



LIVING EFFECTIVELY

LIVE · WORK · LEARN

CENTRE FOR EFFECTIVE LIVING

EMPLOYEE ASSISTANCE PROGRAMME (EAP)

Centre for Effective Living (CEL) is passionate about creating a healthy, productive, and supportive workforce by designing and implementing effective workplace wellness programmes based on the unique needs of each organisation's corporate profile.

Apart from providing confidential emotional and psychological support to employees, we also present opportunities for education and dialogue through our talks on:



Work-Life
Balance



Personal
Branding



Fatigue
Management



Emotional
Excellence



Resilience in
times of change



Enhancing
productivity in
the workplace



Managing
challenging emotions
in the workplace

By providing consultations and guidance to support the successes at home and at work, an EAP is a valuable resource that can help identify and resolve many workplace, social, legal, economic, and mental health concerns.

MANAGEMENT CONSULTANCY

CEL offers services to both individuals and organisations and works in collaboration with the management team, human resources, and occupational health providers to offer:

Advice to companies and organisations regarding employee well-being
Organisational consultancy on psychological well-being

Our areas of expertise include:



Stress
Management



Conflict
Management



Employee
Development



Organisational Change
& Facilitating Transitions



Team Building

CRITICAL INCIDENT STRESS MANAGEMENT (CISM)

CEL provides CISM, an onsite support and psychological debriefing to individuals and groups affected by incidents occurring in or out of the workplace. CISM helps to:



Mitigate the impact
of a traumatic event



Facilitate normal
recovery processes



Aid in the restoration of
adaptive functioning

THERAPIES & INTERVENTION

Our clinical services include provision of psychological interventions in a range of therapeutic approaches. The therapeutic approaches that our consultants are experienced in include:



Family
Therapy



Couples
Therapy



Cognitive Behavioural
Therapy (CBT)



Dialectical Behavioural
Therapy (DBT)



Acceptance and
Commitment Therapy
(ACT)



Psychoanalytic
Therapy



Behaviour Modification



Attachment-based
Psychotherapy



Parent-Child Interaction
Therapy (PCIT)



Schema
Therapy (ST)



Dyadic Developmental
Psychotherapy (DDP)



Trauma Focused
Cognitive Behavioural
Therapy (TF-CBT)

PSYCHOLOGICAL ASSESSMENTS

We also conduct a comprehensive range of psychological assessments for adults and children that consist of diagnostic interviews, behavioural observations, and standardised psychometric instruments. These include:



Learning disabilities



Developmental disabilities



Cognitive and adaptive functioning



Attention Deficit Hyperactivity Disorder (ADHD)



Autism Spectrum Disorder

which includes the condition formerly known as Asperger Syndrome



Behavioural and emotional issues

e.g., anger and provocation assessment, suicide risk assessment, severity of anxiety and depression



Personality Assessments



Interpersonal-needs and interactional dynamics assessment



Psychopathology Assessments



Risk of violence and sexual recidivism

ABOUT US

Centre for Effective Living (CEL) is an organisation that is passionate about promoting a holistic approach to balanced and integrated living. We provide customised and innovative solutions to living effectively and believe that with support, anyone can maximise and attain their potential. Founded in 1988, our team has partnered with numerous local and multinational organisations in identifying and maximising the potential of individuals and teams, and in promoting and maintaining psychological well-being and growth.

CEL has a well-established presence, and enjoys close partnerships with global providers. Our directors are founders of Psychiatry, Psychotherapy & Wellness Clinics which comprises The Psychiatric and Behavioural Medicine Clinic and The Psychotherapy Clinic for Adults and Children. We also work closely with our Malaysian counterpart, Effective Living Sdn. Bhd.

OUR PEOPLE

The CEL team comprises mental health professionals adept at supporting and promoting mental wellness, organisational development and change, and conducting psychological testing and evaluation. All our consultants possess credentials and qualifications from accredited programmes and professional awarding bodies from various countries. Clinical supervision and professional development courses keep our consultants abreast of current research and advancements in the mental health field.

VISION

Promoting a holistic approach to balanced and integrated living

MISSION

Helping people to enhance and attain their potential and to live more effectively

SINGAPORE

10 Sinaran Drive #11-34/35
Novena Medical Centre
Singapore 307506

Tel: +65 6338 3383
Fax: +65 6338 3188

www.livingeffectively.com
admin@livingeffectively.com

MALAYSIA

27, 2nd Floor, Jalan 14/20, Seksyen 14,
46100 Petaling Jaya
Selangor, Malaysia

Tel: 603-7958 7702
Fax: 603-7958 8936

www.livingeffectively.com.my
admin_m@livingeffectively.com.my