

Self Introduction

Cheryl holds a MA Counselling degree from TCA College and is an AAS certified Crisis worker. She has worked in both the social services and education sector for the past 6 years - her prior experiences include supporting individuals in suicide crisis and/or grieving through suicide loss as a counsellor at SOS, managing student cases related to discipline and rehabilitation at NUS, as well as a child protection officer at MSF.

Cheryl is currently pursuing a specialization certification in Grief Therapy and Meaning Reconstruction (GTMR) from Portland Institute as well as the Internal Family Systems Therapy (IFS) Level 1 certification for her professional practice. She is also a certified facilitator for the Prepare and Enrich program for couples, and is particularly drawn to work with youth and adult population presenting with complex trauma, relationship and behavioral issues.

Heeding the call of God through her church, Cheryl is now serving as a full-time counsellor and ministry staff with Covenant Community Methodist Church since Dec 2021. Her duties include the setting up of a Counselling ministry to serve the needs of the Church and Community (including non-believers) advisor to Sembawang FSC, oversee the Social concerns and Outreach ministry, as well as an active speaker and advocate for mental health awareness in the wider community. Apart from providing professional counselling services, Cheryl is also committed to bring in a spiritual dimension of healing as she works and walks with various individuals in the community.

