



Intimacy & Sexuality

Sat, 19th January 2019: 2.00pm - 6.00pm

CFPS Lecture Room (Inside CFPS),
16 College Road, #01-02, College of Medicine
Building Singapore 169854

Family Medicine (FM) is a comprehensive discipline that spans from organ systems of the body to the mind and family. To practise this bio-psychosocial FM approach for our patients, some family physicians have honed their integrative perspectives by acquiring specialised skills through formal training courses and certification. The 2018 Annual General Meeting of the College approved the setting up of a Mind-Body Interest Group (MBig) as a vehicle for family physicians to share such skills.

TOPICS (2pm - 4.15pm)

Extending to Mind: Sexual Boundaries
Intimacy & Infertility
Intimacy in Mid-life women
Intimacy & Infidelity

WORKSHOPS (4.45pm - 6.00pm)

Workshop A: Intimacy & Women Sexual Health
B: Intimacy & Family / Couple Consultations

SPEAKERS

A/Prof Cheong Pak Yean
Dr Jean-Jasmin Lee Mi-Li
Dr Ang Seng Bin
Dr Angela Tan Qiuli

- SEMINAR + WORKSHOPS (3 Core FM CME points)
- *Registration is on first-come-first-served basis. Seats are limited.
- Please register by 30 Dec 2018 to avoid disappointment.

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

This Seminar is organised by
**College of Family Physicians Singapore,
Mind Body Interest Group (MBig).**



The first seminar of MBig is on the theme, 'Intimacy & Sexuality'. Three senior family physicians who have completed training in sexual medicine conducted by the European Society of Sexual Medicine (ESSM) and so certified provide the expertise. Drs Ang Seng Bin and Jean-Jasmin Lee, Fellows of the College, run the Menopause and Multidisciplinary Sexual Health Clinics in KKMCH Family Medicine Service. Dr Angela Tan QiuLi who completed her Master of Medicine (FM) in 2012 works part-time at the Home Nursing Foundation also conducts coaching on intimacy in relationships. A/Prof Cheong PY who is certified in psychotherapy, Internal & Family Medicine provides an overview using the extended consultation framework.



Extending to Mind: Sexual Boundaries
A/Prof Cheong Pak Yean
Internal & FM Physician in private practice

Most Family Physicians (FP) skirt sexual issues even if relevant to patients as they feel that they are not trained to handle them. Many also are fearful of inadvertently infringing Singapore Medical Council's ethical boundaries. Yet, human presence and relatedness are part of healing and at times the physician heals only when he/she is humanly present to patients. Powerful therapeutic opportunities would be lost if the doctors' response is insensitive.



Intimacy and Infertility
Dr Jean-Jasmin Lee Mi-Li
Associate Consultant, FM Service, KK WCH

One in seven couples in Singapore struggle to conceive. A couple's attempt at conceiving may be confounded by sexual, psychological and relationship issues. FP are in the best position to deal with young couples' sexual concerns as we often have both partners as our patients over time. In this seminar, we look at how we can help address these intimacy issues.



Intimacy in Mid-life women
Dr Ang Seng Bin
Head and Consultant, FM Service, KK WCH

Sexuality of a women is seldom talked about in menopause. However, studies have shown that women continue to be sexually active even after menopause especially if they still have a partner. How do we approach the issue of sexuality and intimacy for the menopausal women in order for her to continue to have a fulfilling, intimate relationship with her partner?



Intimacy and Infidelity
Dr Angela Tan Qiuli
Family Physician

How does infidelity affect intimacy in couple relationships? Such issues sometimes are brought up by patients and we may be unsure how to react. How should we extend the consultation therapeutically to understand the issues and relate these to management of the bio-medical and relationship problems?

REGISTRATION

Intimacy & Sexuality Seminar
Please tick (✓) the appropriate boxes

FREE
REGISTRATION
for College
Members!

	College Member	Non-Member
Seminar, Sat 19 Jan '19	<input type="checkbox"/> \$20.00- FREE	<input type="checkbox"/> \$20.00

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

Choice of Workshop	
<input type="checkbox"/> Intimacy & WSM	<input type="checkbox"/> Intimacy & Family / CC

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

Cheque number: _____

Signature: _____

*Successful applicants will be confirmed by Email, and 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).

Name: Dr _____

MCR No: _____

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

Workshop A: Intimacy & Women Sexual Health Dr Ang Seng Bin & Dr Jean-Jasmin Lee Mi-Li

Intimacy & Women's sexual health Intimacy in a couple's relationship includes emotional & physical closeness as well as sexual expression. Intimacy & sexual function can be disrupted during many periods in a couple's journey together. This workshop aims to address these issues so that family physicians can learn to identify & help their patients in coping with sexual issues that disrupt intimacy. These difficult challenges include infertility, infidelity and coping with aging.

Workshop B: Intimacy & Family / Couple Consultations Dr Angela Tan Qiuli & A/Prof Cheong Pak Yean

An overview of the extended consultation is revisited and applied to couple and family therapy using case studies. A 'simple case' is presented to understand the various principles of sexual medicine applicable. A group exercise of 'uncovering the truth' is then conducted to reveal embedded relationship and family issues and to illustrate therapeutic interventions.