

# Self Care Techniques

Sat, 30 January 2016: 2.00pm - 5.30pm

Sun, 31 January 2016: 2.00pm - 5.30pm

College of Medicine Building, Auditorium Level 2,  
16 College Road, Singapore 169854

## TOPICS

Unit 1: Work Stress Management  
Unit 2: Mindfulness techniques  
Unit 3: Positive psychology strategies  
Unit 4: Emotional regulation  
Unit 5: Achieving better sleep  
Unit 6: Achieving social connectedness

## WORKSHOPS

Day 1: Mindfulness based stress reduction techniques

Day 2: Emotional regulation

## SPEAKERS

Dr Lawrence Ng      Dr Jean Cheng  
Dr Tan Wee Chong      Dr Tan Wee Hong  
Dr Janet Chang      Dr Lim Hui Khim

## SEMINARS (2 Core FM CME points per seminar)

Seminar 1 • Unit 1 - 3: Sat, 30 Jan 2016 (2.00pm - 4.00pm)

Seminar 2 • Unit 4 - 6: Sun, 31 Jan 2016 (2.00pm - 4.00pm)

## WORKSHOPS (1 Core FM CME point per workshop)

Day 1: Sat, 30 Jan 2016 (4.30pm - 5.30pm)

Day 2: Sun, 31 Jan 2016 (4.30pm - 5.30pm)

\* Registration is on first-come-first-served basis.

Seats are limited.

Please register by 25 Jan 2016 to avoid disappointment.

## DISTANCE LEARNING MODULE

(6 Core FM CME points upon attaining a minimum pass grade of 60% in online MCQ Assessment)

• Read 6 Units of study materials in The Singapore Family Physician journal and pass the online MCQ Assessment.

This Family Practice Skills Course is organised by  
College of Family Physicians Singapore.



All information is correct at time of printing and may be subject to changes.

## REGISTRATION

### Self Care Techniques

Please tick (✓) the appropriate boxes

	College Member	Non Member
Seminar 1 (Sat)	<input type="checkbox"/> FREE	<input type="checkbox"/> \$21.40
Seminar 2 (Sun)	<input type="checkbox"/> FREE	<input type="checkbox"/> \$21.40
Workshops (Sat-Sun)	<input type="checkbox"/> FREE	<input type="checkbox"/> \$42.80
Distance Learning (MCQ Assessment)	<input type="checkbox"/> FREE	<input type="checkbox"/> \$42.80
<b>TOTAL</b>		

All prices stated are inclusive of 7% GST. GST Registration Number: M90367025C

☐ I attach a cheque for payment of the above, made payable to: **College of Family Physicians Singapore \***

Cheque number: \_\_\_\_\_

Signature: \_\_\_\_\_

\*Registration is confirmed only upon receipt of payment. The College will not entertain any request for refund due to cancellation after the registration is closed OR after official receipt is issued (whichever is earlier).

FREE  
REGISTRATION  
for College  
Members!

Name: Dr. \_\_\_\_\_

MCR No: \_\_\_\_\_ NRIC No: \_\_\_\_\_

(For GDFM Trainee only) Please indicate: \_\_\_\_\_ intake

Mailing Address: (Please indicate: ☐ Residential ☐ Practice Address)

\_\_\_\_\_

\_\_\_\_\_

E-mail: \_\_\_\_\_

Tel: \_\_\_\_\_ Fax: \_\_\_\_\_

Note: Any changes to the course details will be announced via e-mail. Kindly check your inbox before attending the course. Thank you.

Please mail the completed form and cheque payment to:

**College of Family Physicians Singapore**

16 College Road #01-02, College of Medicine Building, Singapore 169854

Or fax your registration form to: 6222 0204