. Kelly, Loyola University Chicago

OASIS: Older Adults Supporting In Sharing

Ms Bridget Monica Das & Mr Ng Beng Wee,
Ren Ci Hospital

Supporting New Caregivers Caring for their Loved Ones with Dementia

Ms Lim Sok Hwee,
Alzheimer's Dementia Association

25 JAN 2021

EMPOWERING PERSONS WITH DISABILITIES AND THEIR FAMILIES

Group Work with Persons with Disabilities and their Families

Dr Barbara Muskat, University of Toronto

MINDS Siblings Support Group

Ms Nicole Ng & Ms Koh Shine, MINDS

26 JAN 2021

EXPANDING GROUP WORK BOUNDARIES

Group Work with Migrant Workers: Working with Culturally-Diverse Population

Ms Janet Lim, Tan Tock Seng Hospital

Mr Jeffrey Chua, HealthServe Limited

Giving Voice to Grief Experience:

Loss and Found Group

Ms Goh Min Hui, Institute of Mental Health

Panel Discussion: Re-envisioning Group Work

Dr Barbara Muskat, University of Toronto

Dr Gilbert Fan, National Cancer Centre

Ms Janet Lim, Tan Tock Seng Hospital

Dr Peace Wong, National University of Singapore

Ms Tan Sze Wee, Rainbow Centre

Closing Remarks

Ms Long Chey May,

Singapore Association of Social Workers



20 JAN 2021

9 - 11.30 AM

ADVANCING KNOWLEDGE AND PRACTICE

OPENING REMARKS



Adj A/P Corinne Ghoh
Next Age Institute,
National University of Singapore

Dr Corinne Ghoh is a member of the Steering Committee of Next Age Institute, Faculty of Arts and Social Sciences, National University of Singapore (NUS). She is an Adjunct Associate Professor in the NUS Department of Social Work and holds a concurrent appointment as Consultant, Ageing Planning Office at the Ministry of Health, Singapore.

MODERATOR



Dr Peace Wong
National University of Singapore

Dr. Peace Wong graduated with a PhD from the National University of Singapore (NUS) in 2014 and has a diploma in clinical supervision. She is a Senior Lecturer with the Department of Social Work, NUS and teaches practice modules such as Working with Individuals and Families, Social Group Work Practice and Social Work Supervision. She was awarded the Faculty Teaching Excellence Awards (FTEA) yearly since 2014, as well as awarded the Community Outreach Award and Annual Teaching Excellence Award (ATEA) in 2018 and 2019. Apart from teaching, she manages social work field education and conducts training of social work field educators to enhance their knowledge and skills in field supervision.

Dr. Peace Wong actively serves the community through her involvement with the Social Work Accreditation & Advisory Board and various advisory committees with Ministry of Social & Family Development and different voluntary welfare organisations. She actively promotes the understanding of social work supervision by chairing workgroups to organise social work supervision seminars and develop Social Work Supervision Guide. Given Dr. Peace Wong's practice experience, she is engaged as a Principal Investigator for different research projects that are related to programme evaluation, curriculum development and training/coaching of practitioners.

Social group work is a method of social work practice that seeks to provide an empowering experience for the members. It is important for Social Workers to be familiar with group work standards and guidelines to facilitate members to work towards achieving their goals. More importantly, knowing if group work helps the members, leads one to consider the evaluation of the group work practice.

Seen in this light, Day 1 of the symposium seeks to advance knowledge and practice in group work through the sharing by overseas and local speakers. The sharing on “Advancing Practice through Standards and Evaluation in Evidence-informed Group Work” will enhance our understanding concerning the fundamentals in group work practice in relation to group work standards and evaluation, in the framework of evidence-informed group work.

The sharing on the “The 3 ‘E’s (Evolving, Empowering and ‘Eating’) that lead to the ‘F’ (Fundamentals) in group work practice” will enhance our understanding concerning how standards are being applied and contextualised in our local context. Specifically, the sharing will connect the “how”s and “what”s of the conceptual understanding of group work practice. It will shed light on the designing and conceptualising of group work, in terms of the key ingredients and ways to measure the outcomes.

ADVANCING PRACTICE THROUGH STANDARDS AND EVALUATION IN EVIDENCE-INFORMED GROUP WORK



Prof Mark J. Macgowan **Florida International University**

Dr. Mark J. Macgowan, PhD, LCSW, is Professor of Social Work and Associate Dean of Academic Affairs, Robert Stempel College of Public Health & Social Work, Florida International University, Miami, U.S.A. Dr. Macgowan’s research is on (a) the effective practice and teaching of group work, (b) factors contributing to adolescent suicidality, and (c) disaster mental health. He is the author of Guide to Evidence-Based Group Work and co-author of Group Work Research, both with Oxford University Press, and is co-editor of Evidence-Based Group Work in Community Settings and IASWG Standards for Social Work with Groups, both with Taylor & Francis. He is currently co-editor with Carol Cohen and Ron Toseland of the Routledge International Handbook on Social Work with Groups.

Dr. Macgowan has received multiple professional or university awards for excellence in teaching and research. He was Fulbright-Scotland Visiting Professor at the University of Edinburgh, where he was engaged in teaching and research about global perspectives on evidence-based group work. As a licensed therapist and supervisor of therapist trainees, Dr. Macgowan has substantial clinical experience with specialized training in disaster response. He serves on the Executive Committee of the International Association for Social Work with Groups as Co-Chair of the Commission on Group Work in Social Work Education.

THE 3 'E's (EVOLVING, EMPOWERING, EATING) THAT LEAD TO THE 'F' (FUNDAMENTALS) IN GROUP WORK PRACTICE



Ms Ng Jek Mui

Alzheimer's Disease Association

Jek Mui is a social worker from Alzheimer's Disease Association (ADA). She is with the Caregiver Support Centre for close to 10 years. She engages in partnerships with persons living with dementia and their family caregivers in their journey together. She enjoys meeting and creating spaces for caregivers to come together to share their joys and challenges during the Caregiver Support Groups. She has interest in mindfulness-based practices and providing clinical support and supervision to volunteers and anyone who want to make a difference in the people they interact with in the community.

21 JAN 2021

9 - 11.30 AM

POWER OF STORIES IN MENTAL HEALTH RESILIENCE

MODERATOR



Ms Kee Poh Lu
Fei Yue Family Service Centre

Poh Lu graduated from the National University of Singapore with a Social Work honours degree. She is currently a Senior Social Worker at Fei Yue Family Service Centre. She has been practising as a registered Senior Social Worker in Singapore for 15 years. During the 15 years, she has worked with various groups of individuals and families with concerns ranging from financial issues, parenting concerns, family violence, mental health concerns and offending behaviours. Besides working with individuals and families, Poh Lu also runs group work for children, youths, elderly, and families.

IDEAS OF NARRATIVE THERAPY



Mr David Newman
The Dulwich Centre

David is a faculty member of The Dulwich Centre and an honorary clinical fellow at University of Melbourne School of Medicine, Dentistry and Health Sciences. With The Dulwich Centre he has had opportunities to teach in different countries such as Rwanda, Brazil, Canada, Nepal, Greece, China, India, Turkey, Hong Kong and Palestine, as well as around Australia. He has extensive experience in individual, couple and family therapy, primarily through his independent therapy practice Sydney Narrative Therapy, and currently works part time as a group therapist at 'Uspace', a psychiatric unit for young people in Sydney.

David will share some of his discoveries in using narrative practices in group work with young people in a psychiatric unit in Sydney. In his presentation, he will focus on the use of living documents when working in groups, discuss the sentiments of finding our stories through that of others and through our contributions to others, as well as consider ways to failure-proof questions used in group narrative practice conversations.

BEAUTIFUL MINDS GROUP WORK

Beautiful Minds is a community-based therapeutic group work created by Fei Yue Family Service Centre (FSC). The group work seeks to provide a space and platform for women who are experiencing depression, an opportunity to find support from each other. The participants are also encouraged to re-discover alternative stories of themselves and to bring forth their preferred identities during their journey of dealing with depression.

As facilitators at Beautiful Minds, the speakers will share how the group came about in 2016, and will also speak on the various techniques in story eliciting for the purpose of group work. They will also elaborate on the use of insider knowledge in extending the preferred stories of the women beyond the group.



Ms Faith Wong
Fei Yue Family Service Centre

Faith graduated from The University of Melbourne with a Master in Narrative Therapy and Community Work in 2020. She has been practicing as a registered Social Worker in Singapore for 6 years and is currently a Senior Social Worker at the Fei Yue Family Service Centre. For the past six years, she has worked with various groups of individuals and families with concerns, ranging from financial issues, parenting concerns, family violence and mental health concerns. Besides working with individuals and families, Faith started a mental health therapeutic group work with Lanny called Beautiful Minds at Fei Yue Family Service Centre. Faith is keen to support those with mental health issues and hopes to journey with them in recovery and regaining positivity.



Ms Lanny Santoso
Fei Yue Family Service Centre

Lanny attained a Master in Social Science (Counselling) from Edith Cowan University Western Australia, and a Master in Narrative Therapy and Community Work from The University of Melbourne. She is a registered Social Service practitioner and a registered member of Singapore Association of Counselling (SAC), and currently works as a Senior Counsellor at Fei Yue Family Service Centre. She has been a Counsellor since 2008, and practises narrative ideas since 2010. During these 12 years, she has worked with various groups of individuals and families with concerns ranging from financial issues, parenting concerns, family violence and mental health concerns. Besides working with individuals and families, Lanny started a mental health therapeutic group work together with Faith, called Beautiful Minds. Beautiful Minds helps women who are middle-aged and may be experiencing mental health issues such as depression, anxiety, and other co-morbidities. The group work format helps to allow safe and conducive conversations and environment.

22 JAN 2021

9 - 11.30 AM

ABC OF GROUP WORK WITH OLDER PERSONS

MODERATOR



Dr Goh Soon Noi
Changi General Hospital

Dr Goh has been in social work profession for 40 years. She is the co-editor of a recent publication entitled "Medical Social Work in Singapore: Context and Practice" and author of chapters on historical development of medical social work and geriatric social work. As a clinician, Dr Goh is giving attention on knowledge building and skill development on empowering elderly to make decisions, assessing mental capacity and risks of vulnerability as well as adult children mediation work. Dr Goh is actively involved in research. She chairs SingHealth Allied Health Evidence-Based Practice Committee, and is Principal Investigator of researches related to social work practice and elderly.

NONDELIBERATIVE PRACTICE: PRIORITIZING ACTIVITY IN SOCIAL WORK WITH GROUPS

This presentation will explore nondeliberative practice in social work with groups. Lang (2016) conceptualized nondeliberative practice as an “artful, actional, and analogic” method that prioritizes activity through a “do, then think” approach to working with group members (p. 98). Explored in depth in a special double issue of *Social Work With Groups* (2016, volume 39, issues 2-3) across a broad range of activities (e.g., arts and music-based activities, camping and outdoor activities), nondeliberative practice is appropriate for all age groups in a variety of service settings. In this presentation, we will: (1) review some of the key principles of nondeliberative practice, (2) experience nondeliberative practice through a virtual activity, and (3) debrief the process through dialogue. Through this presentation, it is hoped that participants will gain a better understanding of why activities have such a powerful impact on group members, what members are experiencing when they are engaged in a nondeliberative activity, and how to use nondeliberative activities in groups with purpose and effectiveness.



Dr Brian L. Kelly
Loyola University Chicago

Dr. Brian L. Kelly is an Associate Professor at Loyola University Chicago in the School of Social Work. His research explores current and historical uses of recreational, art, and music-based activities in social work and related fields as sites and opportunities for strengths-based social work practice. He holds an associate degree in audio engineering and incorporates audio documentary and other audio-based ethnographic methodologies in his work as means to increase strengths-based, participatory research practices. Findings from his work have been presented at national and international conferences and published in peer-reviewed journals and edited texts. Dr. Kelly has several years of clinical experience working with individuals with substance use issues as a certified alcohol and drug abuse counselor (CADAC). In addition, he has several years of practice experience working with the homeless, including adults living with HIV/AIDS and other chronic medical conditions as well as young people. Dr. Kelly is an advocate for the advancement of social work practice with groups and incorporates group work in his teaching, research, and scholarship.

OASIS: OLDER ADULTS SUPPORTING IN SHARING

It was observed that current psychosocial programmes conducted in the nursing home are few and fragmented. I-Dream: “Investing in the Development of 3R experiences & Assimilating meaning making” was conceptualised. OASIS: Older Adults Supporting In Sharing was developed to address this gap and to ensure that programmes are not an end in itself but means to meet the residents’ needs. This group work programme is to be structured, reminiscent and psycho-educational in its approach. Providing a comfortable, non-threatening environment and mentally stimulating exercises for individuals, it aims to provide them with a supportive environment to share recollections of past experiences, discover a common ground and develop the power to live their lives fully and contribute to the life of the community.



Ms Bridget Monica Das
Ren Ci Hospital

Bridget is a Senior Principal Medical Social Worker with 20 years of experience in Family Service Centre, Church Pastoral Care and Medical Social Work within the Intermediate and Long-Term Care (ILTC) sector. The exposure and need to work with families has made her sensitive to the impact of the family environment and its effects on its members – effects that are intricately woven by factors such as dynamics, communication patterns, emotional and attachment issues. Her specialized areas of training include Emotionally Focused Therapy, Expressive Therapies For Transforming Emotions Through Symbolic Expressions and Play of Life.



Mr Ng Beng Wee
Ren Ci Hospital

Beng Wee is a Senior Medical Social Worker with 15 years of experience in Family Services Centre, Counselling Centre and Medical Social Work within the Intermediate and Long-Term Care (ILTC) sector. Beng Wee’s strength lies in reminisce work and facilitating group dynamics. His specialized area of training is with Satir Transformational Systemic Therapy (STST).

SUPPORTING NEW CAREGIVERS CARING FOR THEIR LOVED ONES WITH DEMENTIA



Ms Lim Sok Hwee **Alzheimer's Disease Association**

Ms Lim Sok Hwee is a Senior Social Worker with Alzheimer's Disease Association. She graduated with a Bachelor of Arts (Social Work) from the National University of Singapore. She has a strong interest in healthcare and has practised in both acute and community settings.

With new responsibilities and expectations to meet, the caregiving journey for new caregivers can be challenging. In her presentation, Sok Hwee will share about a customised caregiver support group which aims to equip new caregivers with knowledge and skills in dementia care, as well as create a supportive environment for new caregivers to foster support network with fellow caregivers.



25 JAN 2021

9 - 11.30 AM

EMPOWERING PERSONS WITH DISABILITIES AND THEIR FAMILIES

MODERATOR



Ms Ong Lay Hoon

MINDS, Caregiver Support Services

Lay Hoon is the Head of Caregivers Support Services in MINDS. She started off as a school social worker in MINDS special school in 2003. With the support of Lien Foundation Scholarship (awarded by NCSS), Lay Hoon subsequently moved on to pursue her Masters in Social Work at the University of Melbourne in 2008. After returning from her overseas stint, she continues to pursue her interest in social work in the disability sector. Lay Hoon believes in the empowerment of caregivers and the clients through connecting them to the right resources. As she continues to pursue her passion to support caregivers' needs, she would like to spearhead more upstream programmes, leading caregivers support groups and building up caregivers' capability with her current team in MINDS.

GROUP WORK WITH PERSONS WITH DISABILITIES AND THEIR FAMILIES

For many years, disability has been conceptualised using a medical model. In this model, disability is seen as an individual deficiency or abnormality that requires a fix/remedy and that fix must come from a professional. However more recently, the social model of disability has arisen as an alternative approach. In the social model, individuals have impairments that create barriers to full participation in society. The social model emphasises that people with disabilities are often devalued and asserts that differences should be recognised and respected as in any other human variation. There is a focus on enhancing individuals' self-worth, and collective identity, as well as on inclusion, empowerment and removal of barriers to inclusion for people with disabilities.

Social group work is well suited to supporting and empowering individuals with disabilities. Social group work is a strength-based practice, that focuses on the value of each group member, and the benefits of social support and mutual aid for individual and group empowerment.

This presentation will describe a number of groups facilitated with neurodiverse children, teens, young adults and their family members, that was based on the social model of disability and employed principles of strengths-based practice, social support and mutual aid. These include a social group for pre-schoolers, a mutual aid group for latency aged boys, a university-based social programme and a group for parents of newly diagnosed children. Practice principles will be presented for facilitation of these groups by social workers.



Dr Barbara Muskat
University of Toronto

Barbara Muskat, PhD, RSW, is the President of IASWG (International Association for Social Work with Groups) and Executive Member of the Ontario Groupworkers' Network. Barbara is an Adjunct Professor at the Factor-Inwentash Faculty of Social Work (University of Toronto), where she teaches courses in Social Work Practice with Groups and Social Work Practice with Children and Adolescents. She has authored over 50 articles on topics including group work, mental health and learning disabilities, children with ASD and social work in health care. Barbara recently retired as Director of Social Work at the Hospital for Sick Children in Toronto. She worked for many years as a social work clinician, supervisor, consultant, and administrator in the area of children's mental health, specializing in the neurodiverse community. Barbara continues to do clinical with children, teens and their families at ISAND (Integrated Services for Autism and Neurodevelopmental Differences).

MINDS SIBLINGS SUPPORT GROUP

There is a general consensus across the literature that when individuals with Intellectual & Developmental Disabilities (I/DD) grow older, their siblings often assume the caregiver role as ageing parents eventually pass on or are unable to further fulfil caregiving responsibilities.

However, inclusion of siblings in interventions and support for their well-being have often been overlooked. Hence, MINDS Sibling Programme was initiated in 2010 to reach out to siblings of individuals with I/DD through social recreational activities. Over the years, the programme's framework was refined in consideration of a lifespan approach and expanded into delivering support groups to adult siblings across the respective age range (18-29; 30-49; 50 above). Each tailored group work is grounded upon three core principles: Psychoeducation; Social Support; Empowerment. The delivery of each group work is adapted from the Mutual Aid Model, which focuses on developing collaborative and trustworthy relationships amongst group members.

Simultaneously, group members are empowered to identify and develop new/existing strengths, knowledge and expertise so as to contribute to the collective wisdom and resourcefulness of the group. This promotes the strengths-based perspective, where inherent strength and assets of individuals are regarded as potential agents of therapeutic change. Additionally, the adoption of the narrative approach serves as a crucial component in each group work as it seeks to draw out the strengths and resiliency from personal stories shared within the group, thereby ameliorating the degree of the perceived problems. The implementation of support groups have seen positive responses from participants with most finding value in being able to identify with peers in similar circumstances, enabling them to feel less alone and more supported. Therefore, MINDS Siblings Team is committed to continue supporting the well-being of adult siblings while giving them a voice and empowering them to be advocates for their sibling(s) with I/DD.



Ms Nicole Ng Yue Shean

MINDS, Caregivers Support Services Centre

Nicole graduated in Social Work from the University of Edinburgh in 2019. She has experience working with adults affected by homelessness through adopting a trauma-informed care approach; adults with learning difficulties/global developmental delay; children marginalized by learning difficulties, poverty, parental substance misuse/mental health, and domestic abuse/neglect issues impacting on school attendance and behaviour. Locally, Nicole has worked with youths at risk in the area of cyber wellness, and vulnerable older adults.

Currently, Nicole is a Social Worker in MINDS Caregivers Support Services Centre. She supports adults with Intellectual & Developmental Disabilities (I/DD) who are currently living in the community and their caregivers who are experiencing challenges in caregiving duties. She provides case management service and conducts assessments to deliver individualized care plans to these families. Simultaneously, Nicole serves as a touchpoint for families who are not known to existing adult disability services. She also conducts group work for caregivers and is part of the MINDS Siblings Team.



Ms Koh Shine

MINDS, Eunus Training and Development Centre

Shine holds a Graduate Diploma in Social Work from Singapore University of Social Sciences (SUSS). She is a registered social worker and has been with MINDS for the past six years. She has experience working with caregivers of clients in the adult sector through intensive case management and crisis interventions.

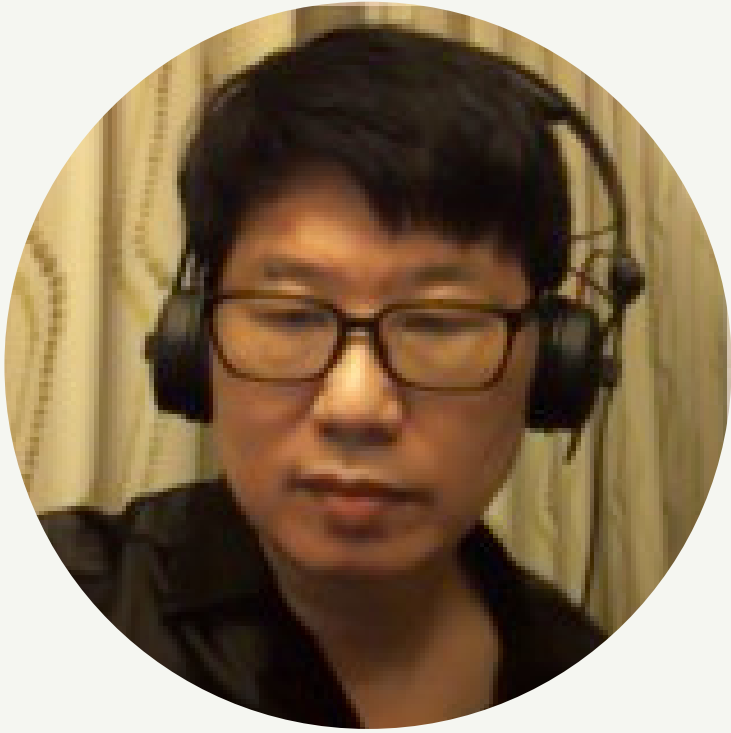
Shine has also been part of the MINDS Siblings workgroup since 2015 and has made contributions in the planning and implementation of programmes for various age groups of siblings, ranging from the juniors to older adults. Shine takes pride in the delivery of sibling programmes and has had opportunities to facilitate in several support groups in the recent years to gain a comprehensive understanding of the needs and challenges of these siblings.

26 JAN 2021

9 - 11.30 AM

EXPANDING GROUP WORK BOUNDARIES

MODERATOR



Dr. Gilbert Fan
National Cancer Centre

Dr. Gilbert Fan, RSW, FAPA is a Clinical Supervisor (Satir), Fellow of the American Psychotherapy Association (USA) and Registered Social Worker. Gilbert's professional doctorate is in Social Work & Futures Studies. He has extensive experience as a medical social worker, having worked in both general and tertiary hospitals and a short teaching stint at the Nanyang Polytechnic (NYP) lecturing in the Behavioural Sciences. He continues to teach in various capacities in social work and counselling programmes at both local and foreign universities. He was appointed as Master Practice Leader by the Ministry of Social & Family Development in 2015-2019 and Fellow of the Social Service Institute in 2016-2019 and 2020 to present. Dr. Gilbert is the Co-Chair for Volunteer Engagement, Advisor & Master Medical Social Worker to the Department of Psychosocial Oncology, National Cancer Centre Singapore.

GROUP WORK WITH MIGRANT WORKERS: WORKING WITH CULTURALLY-DIVERSE POPULATION

The migrant worker community forms an integral part of the workforce in Singapore. Being in a foreign society, migrant workers face multiple issues affecting their physical, mental and social well-being. Available literature on social work intervention is limited and social workers from Singapore face challenges arising from differences in language, culture and worldview. In this presentation, social workers from both HealthServe and Tan Tock Seng Hospital will share on the use of group work modality and creative group work activities for this population in promoting their well-being.

HealthServe is a non-profit organization dedicated to providing support to the migrant worker community. Through their medical clinics, they provide casework, social assistance, advocacy, research and outreach programmes. They will share their experience of running groups for workers who suffered from work place injuries.

On the other hand, during the COVID-19 outbreak, many migrant workers from the dormitories were diagnosed with COVID-19 and admitted to Tan Tock Seng Hospital (TTSH). Recognising an urgent need in providing support and mitigating psychosocial concerns during this precarious time, a team of medical social workers from TTSH embarked on group work with the migrant workers. They will share their experience of running group work activities during the pandemic

Together, the speakers will share strategies adopted in needs assessment, conceptualization, implementation, as well as evaluation in culturally-sensitive social work practice. Their experience in working with the migrant worker community has also highlighted the importance of reflective practice and the need to maintain an open and curious stance.



Ms Janet Lim
Tan Tock Seng Hospital

Janet graduated from National University of Singapore with a Master in Social Work. She is currently a Senior Medical Social Worker at Tan Tock Seng Hospital. She has been practising as a Social Worker in the medical setting for 10 years. During this period, she has run various groups for persons with acquired disabilities and their caregivers with concerns ranging from financial issues, coping and adjustment, managing of their chronic diseases and caregiving concerns. During the COVID-19 pandemic, she had the opportunity to support migrant workers who are hospitalised with a team of colleagues, using group work modality.



Mr Jeffrey Chua
HealthServe Limited

Jeffrey graduated from the Singapore Institute of Management with a Computer Science degree and worked in a Semiconductor Manufacturing Facility for 18 years before calling it quits. He volunteered 3 months of his time to helping out in Project Khmer HOPE, a Christian NGO in Cambodia dedicated to equipping young Cambodians with hospitality skills and securing jobs in the hotel industry. In 2010, he chose to do more and started volunteering with HealthServe, a community Organisation dedicated to provide healing and hope to low wage foreign workers. Many of whom have been injured at work, cheated by rogue employers or abandoned and without work. He obtained his Masters in Social Work in 2014 and currently serves as the Head of Casework and Social Services at HealthServe, overseeing a team of case workers, interns and volunteers who assist some 300 clients seeking help for their Work injuries, Owed Salaries and other dispute matters. In his work, he seeks to understand the plight of these workers and has helped many of them navigate through Singapore's Work Injury Claim processes, enabling them to have a fairer outcome of their claims. Through his visits to some of their hometowns, he gains a better understanding of their background and continues his work with passion and commitment.

GIVING VOICE TO GRIEF EXPERIENCE: LOSS AND FOUND GROUP

The Loss and Found grief group aims to provide a safe place for bereaved clients from a mental health setting to come together as a group to share their grief stories based on 2 conceptual models of coping with bereavement. The Dual Process Model (DPM) (Strobe & Schut, 1999) was used to understand the oscillation of the loss-oriented and restoration-oriented stressors in the grief process. The Continuing Bonds model (Klass, D. 1996, 2006, 2018) was applied to help understand clients' bonds with their loved ones whom they had lost. The clients discussed new roles, identity, relationships and their efforts to adapt to changes in life circumstance as they are engaged in the 5 group work sessions. An evaluation tool, the Outcome Scale (ORS) and Session Rating Scale (SRS) (Miller et al., 2006) were used by the clients to rate themselves on a four-item visual analogue scale measuring their well being, interpersonal and social functioning throughout the group process and their alliance with the facilitator.



Ms Goh Min Hui **Institute of Mental Health**

Min Hui, a Principal Medical Social Worker with the Institute of Mental Health (IMH) has 25 years of clinical experience as a systemic psychotherapist providing extensive marital and family therapy to individuals and families afflicted with mental health issues across health and community setting. Currently, she leads the Systemic Psychotherapy Unit in IMH and provides clinical supervision. Trained in Analytic Approach in group therapy, Min Hui has years of experience running group work with different clientele - parent support groups, groups for students with special learning needs in schools and in tertiary institution, resilience groups for children with parents who has mental illness, grief and bereavement groups and caregiver groups for families who has loved ones with dementia and depression. She has presented her work at international social work conferences and also conducted lectures for NUS students on Mental health and Groupwork. Min Hui is a strong advocator of green initiative being in IMH Planeteers committee and uses nature and music as part of therapy healing process.

PANEL DISCUSSION: RE-ENVISIONING GROUP WORK



Dr Barbara Muskat
University of Toronto

Barbara Muskat, PhD, RSW, is the President of IASWG (International Association for Social Work with Groups) and Executive Member of the Ontario Groupworkers' Network. Barbara is an Adjunct Professor at the Factor-Inwentash Faculty of Social Work (University of Toronto), where she teaches courses in Social Work Practice with Groups and Social Work Practice with Children and Adolescents. She has authored over 50 articles on topics including group work, mental health and learning disabilities, children with ASD and social work in health care. Barbara recently retired as Director of Social Work at the Hospital for Sick Children in Toronto. She worked for many years as a social work clinician, supervisor, consultant, and administrator in the area of children's mental health, specializing in the neurodiverse community. Barbara continues to do clinical with children, teens and their families at ISAND (Integrated Services for Autism and Neurodevelopmental Differences).



Ms Janet Lim
Tan Tock Seng Hospital

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Dr Peace Wong
National University of Singapore

Dr. Peace Wong graduated with a PhD from the National University of Singapore (NUS) in 2014 and has a diploma in clinical supervision. She is a Senior Lecturer with the Department of Social Work, NUS and teaches practice modules such as Working with Individuals and Families, Social Group Work Practice and Social Work Supervision. She was awarded the Faculty Teaching Excellence Awards (FTEA) yearly since 2014, as well as awarded the Community Outreach Award and Annual Teaching Excellence Award (ATEA) in 2018 and 2019. Apart from teaching, she manages social work field education and conducts training of social work field educators to enhance their knowledge and skills in field supervision.

Dr. Peace Wong actively serves the community through her involvement with the Social Work Accreditation & Advisory Board and various advisory committees with Ministry of Social & Family Development and different voluntary welfare organisations. She actively promotes the understanding of social work supervision by chairing workgroups to organise social work supervision seminars and develop Social Work Supervision Guide. Given Dr. Peace Wong's practice experience, she is engaged as a Principal Investigator for different research projects that are related to programme evaluation, curriculum development and training/coaching of practitioners.



Ms Tan Sze Wee
Rainbow Centre Singapore

Sze Wee had been drawn by the values of social work in her teens and started her career as a social worker in community mental health care and subsequently in disability. Sze Wee is currently the Executive Director of Rainbow Centre, Singapore (RCS). She provides overall leadership in steering RCS to meet the needs of the disability sector by partnering stakeholders to build inclusive communities so persons of all abilities can thrive. Her training in social work influences her philosophy in taking a person centred approach in her work. Whether supporting clients or colleagues, Sze Wee believes that change happens when people can draw on their own strengths and realize their potential to live fulfilling lives. She seeks to align service models with needs, while ensuring long term scalability and sustainability. With a heart for developing people, Sze Wee also dedicates herself to training and professional development in building sector capability.

CLOSING REMARKS



Ms Long Chey May **Singapore Association of Social Workers**

With 35 years of experience in the social and health sectors, Chey May is active in discussion forums and supportive of social work professional activities in Singapore Association of Social Workers (SASW). She has been serving as President of SASW since 2017. Chey May is also the Group Chief Patient Officer, National University Health System where she champions a culture of patient and family-centered care. As a Deputy Chief Allied Health Officer in MOH, she oversees social health integration, Medical Social Work development initiatives and programmes, and other allied health development projects.