

Case Studies

 SAFE SPACE WEBINARS



Webinar: How to Talk To Kids About Trauma

The trauma experienced by children is primarily a result of the trauma they have been exposed to in their home life. They see violence, neglect, and emotional abuse daily.

Although talking about trauma can often be difficult, it is essential to communicate with children about trauma because we know and provide them with the support they need to cope with trauma when it happens.



By: Aditi Chatterjee

**MASTER OF PSYCHOLOGY WITH
SPECIALISATION IN CLINICAL
PSYCHOLOGY**

WEBINAR EVENT RATING: 4.2/5

SPEAKER RATING: 4.5/5

CONTENT RATING: 4.8/5

**LIKELIHOOD OF
ATTENDING ANOTHER
SAFE SPACE
WEBINAR: 4.2/5**



It is valuable as it helps to educate the public about how to approach children who have gone through trauma, many would not know how it's appropriate, so they would feel uncomfortable and avoid talking about trauma with kids even though these kids would like to share.

[Watch the full webinar here.](#)

Webinar: Self-Management Using Choice Theory

This 1-hour webinar is designed to help participants understand Choice Theory by Dr William Glasser and how understanding some basic concepts of this theory can help one to self-manage.

This will be done firstly by allowing participants to understand themselves better, followed by practical application of this understanding in the issues that one would face.

- Understand basic concepts of Choice theory to help one manage themselves better
- Help individuals understand themselves better through a greater sense of self-awareness
- Apply the concepts in their everyday decision-making



By: Joan Chia

MASTER OF ARTS (COUNSELLING)

WEBINAR EVENT RATING: 4.7/5

SPEAKER RATING: 4.8/5

CONTENT RATING: 4.7/5

LIKELIHOOD OF ATTENDING ANOTHER SAFE SPACE WEBINAR: 4.3/5



Joan is very clear and calm during her presentation. She demonstrated effective control.

Webinar: Power of Movement

Are you currently on a self-healing and self-finding journey and exploring other modalities that can support you in doing more profound work?

In this 45 min talk, we discuss the power of incorporating the body in our journey of self-healing and the gifts of living an embodied life.



By: Wan Ting

MASTER OF ARTS (PSYCHOLOGY)

WEBINAR EVENT RATING: 4.7/5

SPEAKER RATING: 5/5

CONTENT RATING: 4.7/5

**LIKELIHOOD OF
ATTENDING ANOTHER
SAFE SPACE
WEBINAR: 4.3/5**



I've always had a good experience with Safe Space and I think the webinar is a good space for people interested in finding out about different approaches to therapy and allows us to get to know therapists before deciding on the approach we wanna take on our therapy journey.

Webinar: Mind and its Functions

Each one is blessed with a mind but not with the hands-on training on how to handle this most powerful machine. We know a bit about the brain and its functions. But, the mind and brain may take different paths.

Balancing them both seems really difficult. In this webinar, you will get to know more about your mental health from the perspective of the mind, brain and how our own judgements or beliefs impact our lives.



By: Dr Kavita Bhargava
PHD IN PSYCHOLOGY

- How we create our own reality?
- Mind-Brain-Body connection
- 7 types of Thinking Errors and managing these errors

WEBINAR EVENT RATING: 4.6/5

SPEAKER RATING: 4.7/5

CONTENT RATING: 4.7/5

LIKELIHOOD OF ATTENDING ANOTHER SAFE SPACE WEBINAR: 4.8/5



This kind of webinar does not only help me through but also it will also help other people through me by means of sharing information and helping them overcome their own. Thanks!

Webinar: Mental Vulnerability in Career Switch

We want to invite you for a 1-hour webinar on mental vulnerability. Of course, cognitive vulnerability is not a sign of weakness or any defect. Still, the source of strength is to be aware, understand, and deal with our own emotions under the circumstances of not knowing the situation, what the future may bring, and when we need to take risks, e.g., going to a new job.

It gives strength to be brave and not afraid of emotional exposure and mistakes.



By: Agnieszka Smetana

**MASTER OF SCIENCE IN
PSYCHOLOGY**

WEBINAR EVENT RATING: 4.3/5

SPEAKER RATING: 4.4/5

CONTENT RATING: 4.4/5

**LIKELIHOOD OF
ATTENDING ANOTHER
SAFE SPACE
WEBINAR: 4.9/5**



I rated 10 because I realize that I need help. Attending the webinar, I realised that I was too focused on wearing the know-it-all mask the entire time. I am on the stage of transitioning into a new a role and this has caused a lot of anxiety for the past weeks. And really, I don't know anything on the new role I accepted! I just thought I needed to move on, accept it and learn along the way. I am glad to have seen your ad at Instagram and didn't hesitate to sign up. I'm impressed that you conducted this for free. I'll definitely finish the series.

Webinar: Managing Emotions

In this webinar you will learn how to understand the emotions as well as heal the unhealed emotions through meditation. Once the emotions are healed we see positive changes in oneself first and then the environment shifts for the greater good.



By: Dr Kavita Bhargava
PHD IN PSYCHOLOGY

- Understanding Emotions
- Meditation to heal your unhealed emotions

WEBINAR EVENT RATING: 4.2/5

SPEAKER RATING: 4.0/5

CONTENT RATING: 4.4/5

**LIKELIHOOD OF
ATTENDING ANOTHER
SAFE SPACE
WEBINAR:** 5.0/5



This is very timely and relevant, and the presentation is excellent!



Expertise

“*The speakers are great and very interactive to the participants and of course the topic is very nice as it'll be a good help to everyone as we are facing a pandemic.*

Topical

“*The topic is very much **relevant** especially that we went through different issues that concerns mental health*

Actionable

“*I was satisfied with the content presented -- not technical, but **practical**, simple and straightforward. I also like the speaker very much. She's pleasant, smiling and warm. Made me feel at ease.*

