



MEDIA RELEASE

Manage your Marriage – Overcoming the Challenges of Contemporary Marriage

Singapore, Saturday, 18 January 2020. PPIS Family Therapy Institute (FTI) and Safinah Institute jointly organised the inaugural 'Marriage Conference: Challenges and Aspirations of Marriage in the 21st Century' event. The event met with some 250 individuals and couples at the Lifelong Learning Institute.

A 2019 report by the Department of [Statistics](#) revealed that there has been an increase in marital dissolutions among Muslim couples from 2017 to 2018. During this period, Muslim dissolutions increased from 1637 to 1682. Moreover, in dealing with domestic issues through its family therapy services, PPIS FTI has also observed an emerging trend of complex family dissolutions within the Muslim community.

As such, in organising this event, PPIS FTI and Safinah Institute recognise the nuances involved in contemporary marital concerns. Both organisations believe in providing a platform for married couples to discuss these issues with the guidance of professional expertise.

The Marriage Conference introduced family therapists from PPIS FTI and respected asatizah through its discussions on marital issues that revolve around intimacy, spirituality and mental health. The conference aimed to highlight how religious and emotional needs can co-exist and interact differently in a marriage.

To provide a multi-faceted discourse on contemporary marital and familial issues, **Ustaz Mizi Wahid**; CEO of Safinah Institute, **Ustaz Fauzy Ramli**; Counsellor from Club Heal and **Ms Maimunah Mosli**; Principal Family Therapist from PPIS FTI, each presented keynote speeches.

Ustaz Fauzy Ramli elaborated on ways to negotiate mental health in a relationship. He shared, "Marriage and mental health are deeply interwoven. Hence, there is a need to better understand and manage not only your mental health but also your spouse. Through this event, I hope that individuals and couples can better navigate the trajectory of their mental health to strengthen their marriage."

Ms Maimunah Mosli underscored the significance of intimacy in a marriage. She said, "Intimacy needs to be talked about in a different way. We need to consider gendered responses to the issue of intimacy as the narrative continues to change across time. In our experience dealing with couples, their deliberation of intimate issues are related to the intimate or sexual act whilst largely, the need for intimacy is in the desire to be connected."



Participants were also invited to join concurrent thematic workshop sessions on the areas of intimacy, in-laws and the strengthening of marriage in times of hardship, respectively. It is with the hope that through these intimate sessions, participants are able to develop more purposeful relationships, not only with their spouses but also with extended family members such as their parents-in-law.

“Over the last 10 years, Safinah has organised various programmes and workshops pertaining to the issue of marriage. We have seen an increasing demand for platforms to address marital concerns in the community.

One of the goals of the Marriage Conference is to remove the obscurity in marital topics that may be considered taboo, so that there is more clarity for couples to overcome the challenges in their marriage journey together with confidence,” Ustaz Mizi Wahid said.

PPIS FTI and Safinah Institute also believe in the importance of cultivating a deeper understanding of how the Muslim community interacts with religion vis-à-vis family life and family living.

Speaking about the organisation remaining steadfast in our mission to strengthen families, Mdm Rahayu Mohamad, President of PPIS added: “PPIS hopes that, through this collaboration with Safinah Institute, we can reach out to more members of the community for them to better understand the nuances and complexities involved in contemporary marital concerns such that they can build stronger marriages and families.”

Event Details:

Date: Saturday, 18 January 2020

Time: 9.00am – 1.00pm

Venue: Lifelong Learning Institute, 11 Eunos Road 8, Singapore 408601

The event was held in English.

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About PPIS

Founded in 1952, PPIS (Persatuan Pemudi Islam Singapura or Singapore Muslim Women's Association) is a non-profit organisation focused on services for women, family and children. Our focus is on 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 islandwide, the services work together to provide quality and holistic support as well as developmental programmes for women and their families across the different phases of their lives.

About the PPIS Family Therapy Institute

At PPIS Family Therapy Institute (FTI), every individual matters. The Person, The Professional & The System are interconnected and this interconnectedness matters to us. Organised by systemic principles, the institute hopes to nurture individuals, couples, families and professionals in negotiating positions through bridging relationships and improving interaction across an array of contexts through therapy, training and consultancy.

We recognise the importance of nurture in relationships and value the uniqueness of each and every circumstance. Given this, we believe in making a difference by going the extra mile in understanding the process, content and context of these relationships and circumstances.

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

About Safinah Institute

Safinah Institute is the leading provider of online and offline English Islamic programmes and events catered mainly for adults between ages 18 to 45 years. The profile of its students and event attendees mainly include university undergraduates, fresh graduates, young professionals, newlyweds, as well as young parents.

Over the years, Safinah has touched more than 15,000 lives through its programmes and live events, and have amassed a decently large following online among its targeted audience.

Safinah's programmes stand out, mainly because of the fresh new positioning it brings to the courses, talks and events that it runs, the manner and angling of approaching contemporary issues, and its ongoing efforts in addressing matters which are relevant to obstacles and challenges that the Malay/Muslim community is facing today.

For more information, please visit: <https://safinah.sg>