

## NACC NEWSLETTER (FEB – APR 2015)

### EDITORIAL

As we look at the NACC Calendar for this year, we marvel at how the Lord has been steering us - connecting us with qualified and experienced Christian mental health professionals to serve you better. He is also slowly moving us out of the Klang Valley to serve other churches. Do take advantage of these trainings to further equip yourself in Christian counselling.

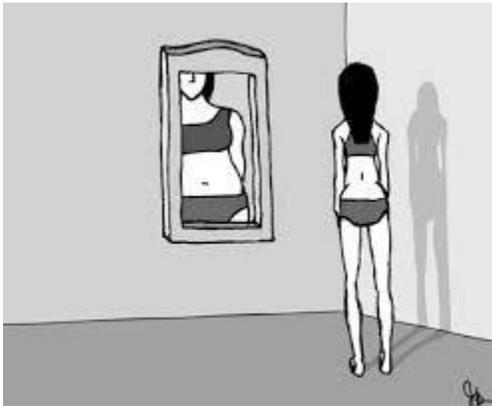
Jan 24	Workshop on Eating Disorders
Feb 4	Consultation with representatives of Bible Seminaries
Mar - May	30 hours Equipping course in Basic Christian Counselling
Mar 28	Workshop on Ethical Challenges Facing Christian Counsellors
May 23	Workshop on Eldercare
July 3-4	Annual Conference
July 13-15	Regional Pastors Retreat at Ipoh
July 25	Workshops on Managing Depression and Parenting Trends & Family Development at Penang
Aug – Oct	Equipping course in Basic Christian Counselling (TBC)
Sept	Workshop on Trauma and Loss Counselling (TBC)
Nov	Workshop on Giving Support to Patients with Critical Illnesses (TBC)

### REPORT ON CONSULTATION WITH HEADS OF BIBLE SEMINARIES



As Christian counselling involves the integration of theology and psychology, we invited the heads of local seminaries to deliberate on the development of Christian counselling that is unique to our Eastern culture. The half day event was held on 4 Feb this year with representatives from the Alpha Omega International College, Baptist Theological Seminary and Malaysia Bible Seminary (the Bible College of Malaysia's representative could not make it at the last minute). Dr. Edmund Ng, our president anchored the event by sharing on the need, issues and some proposals for the movement to go forward. As much research and education are still needed, they agreed on the need to develop a post-graduate course to equip the Malaysian church especially pastors and church leaders.

## REPORT ON WORKSHOP ON EATING DISORDERS



Research has shown that Eating Disorders rank among the top 10 leading causes of disability among young women. In particular, Anorexia Nervosa has the highest mortality rate of all mental disorders. After discussing on the effects of common eating disorders, Dr Hera Lukman shared on the vicious cycle i.e. Pressure to be thin -> Dieting-> Starvation-> Binging. She also shared on what we can do to help these sufferers viz. Recognize the symptoms, Recognize our attitude towards Eating Disorders, Raise our concern and Engage and not repel. At the same time, she advised us to know our limitations

and do not rely on non-evidenced based treatments such as refeeding or exorcism. Finally, there is the need to journey with the sufferers and guide them to the One who can restore them completely.

## UPCOMING WORKSHOP ON ELDERCARE – THE PSYCHOLOGICAL, PHYSIOLOGICAL, PASTORAL AND PRACTICAL PERSPECTIVES

**Date** : 23 May 2015 (Sat)

**Time** : 9.00 am – 12.00 noon

**Venue** : NACC Malaysia

### Speakers:



**Dr Vincent Wong Choong Wai** is a Consultant Psychiatrist in private practice. He received his medical training from University Malaya and Master in Psychiatry from National University of Malaysia. He has vast experiences in helping people with mental health issues. He will be focusing on the psychological and physiological perspectives of eldercare.



**Phua Ah Eng** is a retired educator, her last post being the Senior Assistant of a secondary school in Petaling Jaya. Besides her qualifications in the area of education, she holds a Masters in Pastoral Counselling (AOIC). Being the wife of a church elder, she does visitation on the elderly often and has learnt through the years of being with them, what helps when the elderly are confronted with ageing, health issues and mortality. She will be sharing on the pastoral aspect of eldercare



**Lim Siew Eng** has 20 years of experience in the aged care industry, serving with various community health services in Australia. She has a degree in social science focusing on aged care, leisure and health and has been training carers and leisure-lifestyle coordinators, besides providing diversional or recreational therapy for groups and individuals. She will be discussing on the practical aspects of eldercare.

For more details and to register, please visit our homepage at [www.nacc-malaysia.org](http://www.nacc-malaysia.org)

## ANNUAL CONFERENCE 2015

**Theme: Christian Counseling for Asia – Deepening the Foundations**

**Date:** July 3-4, 2015 (Fri-Sat)

**Venue:** Glad Tidings Church, Petaling Jaya

### Speakers/Topics



Dr. Edmund Ng, DMin, EdD (Cand), CT, is a psychotherapist with post-graduate qualifications in counseling, ministry and thanatology. A former pastor and business CEO, Edmund is Founder and Resident Director of GGP Outreach ([www.ggpoutreach.com](http://www.ggpoutreach.com)), a community-based grief support service for those who have lost their loved ones. Edmund also serves as the Founding President of the National Association of Christian Counselors, Malaysia since 2011. He has written a book entitled *The TIME Approach to Grief Support, An Easy Technique for Every Christian* (published in USA) and edited another, *Culturally-sensitive Christian Counseling in Asia, Towards Integrating Psychology and Theology as Care and Counsel in Mission for Christ*. He will be speaking on **Christian Counselling for Asia – What Is, Is Not and Can Be** and also examining **Ethical Considerations in the Oriental context**.



Dr. Jeff Sim is an Associate Professor at the Department of Psychology in Western Illinois University-QC Campus. He is also the Central Regional Psychologist Administrator for the Illinois Department of Corrections in the USA and supervises the mental health department of ten adult prisons. He will be conducting the workshop on **The War within us - The Flesh vs. The Spirit. Identifying, Understanding, Treating, and Restoring the Defiled Heart**



Dr. Gerald Lui is a registered psychologist with the Hong Kong Psychological Society and adjunct professor of counseling studies at the China Graduate School of Theology. He completed his doctoral degree in clinical psychology in the USA and has experience working at psychiatric hospitals and community mental health clinics. His professional experience includes psychotherapy with individuals who are dealing with depression, anxiety, addictions, eating disorders, emotional and relational trauma, marital conflicts and family problems. He also provides psychotherapy to adolescents, adults, couples and families who are struggling with various emotional, psychological, mental and relational issues. He will be conducting the workshop on **Being an Emotionally attuned and effective counselor: Addressing one's family of origin issues, personal psychodynamics and grief, drawing on Structural Family Therapy & Attachment Theory**



Patrick Cheng works with the National Association of Christian Counsellors as its Executive Director. Besides his theological training, he also has a Masters in Pastoral counselling (AOIC) and another Masters in Counselling from HELP University. He is also a part-time lecturer at a local university and a licensed counselor at a professional counseling center. He will be conducting the workshop on **Basic Christian Counselling Knowledge and Skills**.

Look out for the publicity brochure which will be reaching you soon!

## **ARTICLE: THE INFLUENCE OF FAITH ON MENTAL HEALTH AND WELL-BEING By HAROLD G. KOENIG**

In John 10:10 (NIV) Jesus said, “The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.” Do actively practicing Christians experience a fuller, more abundant life compared to everyone else? Do they have greater well-being or find life more satisfying than others? Are they happier? Many wonder about this, especially those who are called to counsel Christians who often appear to be suffering terribly from depression, anxiety, or other forms of emotional distress. There seems to be so much unhappiness in the Christian community, despite the promises in Scripture of a more abundant life for the faithful.

Scientific research has the ability to shed light on such questions from an objective standpoint, one that is not influenced by theological opinion, bias or hearsay that may be circulating around the Church. Admittedly, the scientific method has its limitations here, especially given the complexity of the relationship between faith and well-being, the difficulty in accurately measuring faith, and the changing nature of faith and well-being over time. Nevertheless, systematic research is one source of information on the question of whether Christians (or those with strong religious faith and an active religious life) experience greater happiness and well-being than those not engaged in this way.

So, what does the research say about Jesus’ statement that His coming would give us a fuller, more abundant life? Although the answer is qualified (as all scientific answers are), the research says...

To read this short article, click the link below:

<http://flashpaper.aacc.net/eNews/2014/August/The+Influence+of+Faith+on+Mental+Health+and+Well-being+Harold+Koenig+MAC.pdf>

## **ANNUAL GENERAL MEETING 2015**

At the 4<sup>th</sup> AGM held on 28 March 2015, the following were elected to hold office for this year:

President	:	Dr Edmund Ng
Vice President	:	Rev Nancy Quay
Secretary	:	Pr Lucy Tan
Treasurer	:	Karen Karn
Committee	:	Phua Ah Eng, Peter Soo and Dr Charis Geevarughese