



Massage Therapy

Parent-Child Massage Therapy workshop

Date: 24 Nov 2018, Saturday

Time: 9.30am to 12.30pm

**Venue: DSA Centre, Studio 1,
Bishan Place, #09-01,
Junction 8 Office Tower,
Singapore 579837**

Speaker's Profile: Ms Veronica Eng of Compass Life

Veronica is currently a MSF-Approved Family Life Education Speaker, Accredited Triple P Practitioner, Certified DISC Analyst, Certified ACTA Trainer and Registered Counsellor with Singapore Association for Counselling. She has a Master Degree of Social Science in Professional Counselling (Swinburne University of Technology), Certified DISC Behaviour Analyst, Diploma in Supervision for Practitioners (Welsh Psychotherapy Partnership, UK), Trained in Special Needs Support with NIE and Juvenile Homes Approved Facilitator for Family Connect Session. Being a Triple P (Positive Parenting) Practitioner, she has conducted Level 2, 3 & 4 programmes at various schools to empower parents to build strong family. Veronica was a full-time school counsellor for more than 11 years, counselling students at-risk, cyber wellness and conducting experiential programmes to empower teenagers on essential life skills. She also provided psycho-education for parents and families with a wide range of parenting and personal issues. She has more than 15 years of counselling/social work experience with experiences as a facilitator with Singapore Juvenile Homes, Darul Ishan Orphanage, Changi Prison & Drug Rehabilitation Centre (DRC). She was also a volunteer counselor at Shan You Counseling Centre, SANA & Teen Challenge.

Synopsis of Talk:

Massage plays a very positive role in a child's neurodevelopment and executive functioning. This is typically so if the child has some forms of developmental needs. Study shows promising results for parents to include massage as part of a comprehensive developmental treatment plan for children affected by Down syndrome.

Learning outcomes:

- 1) Identify steps in improving motor skills and muscle tone (decrease of limb hypertonicity)
- 2) Identify steps in improvement of visual function
- 3) Identify steps in having better quality of sleep
- 4) Identify steps in decreasing anxiety
- 5) Identify steps in increasing overall health & wellness
- 6) Identify steps in improving physical development
- 7) Identify steps in having longer attention span
- 8) Identify steps in improving parent-child bonding and interaction

Please submit your online registration at EventBrite

Closing date for registration: 22 Nov 2018

Target age group: Parents with Special Needs child

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