

About the therapist

Evonne Lek

Family Therapist

Member of AFT, The Association of Family Therapy and Systemic Practice (UK)

Evonne is passionate about the mental health of children and families – from nursery aged children with complex needs, to adults and families with everyday relationship problems. She has over 17 years' experience working with children, couples and families with a range of problems, disabilities and mental illnesses and from different ethnic backgrounds.

Qualifications

- Masters of Systemic Psychotherapy (UK)
- Grad Dip in Education: School Psychology and Special Needs (AU)
- Bachelor of Psychology (AU)

Approaches used

- Family Therapy/Systemic Psychotherapy
- Emotionally Focused Couples Therapy
- Attachment-Based Family Therapy
- Cognitive Behavioural Therapy
- Play Therapy

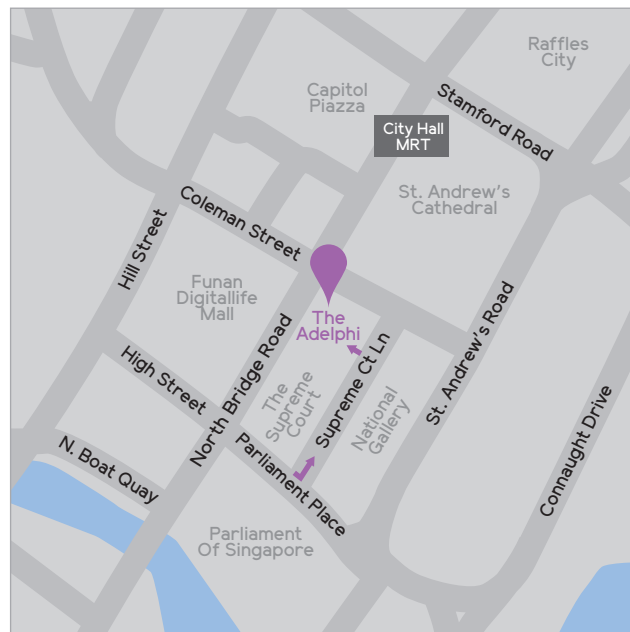
How to find us

Address: 1 Coleman Street, #05-02C, The Adelphi, Singapore, 179803 (by appointment only)

Nearest MRT: City Hall

Buses: 32, 51, 61, 63, 80, 124, 130, 145, 166, 174, 197, 195, 851, 961

Parking: Turn left onto Supreme Court Lane from Parliament Place (one-way), visitor parking is on level B4



reconnect
child and family therapy



For more details visit our website:
reconnect.com.sg

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Bringing
families closer

What is family therapy?

Family therapy can help those in close relationships to better understand and support each other. It enables family members to express and explore difficult thoughts and emotions safely, understand each other's experiences and views, appreciate each other's needs, build on family strengths, and work together to make useful changes in their relationships and their lives.

Family life isn't always easy – it is common and normal for people to have family problems. Families can be very complicated because everyone thinks and talks about things in a different way. All kinds of changes can make family life more stressful, such as an illness, unemployment, moving home, new family members, getting older, divorce, death and trauma. Some families find it harder to manage these changes, for all kinds of reasons.

This definition of family therapy was provided by the Association of Family Therapy and Systemic Practice, UK

How can family therapy help?

The aim of family therapy is to help you, your family or friends to support and understand each other.

Family therapists create a safe environment where people can openly discuss their feelings, learn to understand each other and work together to change things for the better.

Who do we see?

Individuals, couples, families, children and adolescents.

What happens first?

Please contact us to discuss your needs and possible treatment. We can fit the therapy session around your working hours. Call us on (+65) 90749912 or email evonne@reconnect.com.sg

I want to be more positive



What happens in the therapy sessions?

It's normal to feel nervous about therapy. Before your first session, the therapist will spend an additional 15 minutes to explain how everything works such as confidentiality, payment, cancellation policies, and consent for treatment and discuss any questions you may have.

The therapist will begin the session by asking questions about you and your family. Be open, honest and feel free to ask questions back.

Each session lasts between 60 to 90 minutes, and the interval between sessions depends on the problems being addressed, the stage of treatment and the needs of family members. We will mutually agree the approach used and the number of sessions.

Are my sessions confidential?

A professional code of ethics guides all mental health professionals in matters of confidentiality and the release of information.

Therapists cannot disclose any personal information about their clients without prior permission, unless there are serious safety concerns. If you have any questions about confidentiality, please discuss these issues with your therapist.

We want to work on this as a family

