



MEDIA RELEASE

Date: Saturday, 18 November 2017

Event Name: 'Family Journey: Talking Intimacy Intimately' Symposium

Singapore, Saturday, 18 November 2017. Some fifteen families joined PPIS Family Therapy Institute (FTI) in her journey to explore the idea of *intimacy* – a topic often considered intimately taboo – during a one-day symposium titled, 'Family Journey: Talking Intimacy Intimately' from 10am to 4pm at the Lifelong Learning Institute today.

The focus of this year's Family Symposium; intimacy exists in many forms. It is sexual, psychological, emotional and more. A connection for not only couples, but also for families and their children to rediscover themselves and learn more about one another, even more so in this fast-changing world where issues and concerns surrounding families have grown complex.

"Today's event is a testament to FTI's commitment to take a step further to create platform for community to begin looking at the social issues and taboo topics, like intimacy differently. As an organisation with a mission of strengthening families, we recognise the need to initiate such conversations as well as to highlight the efforts of families in their resilience journey," said Ms Rahayu Mohamad, President of PPIS.

Through this Symposium, other than pumping upscale effort to shape thinking around intimacy, the organisation hopes to broaden the definition and the use of intimacy in familial context whilst recognising the importance of developing a safe holding space for families to have dialogues that allows them to negotiate and calibrate through their differences, intimately as a family.

"Our two-year experience in working with many different types of families has shed light on the necessity of conversing about *intimacy*. We witness the struggles by couples in articulating their needs beyond sexual intimacy and the yearning of children for intimacy with their parents through our programmes and services. To us, families need togetherness and the desire for interaction is alarming yet families feels unsafe to talk



about it. Hence we believe that this is a very real topic for families in modern society,” Ms Maimunah Mosli, Principal Family Therapist from PPIS FTI has this to add.

Ms Maimunah gave short talks on Family Intimacy and Family Dialogue during the Symposium. Other activities prepared include the *Warm Data Lab sessions for both adults and youths with facilitators from other collaborating PPIS centres, as well as the Q&A segment where participants were able to reflect on their experience with the panel consisting of Ms Rahayu Mohamad; President of PPIS, Ms Maimunah Mosli and Ms Nuraida Khalid; Senior Systemic Therapist from PPIS FTI.

Through this itinerary, families explored their definitions of intimacy with one another and learnt the different ways to nurture it in family living. The session offered space for them to hear and understand their own monologues through various conversations with themselves and their family members.

This event is a prelude to a bigger Practice Symposium with professionals around the globe next year.

Event Details:

Date: Saturday, 18 November 2017

Venue: Lifelong Learning Institute (11 Eunos Road 8 Singapore 408601)

Time: 10.00am – 4.00pm

Registration begins at 9.30am

For any media inquiries, please contact:

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About PPIS Family Therapy Institute (FTI)

PPIS Family Therapy Institute (FTI) aims to be the leading family therapy, training and consultancy institute for families in Singapore. At FTI we believe that every individual matters. The Person & The Professional. Guided by systemic ideas, the institute hopes to nurture individuals, couples, families and professionals in negotiating positions through bridging relationships and bettering interaction across array of contexts through therapy, training and consultancy.

About PPIS

Founded in 1952, PPIS (Persatuan Pemudi Islam Singapura or Singapore Muslim Women's Association) is a non-profit organisation focused on community services. We are dedicated to working with women of all ages in carrying out their multiple roles in society. PPIS runs three core community services namely Family Services, Student Care and Early Childhood Education (ECE). With 16 centres island wide, the services work together to provide quality and holistic support as well as developmental programmes for women and their families.

For more information, please visit: <http://www.ppis.sg>.