



**Singapore
Psychological
Society**
(Established 1979)

**Towards SPS 40:
Celebrating Science & Professionalism
for our Society**

Our world is constantly changing with the modern technological disruptions that we encounter daily. This affects our lives, work, as well as psychological practices. This is an avoidable trend, and hence we need to be well prepared for it.

In SPS PsychWeek 2018, our annual SPS flagship event, we hope to increase your understanding of this phenomena through the theme of 'Modern Disruptions Affecting Our World of Psychology' and the below sessions:

- Coping in our world of disruptions
- Minds and Miners: Disruption of Technology in Psychological Research
- Technological disruptions in private practice
- Workplace disruptions and the impact on learning
- Enhance your psychology journey through volunteering

You are cordially invited to join us.

Sincerely,
*Events Team,
Public Education,
Singapore Psychological Society*

SPS PsychWeek 2018

Modern Disruptions Affecting Our World of Psychology

Dates: 18 – 22 June 2018
Time: 7 pm daily
Venue: TMC Academy Lecture Theatre
250 Middle Road
Singapore 188983

Reserve your place at
[https://singaporepsychologicalsociety.org/
events/](https://singaporepsychologicalsociety.org/events/)

For inquiries, please contact:
events@singaporepsychologicalsociety.com

Coping in our World of Disruptions: How technology has affected our mental health and methods of coping with stress

By Jerry Oliveiro

Technology is rapidly changing society, disrupting businesses and traditions. Many work and leisure activities now require the ability to use technology, making things easier and more convenient for us. While this may not seem like a bad thing, this situation has the potential to lead to problems that may result in the onset of mental disorders. In this session, we will look at how the advancement of technology affects daily activities and our mental health.

Catch this talk on...

Monday

18th June 2018

For Practitioners, Students, and Public

About Jerry



JERRY OLIVEIRO is a Counseling Psychologist and award-winning lecturer at the Ngee Ann Polytechnic School of Health Sciences. A former Youth Worker and Counsellor, Jerry is a firm advocate for socio-emotional and experiential learning that goes beyond the conventions of a

typical classroom setting. His passion for community and youth development has made him a member of the National Youth Forum, 2008, and the Young ChangeMakers Panel under the wing of the National Youth Council.



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Minds and Miners: Disruption of Technology in Psychological Research

By Karyen Chai

As technology gets more advanced, it seems almost to possess a long-coveted ability: to read minds. One -of today's most prevalent ways to doing so has to do with the data that we gave away – with data mining. We will be looking at how this disruptive technology – data mining – is impacting psychological research, exploring this method's pros and cons and ethical concerns. We will explore the Cambridge Analytical x Facebook news's impact on us as technology users and as practitioners. As a psychologist, should we be allowed to use the data as and when we please, as long as the data remains anonymous? As a technology user, should my data be exchanged for conveniences that technology brings?

Catch this talk on...

Tuesday

19th June 2018

For Practitioners and Students

About Karyen



CHAI KAR YEN is our research chair at the Singapore Psychological Society since March 2017. After graduating with her Masters in Developmental Psychology, she spent two years conducting research at the Singapore Institute of Neuro-technology at the National University of

Singapore. Karyen firmly believes that research and practice should inform each other to promote the standards and relevance in practice and research.



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Technological Disruptions in Private Practice: A Forum Discussion

By Edgar Tham and Tey Beng Huan

Technological disruptions in the last century has affected the way we live, communicate, and work. It is unavoidable that our current psychology practices are being influenced and changing with the times. This forum will be looking at how our modern technologies may have affected and changed the assessment, training, psychotherapy, etc. in private practices. Speakers will also be discussing what changes they may be predicting next for their practices and providing some advice on what future psychologists may try to look out for.

Catch this talk on...

Wednesday

20th June 2018

For Practitioners and Students

About Edgar



EDGAR THAM is Singapore's pioneer sport & performance psychologist; he was employed by the Singapore government as its very first sport psychologist in 1995. He is the Chief Sport & Performance Psychologist of SportPsych Consulting Pte Ltd, and is an associate teaching faculty in Psychology and Sports/PE at the Singapore

University of Social Sciences (SUSS). Edgar is the co-author of *Mental Toughness Strategies of the World's Greatest Athletes* (2010) and *In the Zone: The Mindset for Peak Performance in Sport* (1997). He uses the lessons learned from champion elite sport as a metaphor for teaching the principles of peak performance under pressure and stress, whilst integrating technology and psychology in his consulting work with individual clients, teams and corporations.



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Catch this talk on...

Wednesday

20th June 2018

For Practitioners and Students

About Beng Huan



TEY BENG HUAN is an occupational psychologist working in the Singapore office of OPRA Consulting Group. OPRA is a company that applies industrial and organizational psychology to help organizations develop employee and organisational potential. In his professional work, he consults on talent management solutions for clients, runs psychometric testing

and surveys, and trains and develops individuals and groups, including coaching on coping or performance issues. In addition, he also teaches psychology modules as an associate faculty member at various tertiary institutions in Singapore.



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Workplace Disruptions and the Impact on Learning

By *Christy Chung*

Enough have been said about the loss of jobs from disruptive technologies, e.g. blockchain, artificial intelligence, etc. One-time education providing lifelong skills is a thing of the past. Employees will need to continuously pick up new skills and take on evolving and new job roles. As evident in the lack of existing literature, the impact of technological and other workplace disruptions on learning has yet to be its due weight in research. The speed at which workplace disruptions occur probably precluded the conduct of any meaningful research at any point in time.

Against this backdrop, this 1-hour sharing will present the current workplace disruptions before moving on to the potential impact on learning, both for youths and adults, drawing upon the learning differences between them. An attempt to predict how workplace disruptions will influence the modus operandi of educational institutions will follow. Employers' evolving requirements and the on-going debate about skills versus degree will next be discussed. Arising from this, suggestions on how the employability of psychology students may be improved will wrap up the sharing.

Catch this workshop on...

Thursday

21st June 2018

For Practitioners, Students, and Public

About Christy



As the Head of Office of Internships and Careers in Ngee Ann Polytechnic, **CHRISTY CHUNG** led teams to work with Government agencies, industry partners and other polytechnics to formulate and coordinate the roll out of SkillsFuture initiatives, notably Enhanced Internships and Education & Career Guidance

(ECG). Passionate about technology and analytics, Christy led NP in digitalising career services, implementing a new internship ERP system, sensemaking of internship analytics and launching the first local study on employers' sentiments on the skills and attributes of polytechnic graduates.

Relentless in her pursuit for lifelong learning, she recently completed a certification course on Fintech and is currently pursuing another on Digital Media Design. Intrigued with her personal learning journey and sensing a deep desire to disrupt her career pathway, Christy is now on sabbatical leave, researching into adult learning motivation as a doctorate candidate with the University of Western Australia.



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Enhance your psychology journey through volunteering

By Xavierlyn Tan

In this talk, Xavierlyn will talk more about the benefits of volunteerism when studying for a Psychology degree, and the possible skills gained essential to further one's future career in the Psychology field. Additionally, she will explain the differences between regular and ad-hoc volunteering, and the types of impact they bring.

Catch this talk on...

Friday

22nd June 2018

For Students and Public

About Xavierlyn



XAVIERLYN TAN is a 2nd year Psychology student at the Nanyang Technological University. She is passionate about volunteerism. During her free time, she enjoys volunteering and is currently the Vice-President of Outreach at Matchsticks of IMH. Additionally, she has a keen interest in Clinical Psychology and aspires to be a Clinical Psychologist in the future.



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