



## **Carrie Chan**

Rev Carrie Chan is a member of Amazing Grace Presbyterian Church where she served as a Pastor and Associate Minister overseeing the children, youth and family life ministries. (1997-2020). She remains a retired minister with the Presbyterian Church in Singapore.

Currently she has her own private practice as a marriage counsellor and family therapist. She serves as an associate counsellor at the Haven Counselling Centre and chairs the Presbyterian Counselling Associates. An adjunct lecturer in the School of Counselling at Singapore Bible College, Carrie also volunteers on the board of Filos Community Services Ltd, Presbyterian Community Services and Gladiolus Place.

Carrie is committed to the ministry of reconciliation. Her passion is to work with people to improve personal relationships – e.g. dating relationships, marriage preparation, marital crisis, recovery from extra marital affairs, parent-teen conflict, separation, divorce, co-parenting. Beyond the family, she works with individuals towards better emotional, mental and spiritual health.

Carrie is a registered clinical counsellor with the Singapore Association for Counselling (SAC) and Association of Christian Counsellors (Singapore). She holds a Bachelor in Divinity (TTC), and a Master of Arts in Counselling (SBC) and is a certified Emotionally Focused Couple's therapist (EFCT), DISC behavioural profiling therapist, Taylor-Johnson Temperament Analysis (T-JTA) instructor and Prepare Enrich Facilitator. Her clinical background includes Trauma Healing, Family Systems Therapy, Cognitive Behavioural Therapy, Gottman Couples Therapy and Emotionally Focused Individual and Family Therapy (EFIT, EFFT).



## **Bettina Yeap**

Bettina Yeap is a registered counsellor with Singapore Association for Counselling and is currently heading INSIGHT, the mental health department of Care Corner Singapore Ltd. Bettina is a member of All Saints' Presbyterian Church.

She graduated with a B.A. in Psychology and Sociology and an M.A. in Counselling, both of which have helped her pursue her heart's desire to help people who are struggling to be better equipped to face life and its challenges, grow and be different.

In the everyday, she gets to do work that is close to her heart, and this includes mental wellbeing outreach and prevention work; clinical counselling for individuals, families and couples and facilitating group therapy.

She also has the privilege of training others in counselling skills and theories, as well as running talks and workshops on family life and mental health-related topics.



## **Tan Bee Wah**

**Church:** Providence Presbyterian Church

**Focus area:** Grief and loss, unresolved childhood issues, relational issues

**Languages:** English, Mandarin, Hokkien

Bee Wah holds a Master of Arts in Counselling. She is a clinical member and registered counsellor of the Singapore Association of Counselling (SAC), and a member of the Association of Christian Counsellors (Singapore). She leads a team of counsellors at her own private practice, Being Counselling and Wellness. She also serves as a counsellor at Haven Counselling Centre, attending to a wide repertoire of clientele from various cultures, including seminary students. She is a certified T-JTA practitioner, and is trained in various modalities including Psychodynamic Therapy, Internal Family System, Narrative Therapy, CBT, DBT, and EFT Couple.

After 18 years of teaching both intellectually disabled and mainstream students, she sensed God calling her into the counselling ministry to help troubled youths and conflicted adults. In her practice, she believes in the need to balance psychological and spiritual health, thus integrating biblical principal into her clinical therapy. She is passionate about helping people with unresolved childhood issues and trauma, embracing and empowering them as she journeys with them.

Bee Wah is a mother of three young adults and enjoys her family life. Apart from counselling, Bee Wah winds down by tending to her collection of plants, baking, and going for long walks with her dog and her husband.

## **Debbie Chen**



Debbie is a Registered Counselor with the Singapore Association for Counselling. She holds a Master of Arts in Counselling from Singapore Bible College and received a clinical award for Child Therapy at her graduation in 2019. Debbie utilizes expressive tools such as sand tray, art, clay, play, music and movement and practices at Haven Counselling Centre. She has completed Certification in EMDR Therapy with EMDR

Singapore as well as Gestalt Play Therapy with Children and Adolescents through West Coast Institute (USA).

As a therapist with cross-cultural experience, she works with adults, children & teens, couples and families. Her interests include anxiety, depression, trauma, grief, debriefing of cross-cultural workers & expatriates, pre-marital preparation, marital enrichment & parenthood coaching from a growth perspective.

Debbie was an MOE teacher for 12 years before joining SIM together with her husband as missionaries. They served in Nigeria from 2005-2008, where Debbie's primary assignment was homeschooling their 3 young children. After returning to Singapore, Debbie began equipping in the area of counselling. She is a member of Prinsep Street Presbyterian Church and enjoys cycling, nature walks and baking.



## **Helen Yii**

Helen is with Virtus Counselling team and is affiliated with several professional organizations, including Singapore Association for Counselling (SAC), the Association of Psychotherapists and Counsellors Singapore-L4S (APACS), the Australian and New Zealand Infertility Counsellors Association (ANZICA), and the Fertility Society of Australia and New Zealand (FSANZ). She is also a certified

Prepare/Enrich facilitator.

Helen has deep insights into children's mental and emotional development. She is dedicated to guiding parents on fostering their children's future success through her leadership in Alpha Parenting workshops and presentations. Additionally, Helen specializes in couple therapy, utilizing the Gottman Couples Method and the Prepare/Enrich program to strengthen relationships through effective communication and conflict resolution. Her approach blends evidence-based techniques with personalized support to build lasting, meaningful connections.

In addition to her work with couples, Helen provides counseling at several private fertility clinics, offering tailored support for fertility journeys. She has also worked at The Helping Hand and St. Luke's Hospital, assisting former offenders, troubled youths, and couples with parenting and marital issues. Helen uses various therapeutic techniques, including Cognitive Behavioral Therapy, to help clients build emotional resilience and tackle challenges with increased confidence.

Helen aims to provide a comprehensive support system that helps her clients thrive despite their difficulties. She holds a Master's degree in Counselling from Monash University, a Bachelor of Arts in Music from the University of Melbourne, and a Post-Graduate Diploma in Education from the University of Melbourne. Helen is proficient in both English and Mandarin.



## **Lilian Quek**



Lilian Quek is a member of Singapore Association for Counselling (SAC) and Association of Christian Counsellors of Singapore (ACCS). She was a full-time counsellor with Careworks Community Services (2014-2018) and is currently running her own counselling practice named “Lilian’s Counselling Place”. Lilian graduated with B.A. in Christian Ministry (EAST) and M.A. in Counselling (SBC). She is certified in ACTA,

DISC, TJTA, Prepare Enrich, Multi-Channel Eye Movement Integration and is a MSF-approved facilitator for Marriage Preparation Program (MPP).

Her Service Statement is “A Safe Place to be Yourself”, she seeks to create a safe place for her clients to be themselves. Her extensive experiences comprise of issues on depression, anxiety, fear, grief, relationships, cross cultural adjustment, mid-life transitions, etc. She was a workshop speaker for several MSF Family 365 Program and organizations. Lilian ran activities for seniors as well as conducting rehabilitation training for inmates inside prison grounds for many years.

Prior to becoming a counsellor, Lilian was with CRU Singapore for 25 years as a missionary, member care practitioner and trainer in evangelism, discipleship and cross-cultural adjustment. She has been a member of Covenant Presbyterian Church since her secondary school days.



## **Margaret Lee**

Margaret holds a Master of Arts in Counseling and is a freelance counsellor with over 8 years of experience. She is trained in Psychodynamic therapy, Eye Movement Desensitization Reprocessing (EMDR), Cognitive Behavioral Therapy, Emotion Focused Therapy, Taylor-Johnson Temperament Analysis (T-JTA) and Prepare Enrich.

Prior to becoming a counsellor, Margaret, who holds a Bachelor of Engineering and a Master of Business Administration, spent 25 years in multinational corporations such as IBM and Hewlett Packard, living and working in the USA and Hong Kong.

Besides her current work as a counsellor, Margaret also provides Spiritual Direction, having received her training and certification by Life Direction Singapore.

Margaret and her husband are members of Adam Road Presbyterian Church, where she is involved in the Mental Wellness Ministry, Bookends and the Culinary Arts Ministry.



## **Penny Quek**

Penny graduated with a Master of Arts in Pastoral Counselling in 2010 from Singapore Bible College (SBC). She is currently pursuing her Ph.D. in Counselling and Psychological Studies at Regent University, U.S.A.

A clinical counsellor in practice with more than 15 years of experience, Penny specialises in marriage and family, couple therapy, and mental health issues. She is also currently the Superintendent of the School of Counselling (English section) at SBC, where she previously taught counselling modules such as Integration of Theology and Psychology, Counselling Issues, etc. Other than counselling, Penny also provides talks, training, and workshops for organisations and churches in areas such as parenting, communication with your spouse/children, anger and stress management, and lay counselling.

Penny is a member of Adam Road Presbyterian Church and is actively involved with their Mental Wellness Ministry (since 2019), where the focus is to journey with brothers and sisters in Christ who are struggling with mental health/wellness issues. She has also been serving as the Executive Committee member of the Association for Christian Counselling Singapore (ACCS) since 2022. Having lived overseas (in the UK, USA, and Australia) for many years, Penny is well-placed to help people from different cultures and languages.

She has been happily married for more than 3 decades with 3 adult children and a joyful grandmother to one grandchild (for now!).





## **Daniel Ong**

Rev Daniel Ong is member of Katong Presbyterian Church and an associate minister with the Presbyterian Church of Singapore. He is overseeing the Care Ministry which includes the Counseling ministry, Marriage Preparation, Discipleship Group and Senior Adults Fellowship. He is happily married with 4 kids.

Daniel holds an Honors degree in Psychology from New Zealand and a Master of Arts in Counseling from Singapore Bible College and a Theology degree from Moore Theological College from Australia. He is also a member of the Singapore Association of Counseling. He has 500+ hours in couples work and has training in Cognitive Behavior Therapy, Narrative Therapy, Solution Focus Therapy, Emotionally Focus Therapy for Individuals, Motivational Interviewing and for couples, Family Systems, Prepare-Enrich, Gottman Relationship Therapy, Hope-Focused Marriage Therapy and T-JTA. Most of all, he is being trained by the Chief Counselor, Jesus.

He believes in the Triune God of Father, Son and Spirit that continues to teach and shapes us into God's disciples. God's Word has such great richness in teaching, shaping, and helping us. And He is constantly learning and leaning upon God, His Word, and His Spirit. As such, he is keen to bring about reconciliation in all relationships and help Christ followers follow Christ through brokenness and sin.



## **David Soon**

David graduated in 2018 with a Master of Social Science (Professional Counselling) from ECTA (Executive Counselling & Training Academy). It is accredited and awarded by Swinburne University of Technology, Melbourne, Australia. David is trained in Family Therapy; Christian Wholeness Framework (CWF); Basic CBT (ISS) and Motivational Interviewing.

With his training, David helps in counselling and mentoring for clients from organizations like The Helping Hand; Youth Guidance Outreach Service (YGOS); Community Rehabilitation Centre and Katong Presbyterian Church. Besides face-to-face sessions, he conducts home visits for cases where family support could enhance the client's well-being. His clients are males and aged between 12 and 62 years.

As a member of Katong Presbyterian Church, serving actively as an Elder, cell group leader and care ministry leader, David believes Biblical Counselling is part and parcel of Christian discipleship and God's Word provides the best advice for all personal and emotional conflict.

David is married and blessed with two sons, two daughters-in-law and 5 grandchildren.