



Fundamentals of Cognitive Behavioural Therapy

Course will be conducted onsite
Visit Website for more details.

Course code: SOM-FCBT | TGS Number: TGS-2024044673

Course Dates & Time:

Day 1: Wed 20 Nov 2024 8:30AM - 05:00PM

Day 2: Thu 21 Nov 2024 8:30AM - 05:00PM

Day 3: Fri 22 Nov 2024 8:30AM - 06:00PM

▶ 70% - 90% SkillsFuture Funding Available ▶ SFC-Eligible

Bridging Knowledge and Care:

Cognitive Behavioral Therapy Training for Professionals

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.**

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.

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.

This is designed for:

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



[Register now for the course!](#)

Benefits of attending

- Equip yourself with the basic Cognitive Behavioural Therapy knowledge
- Be more aware of the thinking process in patients and loved ones
- Help and support patients and loved ones to reduce their negative thoughts and/or behaviours
- Develop a healthier mental lifestyle



Learn More

Click [here](#) or Scan the QR code to visit our Course Webpage

Send An Enquiry

Contact us at nusmedcet@nus.edu.sg



[REGISTER BY 08 NOV](#)

- The scheduled course run will proceed only if the minimum class size is met.
- We reserve the right to cancel or postpone any course or change the venue due to unforeseen circumstances.
- In the event of a cancellation and the fee has been paid, a full refund will be made to registrants.