

Ho Shee Wai

Shee Wai holds a Masters Degree in Psychology from the University of Newcastle, Australia, a certificate in Eye-Movement Desensitization Reprocessing (EMDR) from the EMDR Institute, USA, and a certificate in Advance Training in Ericksonian Psychotherapy and Hypnosis from the Milton H. Erickson Foundation, Inc. She is an accredited facilitator for the FOCCUS marriage preparation and enrichment programme. She has also completed Level 2 Training in Gottman Method Couples Therapy and uses Gottman Method Couple Therapy in her work. She is also certified with NOVA, National Organisation for Victim Assistance, USA, as well as a certified Emergenetics® Associate.

Shee Wai has extensive clinical experience working with children, adolescents, individuals, couples and families in both Australia and Singapore. She has more than 18 years of clinical experience and have been helping expatriates deal with their various life challenges in Singapore since 2002. She specialises in marital and relationship counselling. She works with individuals on stress management, depression, anxiety, phobia, pain management, and grief and loss. Her training in EMDR enables her to be especially effective in working with all sort of trauma, e.g., family of origin and painful past experiences, accident, natural disaster, assault, rape or sexual abuse. She also provides psychological assessment for adults and children.

Shee Wai takes an integrated approach in her work, drawing on my training from Ericksonian Therapy, Acceptance Commitment Therapy (ACT), Logotherapy, Family System Therapy, Gestalt Therapy, and Cognitive Behavioural Therapy (CBT). Her focus is in fitting what works best to a particular client and issue. She is registered as a Psychologist with Psychology Board of Australia and am approved as a Supervisor. She is also registered as a Psychologist with the Singapore Psychological Society and am approved as a Supervisor. She is a member of both the Australian Psychological Society and the Singapore Psychological Society.

Shee Wai is available by appointment only on:

- Tuesdays 9am, 10am, 11nn, 1pm, 2pm, 3pm
- Wednesdays 12nn, 1pm
- Fridays 9am, 10am, 11am, 1pm, 2pm, 3pm