



REAP Counselling

Company and Counsellor Profile 公司和辅导员简介

ZACHAROCHE was founded by Bernard Lin in 2020 and its operating brand name is REAP Counselling.

ZACHAROCHE 由 Bernard Lin 于 2020 年创立，其运营品牌名称为 REAP Counselling。

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"You Reap What You Sow"

“你播种什么，就收获什么”

REAP Counselling is built upon 4 values:

REAP Counselling 建立在 4 个价值观之上:

R – Respect 尊重

E – Empowerment 赋能

A - Authenticity 真诚

P - Peace 平静

Perhaps you are feeling stressed, anxious, depressed, grieving, feeling helpless or in the midst of a transition. Whatever your needs may be, we aim to **R**espect your situation and **E**mpower you to grow. We strive to be **A**uthentic as we work with you to obtain inner **P**ease and come to terms with your needs.

或许你正感到压力、焦虑、沮丧、悲伤、无助或正处于过渡期。无论你的需求是什么，我们都旨在尊重你的处境，并赋能你成长。我们努力保持真诚，与你一起获得内心的平静，并正视你的需求。

St. Francis De Sales said, "Be Who You Are and Be That Well". We are always growing and improving to be the better version of ourselves. Here at REAP Counselling, we strive to use the professional tools that we have, to work with and support you as "You REAP What You Sow".

圣弗朗西斯·德·塞勒斯（St. Francis De Sales）说：“做你自己，并把你自己做得很好。”我们总是在成长和进步，以成为更好的自己。在 REAP Counselling，我们致力于运用我们的专业工具，与你一起工作并支持你，因为“你播种什么，就收获什么”。



Bernard Lin (林志伟)

Psychotherapist since 2014

自 2014 年起担任心理治疗师

Bernard earned his Masters in Social Science (Professional Counselling) from Swinburne University of Technology with a specialisation in Cognitive Behavioural Therapy (CBT). He further upgraded himself with Choice Theory Reality Therapy (Certified), Gottman Method (Level 1 and Level 2) and Emotion-Focus Therapy (Level 1). His listening skills were honed from over two decades of working with youths in his younger days and later, consulting work. He is not only bilingual, he is also fluent in dialects.

自 2014 年起担任心理治疗师。Bernard 拥有斯威本科技大学社会科学（专业辅导）硕士学位，专攻认知行为疗法（CBT）。他通过进修进一步提升自己，获得了选择理论现实疗法（认证）、戈特曼方法（一级和二级）和情绪焦点疗法（一级）的资格。他的倾听技巧是在他年轻时与青少年共事二十多年以及后来的咨询工作中磨练出来的。他不仅会双语，还精通方言。

Bernard's therapeutic career began in 2014 when he worked with people at the margins peripheries. He started off in a school setting providing therapy to youth-at-risks.

Bernard 的治疗生涯始于 2014 年，当时他与处于边缘地位的人们一起工作。他从学校环境开始，为高危青少年提供治疗。

He has experience working in the areas of:

他有以下领域的工作经验:

- Schizophrenia 精神分裂症
- Severe anxiety 严重焦虑
- Depression 抑郁症
- Grief 悲伤
- Victims of scam 诈骗受害者
- Couple Therapy 伴侣治疗

Bernard is currently a Provisional Member of the Singapore Association of Counselling. As a speaker, he wants to reach out to more people to create awareness about mental health and to impart knowledge to improve one's mental wellness. Bernard believes that in order to improve our mental health, we have to train it, just like our physical health. He has given mental health talks to more than 15 schools and 10 corporate offices on various topics:

Bernard 目前是新加坡辅导协会的临时会员。作为一名演讲者，他希望接触更多人，以提高人们对心理健康的认识，并传授知识以改善个人的心理健康。Bernard 相信，要改善我们的心理健康，我们必须像训练我们的身体健康一样去训练它。他已经为超过 15 所学校和 10 家公司办公室就各种主题进行了心理健康讲座：

Schools 学校

- TKGS
- Fairfield Methodist
- Alexandra Primary etc.

Corporate 公司

- Temasek Holdings 淡马锡控股
- Tokyo Electron 东京电子
- China Mobile etc. 中国移动等

Topics 主题

- Gratitude 感恩
- Overcoming Digital Distraction 克服数字分心
- Words that Heal, Words that Break 疗愈的言语，伤害的言语
- Self-Care 自我关怀
- Anger Management 愤怒管理
- Building Positive Relationship in the Workplace 在工作场所建立积极关系

English, Mandarin & Hokkien Counselling available.

提供英语、华语和福建话辅导。

"Fortitude; Gratitude; Solitude"

“坚韧；感恩；关怀”

My Counselling Journey 我的辅导之旅

We are all unique. No two persons are the same. Growing up in the same family does not mean we interpret things the same way. 我们都是独一无二的。没有两个人是完全相同的。即使在同一个家庭中长大，我们对事物的理解方式也可能不同。

Personally, to be able to listen and counsel is both a gift and a calling. I am blessed to experience the working world at a young age. This has help me to be exposed to a wide variety of people, from many walks of life.

就我个人而言，能够倾听和辅导既是一种天赋，也是一种使命。我很幸运在年轻时就体验了职场。这帮助我接触到了各行各业的各种人。

This has helped me to learn about body language and social cues. People started to share with me their deeper stories and personal struggles with work, family or relationship. I always thought counselling is sharing your "rational" thoughts that make sense and logic. How wrong was I till I went through proper training and studies.

这也帮助我学会了如何观察肢体语言和社交线索。人们开始与我分享他们更深层次的故事以及他们在工作、家庭或人际关系中的个人挣扎。我一直以为辅导就是分享你的“理性”想法，这些想法是合乎情理和逻辑的。直到我接受了正规的培训和学习，我才意识到自己是多么错误。

To grow and journey with people has been a fulfilling and meaningful journey. That has turned to be my mission and purpose in my therapeutic journey. There is a saying, "The problem is not the problem, the coping is the problem". Learning to cope with my mum's suffering with lung cancer and my dad's stroke wasn't easy. Having gone through it made me question my priorities, which brings new perspectives to create a more congruent and meaningful life.

与人们一起成长和前行是一段充实而有意义的旅程。这也成为了我治疗旅程中的使命和宗旨。有一句谚语说：“问题本身不是问题，应对方式才是问题。”学习如何应对我母亲患肺癌的痛苦和我父亲中风的经历并不容易。经历这一切让我重新审视我的优先事项，这带来了新的视角，从而创造了更一致和有意义的生活。

Person-Centered Therapy has always been my core. The concept of Empathy, Unconditional Positive Regard and Congruence are essential in building therapeutic alliance.

以人为本的疗法一直是我的核心。共情、无条件的积极关注和真诚是建立治疗联盟的关键。

Everyone has their unique story to share. What's *your* story?

每个人都有自己独特的故事要分享。你的故事是什么？