

Member Care in the Asia Context: Stories, Strategies and Struggles
7th AMCN Conference (Webinar and Zoom Workshops)
April 20-23 2021

Workshop Topics and Descriptions

1. Joshua Tan, “*Maintaining Healthy Marital Relationships*”
2. Dr David Tan, “*Soul Care: Helping Workers Find Soul Rest*”

“Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the ***unforced rhythms of grace***. I won’t lay anything heavy or ill-fitting on you. Keep company with me and you’ll learn to live freely and lightly.” (Matthew 11:28-30)

Stress and burn-out are the regular and frequent experiences of workers. Research shows that the level of stress that a worker experience on the field is three times above the norm. In this workshop, we seek to provide practical solutions and responses to the urgent need for soul rest. Learn tools to help workers develop “the unforced rhythms of grace”.

Dr. David Tan served for over 30 years in pastoral ministry. For the past 18 years, he has provided MC for Asian workers on the field. In 2008, together with Dr. Wilson Phang, they launched the Asian Member Care Network Conference. His passion is in seeking to Return Soul Care to MC Movement. He completed his training in Spiritual Direction and Supervision of Spiritual Directors, and holds a Doctoral of Ministry and Masters of Divinity degrees.

3. Cheong Swee Gim, “*Facing Your Shadow*”

As People Carers awareness of self is of utmost importance. Each one of us has a shadow. The challenge for us is the self-awareness to discern how our shadow impacts the way we care, make decisions, deal with conflict and transition and relate to others. As we learn to face our own shadows, we can help others face theirs. This workshop is aimed at helping us understand our shadows through understanding our family of origin.

4. Katherine Tan, “*A Journey of Member and Elder Care*”

Many people serving full time in church and/or missions today handle multiple work responsibilities and also family responsibilities. Singles ***appear*** to have more time to do all and oftentimes, no one to share it with. Married persons sometimes have to do a juggling act too. Katherine has learned how to enjoy her work, remain emotionally well, maintain reasonably good health and remain sane despite frequently doing a juggling act. Katherine will share insights and lessons learned in her 17-year long journey of eldercare, and 25-year long journey of doing member care, teaching member care and traveling for work.

Katherine has served with Wycliffe since 1987. She started out in the Philippines and trained to be a Literacy Specialist but God had other plans for her. She served in personnel roles since 1992 in Singapore and also in the Asia-Pacific region. Currently, she wears 4 hats - in Wycliffe, in her church and at home. In all these roles, she continues to do member care.

5. Dr Mark Toh, “Parenting MKs: Principles for Helping MKs Thrive”

Parenting well is crucial for the emotional development and mental health of children. The failure to do so often means that adult children will reveal wounds or deficits as they face their own future. The challenges of missionary living and quality parenting are so often overlooked among missionary parents that their children are at risk of the failure to thrive. This workshop lays out principles & practices to address this issue.

Dr. Mark Toh graduated with his PhD in Clinical Psychology in 1995 from Fuller Graduate School in Pasadena, CA, USA. He graduated with his Masters in Theology from Fuller Theological Seminary in 1994, and his BA (Honors) from the

University of Waterloo, Ontario, Canada in 1985. In his 22 years of clinical practice, where he treats the emotional and psychological conditions underlying mental health problems, he has treated individuals across the lifespan: children, adolescents, adults as well as couples and families. He has taught clinical courses in children & adolescent treatment, as well as adult psychopathology at the Master's program in Counseling at the Singapore Bible College. He has also been a consultant and clinical supervisor for graduate psychologists at the MSF (Ministry of Social & Family Development, Singapore). He has been a member of the American Psychological Association since 1995. He was also licensed to practice in British Columbia, Canada from 1996 until 2012 when he relocated back to Singapore. As part of his clinical experience over the different groups of people he has helped, he has a particular burden for helping missionaries and those in ministry as the emotional hazards of ministry pose unique challenges. Also, he has a concern to help believers or churches where parents are challenged to integrate discipleship & parenting. (LifeFIT Consulting Tanglin Shopping Centre, 19 Tanglin Road, 04-01B, Singapore 247909)

6. Dr Samuel Leong, "*Self Care*"

7. Pramila Rajendra, "*Lessons & Insights for Leadership MC: An Asian Perspective*"

This workshop brings to light the integral need for Member Care within Global Missional Leaders and its Communities from an Asian Perspective.

It will showcase narrative that the leaders working within each and every role in Missions do face the same human challenges as seen in the corporate world. There are times struggles on various issues happens to leaders. Leaders are not super man, they are human beings with strengths and weaknesses.

Will be looking at lessons and insights for leadership Member Care, in the light of how to work positively in uplifting the importance of Member Care for the leaders.

Leaders need to take initiative in caring for themselves to stay well if they want to be healthy. They need to work on their care issues as well as implement the solutions to issues in their life style.

Pramila has a bachelor degree in Anthropology and Criminology and Masters in Counseling. Areas of her expertise are: Counseling, Leadership Development, Interpersonal Skills, Self-care, Stress Management, Anxiety, Mood swings, Depression, Burn Out at work places, Marriage and Family, Crossing Cultures and Adaptation, Entry and Re-entry, Conflicts Resolutions, Domestic Violence counseling, Trauma Counseling, Use of Arts in Trauma Healing, Expressive Therapies, Loss, Grief Counseling, Relationships building, Team Building. She is married and have two grown up TCK.

8. Kim Koh, "*The Double-Edged Sword of Pain*"

This workshop seeks to explain why pain should not be ignored and its implications in ministry. Participants will learn to become more attuned to the pain behind people's stories as they understand how the brain functions. Additionally, strategies on how to handle pain will be discussed.

Kim has been a school teacher, counselor, & member care provider/trainer. She received her M.Ed. & M.A. in Human Services Counseling from Regent University. Additionally, she completed Critical Incident Stress Management training & earned her graduate Certificate in Play Therapy at Antioch University.

9. Dr Wang Ling Huei, "*Development & Challenges of MC from A Chinese Perspective*"

This workshop will try to address unmet member care needs and their associated factors among Chinese cross-cultural missionaries. We will talk about Chinese cultural perspectives on mental health and Chinese cultural factors that hinder help seeking. We will then discuss how to develop and implement member care plans to support Chinese cross-cultural missionaries. In conclusion, we will present a few directions and practical steps for mission organizations to support and care for their Chinese members.

Linghui Wang, Member Care Provider, D.Min., counseling psychologist, The Well International

10. Hendry Chandra, "*Lessons from Doing MC in Indonesia*"

Member Care is either overlooked or misunderstood in churches and mission agencies. When we raised the awareness and needs of Member Care, or begin to implement the plan, we face up and down cycles of encouragement and disappointment. So we need different strategies as we approach churches and missions agency leaders to help them be aware of the importance of Member Care. Trainings are provided to develop and improve the skills for the Member Care providers. Because of struggles, pains and risks among the cross cultural workers, we develop Member Care Partnership in many regions in Indonesia.

11. Dr David Wilson, “*Mind the Gap: Engaging the Church in Member Care*”

A Mind the Gaps workshop will encourage and equip your local church to intentionally and proactively care for those who are sent out to serve cross culturally. Filled with personal stories, lessons learned, and best practices, this workshop is interactive with practical action points to get your church engaged right away. Your church can go from caring 'about' missionaries, to caring 'for' them, so that we can work together to reduce missionary attrition rates and help overseas workers be successful on the field. By minding the gaps in missionary care, the church can create a system of care which will ensure lasting engagement of both the church and the agency into the lives of precious and beloved servants.

Dave Wilson (DMin.) and his wife Lorene, have been serving the local church as mission leaders since 1996. Recently, they moved to Kansas City, MO to serve as the Director of Church Relations at Avant Ministries. They have written 3 books together: “Transforming Missionaries: A Short-Term Mission Guide,” “Mind the Gaps: Engaging the Church in Missionary Care,” & most recently “Pipeline: Engaging the Church in Missionary Mobilization.”

12. Jana Tan, “*Caring for TCKs with Mental Health Issues*”

Being a Third Culture Kid (TCK) can be complex and overwhelming but what happens when you also have a mental health disorder? This session will discuss how mental health conditions can be exacerbated by the Third Culture Kid life and what parents, professionals, and organizations can do to help.

Jana Tan is a mental health advocate and adult Third Culture Kid. She grew up living in Ethiopia, Singapore and the United States as a missionary kid. She now currently lives in Modesto, California where she substitute teaches and is working on a novel. Jana completed her college and graduated in 2012.