

Introduction to Psychiatric Rehabilitation

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.

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.

**Scan the QR
Code to Register**



Dates:

29-30 Oct 2026

Time:

9:00AM - 6:00PM

Venue:

Anglican Care Centre (Simei)
10 Simei Street 3, Singapore 529897

Who should attend?

Doctors, allied health professionals, registered nurses, advanced practice nurses, enrolled nurses, psychosocial staff or anyone interested

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.

Course Objectives:

The learner will be able to:

1. Understand the history, development and current status of psychiatric rehabilitation
2. Describe evidence-based practices utilised 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. Analyse 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

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.

Topics covered:

- History and Development of Psychiatric Rehabilitation
- Philosophy, Values and Principles of Psychiatric Rehabilitation
- The Lived 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

Training Facilities

Singapore Anglican Community Services (SACS) offers access to a network of well-equipped training venues across multiple locations island-wide, providing flexible and conducive learning environments for a wide range of courses. Facilities include air-conditioned classrooms, auditoriums, and specialised simulation spaces with essential audio-visual support to enable effective, practice-oriented learning. All venues are easily accessible by public transport and supported by learner-friendly amenities to ensure a comfortable training experience.

Attendance and Course Completion Requirements

Participants are required to achieve 100% attendance for all scheduled training sessions. Course completion is subject to full attendance, fulfilment of all course pre-requisites, successful completion of all required assessments, and submission of the post-course evaluation.

For any enquiries, email us at sacsa_training@sacs.org.sg.