



RAFFLES

SCIENCE SYMPOSIUM

MENTAL HEALTH
SCIENCE STRAND

PROGRAMME SYNOPSIS



Raffles Institution
Virtual Event
8.30AM - 1.30PM, 24 February 2021



The Raffles Science Symposium (RSS) is an annual event organised in Raffles Institution that features research and workshops from the fields of natural science, sports science and mental health science. For the Mental Health Science Strand, Raffles Guidance Centre (RGC) and the Peer Helpers Programme (PHP) invite speakers from different organisations to share on mental health topics to advocate for and increase awareness in mental health in RI. RSS2021 will focus on Replenishing and Reinventing (R&R) ourselves.

PROGRAMME

TIME	EVENT	SPEAKER
0815 - 0830AM	Registration	
0830 - 0930AM	Keynote Lecture Growing Up Stressed, Or Growing Up Mindful: Resilience in Challenging Times	Dr. Christopher Willard Harvard Psychologist & Author
Professional Track		
0930 - 1030 AM	Talk Burnout: Awareness and prevention from a Schema Therapy Perspective	Dr. John Phillip Louis PhD in Clinical Psychology, registered counsellor and supervisor with the Singapore Association for Counselling (SAC); Advanced Certified Schema Therapist, Supervisor/Trainer with the International Society of Schema Therapy (ISST)
1030 - 1130 AM	Talk Managing Distressed Students	Dr. Liow Pei Hsiang Psychiatrist and Senior Consultant from Khoo Teck Puat Hospital (KTPH)
Student Track		
0940 - 1030 AM	Sharing Caring for self through life's ups and downs	Mr. Kevin Wee Raffles Institution alumnus and founder of Rebound with Resilience
1030 - 1120 AM	Talk Lessons from Sports Psychology: Improving Your Performance	Dr. Harry Lim Head of Sport Psychology at the National Youth Sports Institute
1130 - 1250 PM	Sharing	Student Presentations
1250 - 0100 PM	Closing	

HIGHLIGHTS

Dr. Christopher Willard, a psychologist & educational consultant teaching at Harvard Medical School and published author of *Child's Mind* (2010), *Growing Up Mindful* (2016), *Raising Resilience* (2017), will be speaking on the benefits of mindfulness and building resilience.

Dr. John Phillip Louis, PhD in Clinical Psychology, registered counsellor & supervisor with the Singapore Association for Counselling (SAC), Advanced Certified Schema Therapist, Supervisor/Trainer with the International Society of Schema Therapy (ISST) will be doing a schema therapy workshop on knowing yourself, reigniting passion, avoiding burnout.

Exhibition of Peer Helpers Programme
group projects on mental health

Dr. Liow Pei Hsiang, Psychiatrist and Senior Consultant from Khoo Teck Puat Hospital (KTPH) will share on identifying students with depression and anxiety symptoms, and how to manage and attend to them.

Kevin Wee, Raffles Institution alumnus and founder of Rebound with Resilience will be sharing about his personal mental health journey, and offer tips on building resilience and self care

Dr. Harry Lim, Head of Sport Psychology at the National Youth Sports Institute will share on improving personal performance using concepts from Sports Psychology.

Student sharings and project presentations from RI students and RI Peer Helpers

The event is FREE. All are welcome. Please join us!

For more information please email
kahhwee.chua@ri.edu.sg or meihui.woo@ri.edu.sg



Please register for the event at the following link:
<http://bit.ly/RSS2021signup>

**Deadline for registration is 10th February
2021**

Due to limited capacity, sign-ups are on a first come first served basis.



Keynote Lecture:

DR. CHRISTOPHER WILLARD

Psychologist teaching at Harvard Medical School
specializing in mindfulness; published author



Growing Up Stressed, Or Growing Up Mindful: Resilience in Challenging Times

As the shutdowns and stay at home orders lengthen, and as tragic news trickles in from near and far, how can we ensure that we emerge from this time stronger and more resilient than ever? Join author and Harvard psychologist Dr. Chris Willard as he shares straightforward mindfulness based solutions to not just manage stress, but build resilience in a time of distraction and danger. Sharing cutting edge neuroscience with the simplicity of techniques now used by everyone from artists to athletes, from basic training to boardrooms, we will spend the working learning fun ways to bring mindfulness, mental health and balance back to your stressful life.

ABOUT THE SPEAKER Dr. Christopher Willard (PsyD) is a psychologist and educational consultant based in Boston specializing in mindfulness. He has been practicing meditation for 20 years, and has led hundreds of workshops around the world, with invitations to more than two dozen countries. He currently serves on the board of directors at the Institute for Meditation and Psychotherapy, and is the president of the Mindfulness in Education Network. He has presented at TEDx conferences and his thoughts have appeared in the New York Times, The Washington Post, mindful.org, and elsewhere. He is the author of *Child's Mind* (2010) *Growing Up Mindful* (2016) *Raising Resilience* (2017) and eight other books for parents, professionals and children, along with six sets of cards and therapeutic games, available in more than ten languages. He teaches at Harvard Medical School. On the personal side, he enjoys traveling, hiking, cooking, reading and writing, and being a father.

Professional Track:

DR. JOHN PHILLIP LOUIS

PhD in Clinical Psychology, registered counsellor and supervisor, Advanced Certified Schema Therapist, Supervisor/Trainer with the International Society of Schema Therapy (ISST)



Burnout: Awareness and Prevention from a Schema Therapy Perspective

Burnout is an extremely common phenomenon, especially in helping professions such as teaching and counselling. Dr. Louis will share more information about burnout as well as the common schemas that lead to burnout. He will also speak on the healthy adult mode and how we can recharge oneself using the framework of schema therapy.

ABOUT THE SPEAKER Dr John Louis earned his PhD from the UK in Clinical Psychology where he conducted empirical research on schemas and parenting scales. These findings provided empirical findings for the "Good Enough Parenting" model. Dr. Louis has published several peer reviewed publications on the development of psychological scales on measuring positive schemas and other schema-related topics. He is a registered counsellor and supervisor with the Singapore Association for Counselling (SAC) as well as an Advanced Certified Schema Therapist. Schema Therapy links unmet core emotional needs in childhood with relationship problems in adulthood.

DR. LIOU PEI HSIANG

Psychiatrist and Senior Consultant
Khoo Teck Puat Hospital



Managing Distressed Students

In her work as a psychiatrist, Dr. Liou helps many young people manage their depressive and anxiety symptoms. Drawing from her expertise and many years of experience, she will share with professionals – teachers, counsellors and those who work with young people, tips on identifying distressed students, and handles on how to manage and help them as they struggle with these symptoms. Informative case studies of real-life patients will be shared during this session. In this highly interactive talk, Dr. Liou will address questions you may have concerning any of your students.

ABOUT THE SPEAKER Dr Liou Pei Hsiang graduated from NUS Medical School in 1990 and started training to be a psychiatrist in 1992. She spent 10 years of her career in the Institute of Mental Health (formerly known as Woodbridge Hospital). Following that, she started the psychiatry services in Alexandra Hospital in 2003 post-SARS and was head of the service from 2003 to 2005. The service has transformed into the current department of behavioural medicine in Khoo Teck Puat Hospital, where she was presently working as a senior consultant. She was also a clinical teacher of NUS/ NTU medical school. Besides working in the hospital, Dr Liou serves in the panel of court advisor to the Youth Court, as well as an advisor to Touch Community Youth Wellness Programme.

Student Track: MR. KEVIN WEE

Raffles Institution alumnus,
Founder of Rebound with Resilience



Caring for self through life's ups and downs

Kevin will be sharing his story openly, factors that lead to his recovery, and perspectives and practical tips to build mental resilience, especially for stressors in Junior College and beyond.

ABOUT THE SPEAKER Kevin is an alumni from RI(JC), batch of 2012. During his 'A' levels, he had a mental block from anxiety, leading to poor performance throughout the major exams. He struggled with depression and mania after for a considerable duration. Yet, with specific factors, he overcame and developed a deep responsibility and drive for helping others in similar situations. He is currently a passionate speaker, podcaster and edupreneur. He has 6 years of experience as a trainer/speaker in over 50 schools and corporate settings, and runs Rebound with Resilience, a social enterprise dedicated to raising the resilience and mental wellness of our nation. He also hosts a podcast where he converses with highly resilient and purposeful guests, to which he derives great gratitude and insight to help others #reboundwithresilience.

DR. HARRY LIM

Head of Sport Psychology,
National Youth Sports Institute



Lessons from Sports Psychology: Improving Your Performance

Sport psychology plays a critical role in helping athletes along their journey towards performance excellence in the sporting realm.

Some of these principles and strategies can equally be applied to great effect to improve your academic performance and life in general.

In this talk, I will present to you some tips from sport psychology that you can use to improve your concentration/focus, stay motivated, deal with setbacks, and perform under pressure.

ABOUT THE SPEAKER Dr Harry Lim currently serves as Head of Sport Psychology at the National Youth Sports Institute. He has directly worked with both youth and senior athletes, supporting their sporting journey as they competed in major competitions including the Olympics, Asian Games and Youth Olympic Games (YOG) He is also an Adjunct Associate Professor teaching sport psychology at the National University of Singapore (NUS). His philosophy of practice is centred on the holistic and long term psychological development of the individual, as well as the impact of the surrounding environment on these factors.

Student Presentations:

ELIZABETH PAULYN GOSTELOW, 21A01B

Raffles Institution



Embrace - a sharing on scoliosis recovery

I will be sharing about my experiences with scoliosis, including coping strategies and different scoliosis treatments available. I hope to raise awareness of scoliosis and help others understand the ups and downs of recovery. Complimentary copies of 'Embrace' will be provided to attendees.

ABOUT THE SPEAKER Hello! My name is Elizabeth Paulyn Gostelow. I am a Year 6 student who has recently written a book named 'Embrace', which documents my medical journey as someone with scoliosis. After going through multiple treatments—including surgery—I am happy to be here today to share more about my experiences with scoliosis! In my free time, I like arting, jogging and occasional Netflix show binges.

Peer Helpers 2020 batch

Raffles Institution



Presentations

Due to COVID-19, our 2020 batch of Peer Helpers were only able to do their group projects in December last year, instead of during Mental Health Awareness Week in August. They will be presenting on various mental health related topics, including: burn out, social anxiety, perfectionism, ADHD, suicide prevention, social media and parenting issues.

ABOUT THE SPEAKERS The Peer Helpers in RI have been specially selected through a rigorous application and interview process and have undergone months of training in basic counselling skills and mental health education when they were in Year 5. The Peer Helpers have attended various virtual learning journeys and have learnt from mental health professionals practicing in the field, and people with lived experience of mental health issues. Peer Helpers have helped to organize the Mental Health Awareness Week in 2020, and advocated for mental health and wellbeing in the RI community through various channels, activities, and peer helping.