

Fundamentals of Cognitive Behavioural Therapy



Programme Code: TGS-2020513301 (SSG-Approved Course)

This three-day course will be conducted via Zoom.

27 - 28 August 2021 (Friday - Saturday) 8.15am – 5.00pm
29 August 2021 (Sunday) 8.15am – 5.45pm

**REGISTER BY
13 AUG 2021**

According to the Singapore Mental Health Study 2016, the prevalence of lifetime mental illness is 13.9% or 1 in 7 people in Singapore. There is strong evidence that Cognitive Behavioral Therapy has proven to be effective in helping people who are treated for depression, anxiety, addictions, bipolar disorder, mood disorders, phobias and similar behavioral, emotional, and mental health challenges.

Organised by the NUS Yong Loo Lin School of Medicine, Division of Graduate Medical Studies, this course aims to introduce the fundamentals of cognitive behavioural therapy, which can be useful for both healthcare professionals and the general public.

It aims to equip learners with the understanding of maladaptive thinking patterns and basic techniques on therapeutic approaches. Learners will become more aware of the thinking process in their patients or people around them, so that they can respond or provide support in a more effective and efficient manner.

Who Should Attend

- Healthcare professionals such as doctors, nurses, counsellors, social workers, social service practitioners
- General public

CME/CPE points for Doctors and Nurses

- *This course is accredited by SMC and SNB*



For Self-Funded Participants

CLICK HERE TO REGISTER

For Enquiries & Corporate Registrations

Contact Ms Evelyn at nusmedcet@nus.edu.sg

Please note that the scheduled course run will proceed only if the minimum class size is met.



Minimum Entry Requirements

- Proficient in English
- Basic knowledge in counselling is an advantage but not a pre-requisite
- Experience in healthcare industry is an advantage but not a pre-requisite

Programme *

Day 1 - Friday, 27 Aug 2021

Time	Topic	Trainers
8.15am	Registration / Sign-in to Zoom	
8.30am	Historical Perspective and Development in Cognitive Behavioural Therapy (CBT)	Assoc Prof Leslie Lim
9.30am	Characteristics of CBT	
10.30am	Break	
10.45am	Phobias	Assoc Prof Leslie Lim
11.45am	Obsessive-Compulsive Disorder	
12.45pm	Lunch	
1.45pm	Cognitions and Core Beliefs	Adj Assoc Prof Khoo Sue Anne
3.45pm	Break	
4.00pm	Generalised Anxiety Disorder	Adj Assoc Prof Matthew Woo
5.00pm	End of Day 1	

**Programme may be subject to change*



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Day 2 - Saturday, 28 Aug 2021

Time	Topic	Trainers
8.15am	Registration / Sign-in to Zoom	
8.30am	Panic Disorder	Adj Assoc Prof Matthew Woo
9.30am	Break	
9.45am	Eating Disorder	Adj Assoc Prof Matthew Woo
10.45am	Addiction - Sexual	
11.45am	Lunch	
12.45pm	Addiction - Substance	Dr Cecilia Chu
2.45pm	Break	
3.00pm	Depression	Adj Assoc Prof Teresa Foong
5.00pm	End of Day 2	

Day 3 - Sunday, 29 Aug 2021

Time	Topic	Trainers
8.15am	Registration / Sign-in to Zoom	
8.30am	Health Anxiety	Adj Assoc Prof Matthew Woo
9.30am	Break	
9.45am	Behaviour and Behaviour Therapy	Adj Assoc Prof Ko Soo Meng
11.45am	Crisis and Crisis Intervention	
12.45pm	Lunch	
1.30pm	Suicide and Suicide Assessment	Adj Assoc Prof Ko Soo Meng
2.30pm	Suitability of Cases for CBT	
3.30pm	Break	
3.45pm	Clinical Case-Video Presentation	Adj Assoc Prof Ko Soo Meng
4.45pm	Assessment & Course Evaluation	
5.45pm	End of Day 3	

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Assessment

- Online Quiz

Trainers' Profile



Assoc Prof Leslie Lim

NUS Yong Loo Lin School of Medicine

Senior Consultant, Department of Psychiatry, Singapore General Hospital

- Past President of the Singapore Association for Mental Health and past chief examiner in Psychiatry for the Master of Medicine in Psychiatry Examinations
- Currently an examiner in local undergraduate examinations and with the Royal College of Psychiatrists, United Kingdom
- Awarded the Distinguished Psychiatrist Award by the Singapore Psychiatric Association in 2016



Adj Assoc Prof Khoo Sue Anne

NUS Yong Loo Lin School of Medicine

Principal Clinical Psychologist, Khoo Teck Puat Hospital

- Registered Psychologist in Singapore and Australia, with specialist qualifications in Clinical Psychology
- Provides consultation to adult and geriatric patients who have a range of emotional and psychological conditions
- Contributions to teaching and mentoring younger mental health professionals have earned her teaching awards
- Award recipient of the 2019 NHG Teaching Award for Allied Health Senior Educators



Adj Assoc Prof Matthew Woo

NUS Yong Loo Lin School of Medicine

Senior Consultant Clinical Psychologist, Riverlife Psychology

- Held senior appointments in IMH
- Clinical experience and interests are primarily in areas of stress, anxiety and mood-related disorders
- Specialises in EMDR therapy and mental health issues and ability to conduct assessments related to personality profiling and forensic evaluations
- Extensive experience with the treatment of sex offenders and shoplifting offenders



Dr Cecilia Chu

Clinical Psychologist, Raffles Hospital

- Extensive experience as a clinical psychologist, and in government and corporate roles
- Previously in NUS Department of Psychology's Psychological Trauma & Resilience Lab for three and a half years
- Worked with special needs children, individuals with mental/physical health and psychological issues, and adults in Singapore Changi Prison
- Member of the Motivational Interviewing Network of Trainers and Singapore National Council of Problem Gambling



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Adj Assoc Prof Teresa Foong

NUS Yong Loo Lin School of Medicine

*Senior Principal Clinical Psychologist,
Khoo Teck Puat Hospital*

- Concurrently serves as Deputy Director, Allied Health Services & Pharmacy, Yishun Health
- Extensive clinical experience in working with clients who have a diverse range of psychological and psychiatric conditions
- Special interests in Anxiety Disorders, Mood Disorders and Post-traumatic Stress Disorder
- Passionate in imparting therapy skills to therapists



Adj Assoc Prof Ko Soo Meng

NUS Yong Loo Lin School of Medicine

*Senior Consultant Psychiatrist,
Mt Alvernia Medical Centre*

- Concurrently serves as a Visiting Consultant at University Health Centre, NUS
- Actively involved in teaching, training and conducting lectures, workshops and seminars in mental health issues for more than 30 years
- Held past positions as Vice-Chairman of the Committee in Graduate Diploma in Psychotherapy and Chief Supervisor in Cognitive Behaviour Therapy

Course Fees

	International Participants	Singapore Citizens ¹		Singapore PRs	Enhanced Training Support for SMEs ³
		39 years old or younger	40 years or older eligible for MCEs ²		
Full Course Fee	\$2550.00	\$2550.00	\$2550.00	\$2550.00	\$2550.00
Less: SSG Grant Amount	-	(\$1785.00)	(\$1785.00)	(\$1785.00)	(\$1785.00)
Nett Course Fee	\$2550.00	\$765.00	\$765.00	\$765.00	\$765.00
7% GST on Nett Course Fee	\$178.50	\$53.55	\$53.55	\$53.55	\$53.55
Total Nett Course Fee Payable, Including GST	\$2728.50	\$818.55	\$818.55	\$818.55	\$818.55
Less Additional Funding if Eligible Under Various Schemes	-	-	(\$510.00)	-	(\$510.00)
Total Nett Course Fee Payable, Including GST, after additional funding from the various funding schemes	\$2728.50	\$818.55	\$308.55	\$818.55	\$308.55

¹All self-sponsored Singaporeans aged 25 and above can use their \$500 SkillsFuture Credit to pay for the course. Visit <http://www.skillsfuture.sg/credit> to select the course.

²Mid-Career Enhanced Subsidy (MCEs) - Singaporeans aged 40 and above may enjoy subsidies up to 90% of the course fee.

³Enhanced Training Support for SMEs (ETSS) - SME-sponsored employees (Singapore Citizens and PRs) may enjoy subsidies up to 90% of the course fee.

- **Learners must record at least 75% attendance, and pass all assessment components, to be eligible for SSG funding**



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