

POST GRADUATE CERTIFICATION COURSES

The **POST GRADUATE CERTIFICATION COURSES IN PSYCHOTHERAPY** provide students with a unique opportunity to study, train and acquire a specialisation in the field of the talking therapies. These courses are only opened to members of PAS.

The courses will be run on a part-time basis. Students will participate in lectures, seminars, and workshops on all aspects of the work and theory of the Course that they have selected. Each student can only apply for one course at a time.

INTRODUCTION TO PSYCHOTHERAPY

Week One - Introduction - The World of Psychotherapy

Week Two - Different Strokes for Different Folks

(CHOOSE ONE OF THE 2 TRACKS)

P.G.CERT IN C.B.T.

Week One - Infrastructure of CBT (i)
Week Two - Infrastructure of CBT (ii)
Week Three - General Therapeutic Strategies
Week Four - General Therapeutic Strategies
Week Five - The A-B-C's of REBT (i)
Week Six - The A-B-C's of REBT (i)
Week seven - Therapy - Identifying the B's
Week Eight - Therapy - Identifying the B's
Week Nine - Therapy - Disputing the iB's
Week Ten - Therapy - Getting down to D
Week Eleven - Stress Inoculation Training
Week Twelve - Homework in CBT

LECTURER : Dr Frederick Toke

Comments about the CBT Course:

"The course enriches me with professional skills & techniques as well as insights into the complexity of human behaviour. I am better equipped with a stronger sense of empathy and psychological analytical skill due to Dr Fred Toke's given practical scientific assignments. It has empowered me as a lecturer/educator to children and adults to better understand and serve my students."
Rebecca Chan, Lecturer

"I enjoyed the course very much because the trainer is very interactive and clinically knowledgeable. I have started using CBT in my clinical work. It has definitely enhanced my clinical work and personal development."
Leticia, Counsellor, Tampines FSC

P.G.CERT IN PSYCHODYNAMIC

Week One - Introduction - Psychodynamic
Psychotherapy
Week Two - Processing the Relationship
Week Three - Using the Transference Relationship
Week Four - Providing a Corrective Emotional
Experience
Week Five - Creating a Holding Environment
Week Six - Understanding Projective Identification
Week Seven - Facilitating Internalization
Week Eight - Phases of Process in Therapy
Week Nine - Object Relations Therapy I
Week Ten - Object Relations Therapy II
Week Eleven - Relational Psychoanalysis Approach
Week Twelve - Challenges for The Psychodynamic
Therapists

LECTURER : Mr Richard Lim

Participants of the above would need to attend a 12-Hour INTRODUCTION to PSYCHOTHERAPY Course.

- S\$500 for each course (inclusive of Intro course)
- Next intake - July 2007
- Only open to members - sign up membership and course together today!
- Limited Seats - Sign up early!
- Visit webpage - www.psychotherapy.org.sg for Application form
- Once a week - Every Monday Night (Subject to change)