

Introduction to Psychiatric Rehabilitation

QiC Learning Network

Are you a healthcare or Comcare professional seeking to deepen your impact and refine your approach to mental health care? *Introduction to Psychiatric Rehabilitation* offers you the tools, insight, and evidence-based practices to foster genuine recovery and community integration for individuals living with serious mental illnesses.

Why This Course?

Gain a solid foundation in the origins, development, and research that shaped psychiatric rehabilitation. Understand the values and principles that continue to transform the field. Learn proven rehabilitation models tailored to different types of psychiatric disorders—and discover how to apply them effectively in real-world settings.

Course Objectives

The learner will be able to:

1. Understand the history, development and current status of psychiatric rehabilitation
2. Describe evidence based practices utilized in the field of psychiatric rehabilitation
3. Appraise the stigmatizing beliefs about people with psychiatric abilities
4. Apply psychiatric rehabilitation principles and ethic
5. Compare psychiatric rehabilitation with traditional medical model approach
6. Analyze existing psychiatric rehabilitation models to determine usefulness
7. Participate in a learning journey at designated visitations to Psychiatric rehab services

Training Methodology

- Classroom facilitated teaching, including multimedia learning, big group and small group discussions
- Field Trip

Target Audience

- Doctor
- Allied Health Professionals
- Registered Nurse, Advanced Practice Nurse, Enrolled nurses
- Psychosocial Staff

Course Time 9:00 AM - 6:00 PM

Course Fee \$400.00 (excluding GST)

Prevailing course fee subsidies: 90% for Singaporeans/PRs and 45% for foreign staff employed by eligible community care organizations.

Trainers' Profile

Chief Trainer –Ms Rebecca Moh

Rebecca Moh is a Certified Facilitator for the Wellness Recovery Action Plan (W.R.A.P.), trained by the Hong Kong New Life Association of Mental Health in 2023. She currently serves as the Senior Manager of Rehabilitation Services at Singapore Anglican Community Services, bringing over 20 years of experience in mental health and social work.

Rebecca holds a Master of Social Work from the Singapore University of Social Sciences and a Postgraduate Diploma in Social Work from UniSIM. She was also a Certified Psychiatric Rehabilitation Practitioner (USPRA, 2007–2013).

Rebecca is known for her practical, person-centred approach and is passionate about empowering others with practical tools to support mental health wellness and recovery.

Course Dates	Course Outline
• 21-22 Aug 2025 • 20-21 Nov 2025 • 12-13 Mar 2026 • 14-15 May 2026	Topics covered: • History and Development of Psychiatric Rehabilitation • Philosophy, Values and Principles of Psychiatric Rehabilitation • The Livid Experience of Recovery from Severe Mental Illness • Assertive Community treatment and Case Management • Residential and housing Services • Supported Employment • Peer Supported Services • Medications and Psychiatric Rehabilitation • Partnering the Family in Psychiatric Rehabilitation • Community Mental Health System • Structure and Challenges

Venue:

St. Andrew's Community Service Academy
Singapore Anglican Community Service (SACS)
10 Simei Street 3 (Level 1), Singapore 529897

Enquiries:

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<https://for.sg/intropsychacs>

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