

Transforming Adolescent Mental Health (Synchronous e-learning)

CET Course Agenda

Day 1: March 1, 2025 (Saturday): 9:00 AM to 14:00 PM, SGT

Location: Online via Zoom

Time	Session Title	Trainers
9:00-9:30	Welcome and Opening Remarks	Judy Sng , NUS, Singapore
9:30-10:30	Trauma in Childhood and its Impact on Mental Wellness	Attilio Rapisarda , IMH, Duke-NUS Medical School, Singapore
10:30- 10:45	<i>Q & A</i>	
10:45-11:00	BREAK	
11:00-12:00	Mental Health Challenges	Attilio Rapisarda , IMH, Duke-NUS Medical School, Singapore
12:00- 12:15	<i>Q & A</i>	
12:15-12:30	BREAK	
12:30-13:30	Role of Psychotherapy in Mental Health	Attilio Rapisarda , IMH, Duke-NUS Medical School, Singapore
13:30-13:45	<i>Q&A</i>	
13:45-14:00	Wrap up & reflection	Judy Sng , NUS, Singapore

Day 2: March 8, 2025 (Saturday): 9:00 AM to 14:00 PM, SGT

Location: Online via Zoom

Time	Session Title	Trainers
9:00-9:30	Welcome and Opening Remarks	Judy Sng , NUS, Singapore
9:30-10:30	Transformational Mindset and Youth Development	Darren Chua , Founder of Potter's Clay Education & Mindset Transformation Clinic Pte Ltd, Singapore
10:30- 10:45	<i>Q & A</i>	
10:45-11:00	BREAK	
11:00-12:00	Supporting and Managing Mental Wellness	Michelle Koay , Counsellor, Mindfulness Meditation Teacher, Singapore
12:00- 12:15	<i>Q & A</i>	
12:15-12:30	BREAK	
12:30-13:30	Role of medication in Psychotherapy	Tan Chay Hoon , NUHS, NUS, Singapore
13:30-13:45	<i>Q&A</i>	
13:45-14:00	Wrap up & reflection	Judy Sng , NUS, Singapore

Target audience: Teachers, Parents, Caregivers and Allied Educators/Counsellors.