

ATTENTION DEFICIT HYPERACTIVITY DISORDER, AUTISM SPECTRUM DISORDER AND PSYCHOSIS IN ADOLESCENT : COUNSELLING SUPPORT

Administrative Details

Date : 26 July 2022, Time : 1.00pm – 5.00pm (Part 1)

Date : 29 July 2022, Time : 2.00pm – 5.00pm (Part 2)

Closing Date

Please complete the registration form before 1 July 2022

Course Admin Facilitator

Adelyn Tan

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Course Fees

S\$ 288 inclusive of GST

Mode of Delivery

Dual modes of learning (Onsite In-Person and Synchronous E-Learning via Zoom)

INTRODUCTION

Adverse Childhood Experiences (ACEs) can predispose children and adolescents vulnerable to mental health issues. According to the World Health Organisation, it is estimated that one in seven 10 to 19-year-olds experiences a mental disorder. Almost 2 in 3 people (64%) in Singapore's resident adult population are reported to have experienced at least one ACE in the first 18 years of their lives.

In 2016 Singapore Mental Health Study conducted by the Institute of Mental Health, the top five most commonly faced ACEs are emotional neglect (46.5%), parental separation, divorce or death of a parent (21.8%), living with an abused mother or female guardian (8.2%), emotional abuse (8%), and living with family members who are mentally ill or suicidal (6%). Other ACEs include physical and sexual abuse, bullying, and having family members that are imprisoned or are substance abusers.

SYNOPSIS

The course addresses mental health in adolescents during the pandemic and beyond. Participants will look at the psychological difficulties and associated risk factors experienced by adolescents, the role of parents in mental health of adolescents, and discuss interventions for improving mental health literacy in adolescents. It will provide opportunities for participants to recognize and identify factors that put the mental health of young people at elevated risk, and learn about quality mental health care and psychosocial support services. People who are experiencing psychosis may have either hallucinations or delusions. This course also addresses the emotional and behavioural aspects of Attention Deficit Hyperactivity Disorder (ADHD) and the related co-morbidities such as anxiety and depression. It helps to raise the awareness; understand and cope with ADHD symptoms and unlock ADHD to support positive brain changes. It will also explore Autism Spectrum Disorder (ASD) and help participants to improve youth developmental outcomes, including improved language, cognitive, social and motor skills. Participants will acquire competencies to support school-going children with ASD learning needs. In the psychosis segment, participants will learn about the emergence of symptoms of psychosis in adolescence. Participants will better understand the unique features of the psychotic symptoms, such as hallucinations or delusions and how these experiences impair adolescents' ability to participate in daily life and education. This often leads to stigma.

Learning Outcomes

At the end of the course, you will:

1. understand mental health as a continuum and the multiple factors that affect mental health
2. recognise risk factors that impact adolescent mental health
3. appreciate how symptoms of psychosis could impair an adolescent's ability to participate in daily life
4. manage and identify ADHD and ASD symptoms in adolescent that interfere with daily functioning
5. learn support skill for ADHD and ASD adolescents to improve the language, cognitive, social and motor skills.
6. learn practical skills and strategies to promote and support better mental health among adolescents

Course Facilitators

Dr Lan Zhong Zheng (Part 1 : 26 July 2022)

Psychiatrist|Psychotherapist

BMed, MD, University of New South Wales

Dr Lan works in the developmental psychiatry and the general psychiatry departments of Singapore's tertiary psychiatric hospital looking after children and adults with severe mental disorders. He also volunteers as a marital and trauma therapist in local Family Service Centre and counselling practice. He is a certified clinical hypnotherapist as well as Certified Psychiatric Rehabilitation Practitioner (CPRP). He trains in trauma healing from the Trauma Healing Institute to provide effective soul care.

Dr Tan Sheng Neng (Part 2 : 29 July 2022)

Senior Consultant Psychiatrist

MBBS (U of Melbourne, Australia)

M Med (Psych) (NUS, Singapore)

MCI (NUS, Singapore)

FAMS

Dr Tan has a specialised interest in neuropsychiatry where he treated patients with Sleep Disorders, Mild Cognitive Impairment, Behavioural Psychological Symptoms of Dementia, and Brain trauma or injury, particularly from strokes. He was a co-author to 1) Guidelines on The Practice of Repetitive Transcranial Magnetic Stimulation Treatment of Major Depressive Disorder, and 2) Guidelines on The Practice of Electroconvulsive Therapy published by The College of Psychiatrists, Academy of Medicine Singapore in 2018.

Admin Requirements

ECTA will email the handouts in soft copy for the Zoom learners before the course

Registration

Scan QR code to register for the course



Certificate

Participants who complete 90% of the course will receive a Certificate of Participation from the Executive Counselling and Training Academy