



Yong Loo Lin  
School of Medicine

# MASTER OF CLINICAL MENTAL HEALTH & PSYCHOTHERAPY (MCMHP)

FULL-TIME & PART-TIME

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# MASTER OF MENTAL HEALTH & PSYCHOTHERAPY

This Master's Degree by Coursework is an **applied, skill-based academic training** programme for mental health conditions, psychology interventions, psychotherapy & counselling, and case & care coordination.

It aims to provide higher education and **advanced clinical training** for the growing and evolving post-graduate learning needs of mental health professionals and practitioners in Singapore and the region.

Clinical mental health professionals require a diverse set of therapy skills to effectively address the needs of their clients. The programme encompasses research, screening and assessment for common mental health disorders, cognitive behaviour therapy, interpersonal psychotherapy, mindfulness, parenting, group psychotherapy, social skills training, and behavioural interventions.

**The programme consulted industry experts and stakeholders to curate each module to match the National Mental Health Competency Training requirement to practise at Tier 2 and 3 of the Tiered Care Model.**



## Full-time

1.5 years (3 semesters + summer)

## Part-time

2.5 years (5 semesters + 2 summers)



**Application Period:** 1 February - 1 May

**Interview period:** July

**Application outcome:** August - September

## Tuition fees



Self-funded programme

**\$67,400** incl. 9% GST

## Scholarship



Full and partial scholarships will be awarded to outstanding candidates.

Institutional staff members are encouraged to inquire with their respective organisations regarding their eligibility to access institutional scholarships or fund.

## Who is this for?

**Social service and healthcare professionals who are seeking to specialise in mental health.**



*Non-clinically trained individuals may consider the stackable certificates pathway.*

### Programme Directors



#### A/Prof John Wong Chee Meng

Programme Director &  
Education Director

Lin Jo Yan and Yeo Boon Khim Professor  
in Mental Health and Neuroscience  
Senior Consultant Psychiatrist,  
Department of Psychological Medicine,  
NUS Yong Loo Lin School of Medicine

*MBBS (S'pore), MMed (Psych), FAMS  
(Psych), MSc (Child & Adolescent  
Mental Health) (UK), PPA(P)*



#### Dr Rathi Mahendran

Deputy Programme Director  
& Education Director  
(Psychiatry)

*MBBS (S'pore), MMed (Psych),  
MMed Ed (Dundee), FAMS (Psych)*



#### Dr Pearlene Ng

Deputy Programme Director  
& Education Director  
(Psychology)

*D.Clin.Psy (UK),  
B.Soc.Sci. (Hons.) (S'pore)*

## Admission Criteria

All candidates must demonstrate readiness for graduate study and meet the following minimum requirements:

- Hold a relevant Bachelor's degree from a recognised university with at least an Honours or its equivalent (High grade Pass degree) in **Psychology, Medicine, Nursing, Occupational Therapy, Allied Health, Social Work.\***
- Have at least 1-3 years in providing direct care to persons with mental health issues.
- A good pass degree will be assessed on a case-by-case basis.
- Pass an admission interview by the core programme faculty.
- Provide **two professional referee** reports on their character and professional competency are required to complete the application. The referees can be their academic mentors, current employers or previous employers.

*\*Preference will be given to candidates with an honours degree, appropriate work experience, and a relevant background in the aforementioned subject.*

## English Proficiency

English proficiency test scores is a requirement for all international applicants except those whose undergraduate or graduate degrees are from NUS, NTU, SMU or SUTD, or from English-speaking countries such as Australia, Canada, Ireland, New Zealand, the United Kingdom, and the United States.

**To meet the English requirement for our programme, the following are the minimum scores that should be achieved:**

- Provide evidence of a minimum IELTS score of 7 or a TOEFL iBT score of 94 (with minimum of 23 for the writing section) to establish proficiency in English if this is not their first language, for international candidates.
- All IELTS / TOEFL tests must have been taken not earlier than 2 years before the proposed date of admission.
- Pass any preparatory modules as indicated by the core programme staff on a case-by-case basis.

## Stackable Certificates

The MCMHP programme is stackable to cater to the different backgrounds and interests of potential students. The stackable model pathway is suitable for non-clinically trained professionals and mid-career switchers. Students can transfer credits from the following graduate certificates and executive certificate taken within 5 years. Students will have to complete a workshop, a symposium, 2 clinical placements, and a capstone project to meet the graduation requirements of the MCMHP programme.

-  Graduate Certificate in **Clinical Mental Health**  
4 modules (12 units); 2 semesters
- +**  Executive Certificate in **Public Mental Health**  
2 modules (4 units); 2 semesters
- +**  Graduate Certificate in **Psychotherapy**  
6 modules (12 units); 2 semesters
- +**  **Master's programme requirements:**
  - Clinical Skills Workshops (4 units)
  - Integrative Symposiums (1 units)
  - Clinical Placements (10 units)
  - Capstone Project (7 units)
- =**  **Master of Clinical Mental Health & Psychotherapy**

## Fellowship and Registry

Graduates will be admitted into the Register as a **Member** and **Fellow** of the Clinical Mental Health & Psychotherapy Practitioners.

### WHY JOIN THE FELLOWSHIP?



#### PROFESSIONAL DEVELOPMENT

- Clinical supervision
  - 4 small group supervision *and*
  - 6 individual sessions per year
- Clinical skills workshops\*
- Symposium\*



#### RESEARCH

- Opportunities to collaborate with faculty
- Funding opportunities through seed grant



#### NETWORKING AND COMMUNITY

- Establish a community of practitioners (COP)
- Quarterly networking event
- Invitation to annual general meeting

\*Chargeable at a subsidised rate

“

The programme is comprehensive and excellent for training mental health professionals in delivering tier 2 & 3 services. We have a need for mental health practitioners in the frontlines with the rising prevalence of mental illness.

”

**Adj Assoc Prof Daniel Fung**  
Chief Executive Officer (CEO),  
Institute of Mental Health (IMH)

“

A well-designed curriculum on clinical mental health and therapy; an answer to our society's need for more mental health practitioners to be raised to shore up our tiered care in mental health.

”

**Mrs Marlene Koh**  
Head SAF Counselling  
Centre, Ministry of Defense  
(MINDEF)

### 3 Curriculum Pillars

The **50-unit course** is delivered by a multi-interdisciplinary faculty, both from within NUS and NUHS, as well as expert practitioners in private practice and social service agencies. The course also invites overseas industry forerunners to give students exposure the latest innovative therapies.

#### PSYCHIATRY

13 Units

26%



- Understanding mental illness, disorder, and conditions
- Conducting clinical interview and assessment

#### PUBLIC MENTAL HEALTH

11 Units

22%



- Research methods, statistics, and evaluation
- Epidemiology and public mental health
- Mental health programme development
- Care coordination and case management

#### PSYCHOLOGY SKILLS

26 Units

52%



- Clinical skills training in psychology, counseling, and psychotherapy includes techniques from cognitive behavior therapy, systemic therapy, and interpersonal psychotherapy
- Workshops with overseas & local industry experts
- Integrative symposiums
- Clinical placement and supervised training

## Clinical Placements

Students will have the opportunity to enhance their therapeutic proficiency through our formally organized clinical placement program. This meticulously structured initiative is designed to offer concentrated exposure to two distinct modalities, which encompasses both observation and active participation in sessions led by seasoned clinicians.

<b>Block 1</b>	<ul style="list-style-type: none"> <li>• Low-intensity CBT</li> <li>• General Counselling</li> <li>• Brief Psychotherapy</li> </ul>
<b>Block 2</b>	<ul style="list-style-type: none"> <li>• Systemic &amp; Family Therapy</li> </ul>

### The programme will arrange for students to be placed at



#### HOSPITAL

Eg. Institute of Mental Health, Khoo Teck Puat Hospital, REACH West (National University Hospital), REACH South



#### COMMUNITY

Eg. Allkin Singapore Ltd, Care Corner Singapore, Clarity Singapore, Counselling and Care Centre, Shan You Counselling Centre, Viriya Community Services, REACH Community Services



#### PRIVATE

Eg. Intellect Singapore, Kingsmead Counselling Centre, LivingPath Singapore, Promises Healthcare Pte. Ltd., Samaritans of Singapore (SOS)

“

I believe the Master's program meets the sector's needs, as it seeks a credible and rigorous Master's degree from a reputable university. Organizing the program around mental health would also address the growing needs and complexity of mental health concerns. The wide variety of ideas and specialized intervention modalities offered in this program would be useful in developing clinicians who are much needed in the sector today.

”



**Dr Chua Wei Bin**  
Executive Director,  
Counselling and Care Centre

## Programme Structure

Students will be taught evidence-based practices and therapeutic skills to provide direct support and design interventions for persons with mental health challenges. Students will be able to detect the mental health needs of patients or clients, provide counselling, stress and anxiety management, social skills training, behaviour management, mental health assessment and psychotherapy, such as cognitive behavioural therapy, systemic therapy and interpersonal psychotherapy.

## Proposed timetable for full-time students

3 semesters + summer (2 special terms)

Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep
Semester 2				Special term 1 (6 weeks)	Special term 2 (6 weeks)		Semester 1	
F U N D A M E N T A L S	16 Units of didactic course work 2 full days x 12 weeks Lectures + Tutorials			10 Units of didactic course work 2 full days x 12 weeks Lectures + Tutorials				
	<ul style="list-style-type: none"> <li>CMH5301 Psychotherapy &amp; Clinical Skills I</li> <li>CMH5104 Counselling &amp; Cognitive Behavioural Therapy</li> <li>CMH5102 Mental Health Conditions I</li> <li>CMH5304 Systemic &amp; Family Therapy I</li> <li>CMH5105 Management of Mental Health Conditions</li> <li>CMH5201 Research I: Introduction to Biostatistics in Mental Health</li> </ul>			<ul style="list-style-type: none"> <li>CMH5302 Psychotherapy &amp; Clinical Skills II</li> <li>CMH5303 Psychotherapy &amp; Clinical Skills III</li> <li>CMH5305 Systemic &amp; Family Therapy II</li> <li>CMH5103 Mental Health Conditions II</li> </ul>			 	
	<b>CMH5101 Fundamentals in Clinical Mental Health</b> 5 full days to be completed in the first week of study						<b>CMH5306 Clinical Skills Workshops (4 Units)</b> 4 Workshops x 2 days	
							<b>CMH5202 Research II: Service Planning &amp; Programme Development (2 Units)</b>	



**17**  
COURSES

**50**  
Units

**Didactic Coursework:**

- Clinical Mental Health = 5 courses
- Research and Public Mental Health = 3 courses

**Clinical Skills:**

- Psychotherapy = 7 courses
- Practicum and Case Series Report = 2 courses

Oct                  Nov                  Dec                  Jan                  Feb                  Mar                  Apr                  May

Semester 2

VACATION



**CMH5401-5402 Clinical Placements I-II (10 Units)**

Two 20-weeks placements  
2 days per week



20 hours of individual supervision  
per placement  
Total = 20 x 2 = 40 hours

At least 60 client contact hours  
per placement  
Total = 60 x 2 = 120 hours

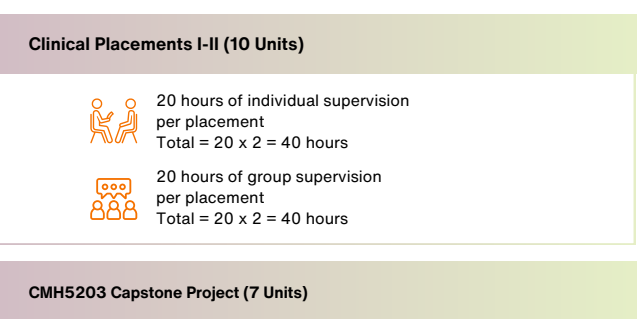
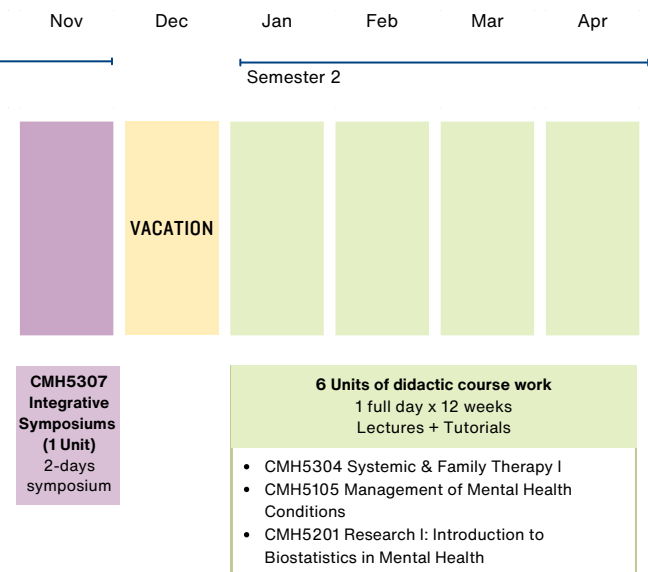


20 hours of group supervision  
per placement  
Total = 20 x 2 = 40 hours

**CMH5203 Capstone Project (7 Units)**

**CMH5307 Integrative  
Symposiums (1 Unit)**  
2-days symposium





“ MCMHP has a thoughtful and well curated curriculum that will effectively equip budding mental health practitioners to meet the rigour and standards required in their professional practice. ”

**Ms Sophia Ang**

Senior Director, Counselling and Psychological Services, Family Justice Courts (FJC)

“ This program, incorporating clinical assessment and formulation, supported by supervised internship in core psychological therapy protocols makes it an 'all-in-one' comprehensive experience. ”

**Dr Munidasa Winslow**

Chief Executive Officer (CEO), Promises Healthcare

## YEO BOON KHIM MIND SCIENCE CENTRE

A research centre of:



**APPLY NOW**

*Scan the QR code or visit  
[medicine.nus.edu.sg/nmsc/mcmhp](http://medicine.nus.edu.sg/nmsc/mcmhp)*

Application Period: 1 February - 1 May

Interview period: July

Application outcome: August - September

[www.mindsciencecentre.sg](http://www.mindsciencecentre.sg)

