

Short Course: 2 Days

# Psycho-social Intervention with Persons with OCD and Hoarding Disorder

Course Reference Number: TGS-2025056338



Upskilling social workers in different stages of their careers and helping them stay relevant in the complex social landscape to better serve their clients.

## About the Course

This course aims to inform participants with knowledge (aetiology, symptomology, evidenced based treatment, course of the illness, treatment challenges, etc.) of OCD and Hoarding Disorders, which falls in the diagnostic category of OCD and related disorders in DSM 5. Special focus will be given to the relationship between OCD, Hoarding Disorder and hoarding behaviour.

The critical role of family work is emphasized in supporting families in the management of persons with OCD given its potentially debilitating impact on everyone at home. Social work intervention applying the Integrated Illness Causation Model and systemic frame in working with persons with OCD will be demonstrated in a complex case. The management of decluttering in Hoarding Disorder will be discussed.

\*More information about the course and instructors' profiles can be found here:  
<https://fass.nus.edu.sg/swk/pc-in-mental-health-ssg/>

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

- Attain an understanding of the aetiology, symptomology, evidence-based treatment approaches, and course of illness for individuals with Obsessive Compulsive Disorder (OCD) and Hoarding Disorder (HD)
- Appreciate the effects of OCD and HD on individuals and families
- Appreciate the process involved in evidenced-based exposure response prevention therapy in OCD
- Apply a systemic approach and step-by-step guide to reduce family accommodation for persons with OCD.
- Identify statutory powers and agencies involved in the management of severe hoarding behaviour
- Apply a systemic and multi-stakeholder approach in the management of cases with severe hoarding behaviour:
  - a. Statutory powers and agencies involved
  - b. Steps in the assessment of HD
  - c. Steps in decluttering intervention

## Who Should Attend

Social workers, case managers and community-based counsellors in the medical and social sectors who:

1. Have at least 3 years of experience working with clients with common mental health conditions;
2. Preferably, have attended basic mental health education at the undergraduate level, mental health first aid training, or the Foundational Module in Mental Health with the NUS Department of SWK, etc.

## Course Fees

Fees Description	Total Payable (incl. GST)
Full course fees	\$2,071
Pricing after SSG Funding* (Singapore Citizen below 40 years / Singapore Permanent Resident)	\$1,121
Pricing after SSG Funding* (Singapore Citizen aged 40 years and above)	\$741

### **\*SSG Funding Information**

Learners must achieve a 'Competent' grade in assessment, to be eligible for SSG funding. Please note that learners may have to bear the full course fee (incl. GST) if they fail to meet this requirement.

All course fees stated are inclusive of GST

For enquiries, email to [swkcpepc@nus.edu.sg](mailto:swkcpepc@nus.edu.sg)



### **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 programme for audit and marketing purposes.

### **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.