

# Using Skills-Based Behavioural Health Approaches in Managing Chronic Conditions

Course Reference Number: TGS-2022011003

**New  
Course**



**3, 4, 5 August 2022**

**9am to 5.30pm  
Venue: NUS**



**REGISTER**

**Registration Guides**  
[Self register](#)  
[Corporate HR/Admin](#)



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## Course Synopsis

Social workers, Counsellors, Case Managers/Coordinators are often required to conduct needs and intake assessment to identify client's/patients' treatment compliance, understanding and acceptance of his/her chronic health conditions. This course covers case and care planning using different models and approaches for developing case and care plans to support clients'/patients' need in accordance to organisational practice. This includes behavioural changes and effective family intervention to influence positive behavioural changes and compliance for chronic conditions. Participants will learn to provide systemic approaches to casework interventions and evaluate effectiveness and efficiency of casework interventions.

## At the end of the course, participants will be able to:

1. Assess clients'/patients' level of functioning, risks and needs for holistic social work case and care planning,
2. Formulate case using the Biopsychosocial, Systemic and Person Centred approach,
3. Contract and goal setting for clients/patients in managing behavioural change using various Behavioural models, and
4. Facilitate behavioural change and positive coping in clients and their families.

## Who Should Attend

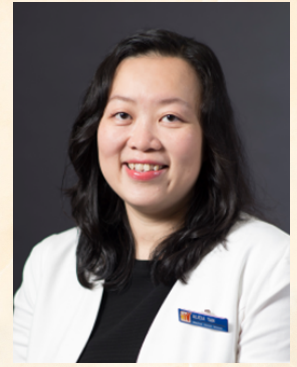
Social Workers, Counsellors, Case Managers/Coordinators with at least 1 year of relevant work experience.

# About The Trainers

## **MS ALICIA TAN**

**Head, Medical Social Services Department, Sengkang General Hospital**

Ms Alicia Tan is a Master Medical Social Worker and heads the Medical Social Service department of Sengkang General Hospital. She is a certified mapper in Dementia Care Mapping and has been trained in Montessori Based Dementia Programming®. Her clinical work revolves around care planning for people with and also works with survivors of elder abuse and domestic violence.



## **MS JENNY GOH**

**Deputy Head, Medical Social Service, Yishun Health Manager, Principal Medical Social Worker, Khoo Teck Puat Hospital**

Ms Jenny Goh is a Principal Medical Social Worker in Khoo Teck Puat Hospital with specialized training in dementia care. She is also leading the Medical Social Service department. Her clinical work revolves around counseling persons with early dementia and guiding them in advanced care planning, supporting caregivers and helping them cope with caring for a relative with dementia, in particular challenging behaviour, grief and loss. She is an Advanced Mapper in Dementia Care Mapping, has been trained in Time Slips© creativity for dementia care and has also been certified in Advanced Care Planning (ACP) from Respecting Choices©. She teaches Person Centred Care, end of life care and ACP. She is the recipient of Ann Wee NUS Social Work Alumni Award 2019.



## **MR ADRIAN TOH**

**Clinical Psychologist, Thrive Family**

Mr Adrian Toh is a Clinical Psychologist, registered in Singapore. He was working in a restructured hospital for a decade before his current work in private practice. During which, apart from working with patients with mental health issues, he worked closely with individuals with chronic diseases and health issues. Adrian was very involved in various multi-disciplinary teams that consisted of medical and allied health professionals. He had provided trainings for them, and these trainings include topics such as 1) how to better work with patients, 2) how to improve patients' compliance and motivation, 3) psychological barriers to effective medical treatments.



## Course Fees

Fee Description	Amount Payable (incl. GST)
Full course fees	\$2728.50
Pricing after SSG Funding* (Singapore Citizen below 40 years / Singapore Permanent Resident)	\$818.55
Pricing after SSG Funding* (Singapore Citizen aged 40 years and above)	\$308.55

### \*SSG Funding Information

1. Participant must meet a minimum attendance of 75%, complete and submit all assignment(s), achieve a 'Competent' grade in assessment, and submit the feedback form in order to qualify for the funding. Failing which, **full course fees (incl. GST)** will be payable.

## CPE Credits

Course participants are eligible for Continuing Professional Education (CPE) credits with the Singapore Association of Social Workers (SASW). One CPE credit will be awarded for each contact hour. Approval of CPE credits are to be submitted through the CPE Log Book under each accredited professional's account.

## Terms and Conditions

1. Classes will be formed only when a minimum class size is being met. Organiser reserves the right to cancel or postpone any programme at short notice, or may change the modality of the class and at its absolute discretion without assigning any reason for such cancellations or postponements. Refund will be made if payment has been received.
2. There will be no makeup lesson if participants miss any class.
3. No withdrawal is allowed once the participant is being offered into the programme. Participants can either find a replacement to take his/her place or pay a penalty of 30% of the full course fees incl. GST.
4. Photographs and/or videos may be taken during our programmes for audit purposes.