

AO PSYCHOLOGY NEWSLETTER



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In this April edition, we explore the quieter emotional experiences that follow **uncertainty** — sadness, relationship strain, and feeling stuck. Through our C.A.L.M. framework, we share grounded insights, simple somatic practices, and reflections on healing from challenges like infidelity. We also highlight ways to reconnect with your inner compass, while exploring how human connection and AI shape how we seek support and growth.

COURSES



[An Inner Compass Workshop](#)

Sat, 11 Apr

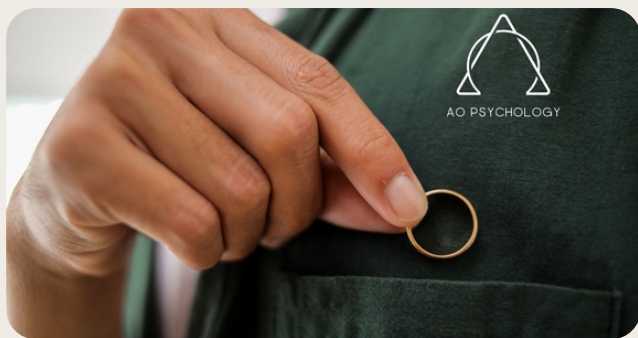
11:30AM - 12:30PM

Conducted by
Nicole Lim
Counsellor



Feeling stuck doesn't mean you are failing. Often, it reflects long periods of coping. Pause and explore what lies beneath. Reconnect with values guiding meaningful next steps. Discover clarity and compassion within yourself.

ARTICLES (BLOG)



[Infidelity in Relationships: Why It Happens and the Pathways to Healing](#)



Infidelity is a painful rupture we're seeing more often in counselling in Singapore, shaped by stress, disconnection, and unexpected attraction. Couples often ask: *why did it happen, and should we stay or leave?*

This article explores why infidelity occurs, how to decide what's next, and how therapy can help.

Click here for more of Dr. Kimberly **"Inner Sanctum"** blog posts.



[\[Podcast\] Can AI Replace a Psychologist?](#)



Not quite yet. AI chatbots offer convenient emotional support, but as Dr. Kimberly Chew highlights, therapy is more than conversation. Psychologists read tone, body language, and emotional shifts in real time—something AI cannot replicate.

Click to watch the full podcast on YouTube

MINDFULNESS TIPS



3-Step Somatic Reset - When Sadness Feels Heavy

- (1) Soften the Body:** Drop your shoulders, unclench your jaw, and let your posture gently soften.
- (2) Gentle Contact:** Place a hand on your chest or give yourself a light hug — feel the warmth.
- (3) Name the Feeling:** "I'm feeling sad right now." Let it be, without fixing it.

Sometimes sadness needs support, not solutions.

To learn more, click on the link to explore the **"Embodiment & Attune: A Somatic Exploration"** course by Dr. Kimberly Chew.



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