

## Registration

### Fee

S\$120 for each module  
S\$1,200 for 10 modules  
Prices are subjected to 7% GST

### Discounts

#### Early Bird

10% for those who register and pay by 15 April 2018

#### Group

10% for 2-4 registrants who sign up together.  
20% for 5 registrants and above!

#### Additional

Students are awarded an extra 15%  
\*Kindly note that the accumulative discount is only up to 20%

#### VCF funding

This course is approved for 30% VCF  
funding. VCF ref number **PAS00001499**

Register online at [www.events.promises.com.sg/event-planner](http://www.events.promises.com.sg/event-planner)

### Workshop Venue

Singapore Shopping Centre  
190 Clemenceau Avenue  
# 02-19  
Singapore 239924

*Venue is conveniently located 5 minutes walk from Dhoby Ghaut MRT station.*

## P R O M I S E S

**Promises Pte Ltd** runs a specialist medical and psychological clinic under the auspices of **Promises Healthcare Pte Ltd** at the **Winslow Clinic** that provides treatment for addictions and mental health issues with an aftercare programme that involves group therapy and help for families.

With increasing needs in Singapore and the Asia Pacific region, one of Promises' main aim is to equip and train more addiction and mental health professionals. Promises is also the main training provider for the **Asia Pacific Certification Board** ([www.apcb.asia](http://www.apcb.asia)) involved in the certification of addiction therapists throughout Asia Pacific.

## About the Workshop

### Topics covered

- Overview of Addictions & Psychopharmacology of Drugs
- Models of Addiction
- Alcohol Abuse & Alcoholism
- Screening Intake & Orientation
- Assessment & Treatment Planning
- Counselling I - Crisis Intervention, Relapse Dynamics
- Counselling II - Individual Treatment & Group Work
- Counselling III - Family Counselling and Co-dependency
- Case Management, Records Keeping & Referrals
- Professional Responsibilities & Ethics

### The Trainers

#### Sam Kuna

*Dean, School of Counselling, TCA College*

#### Ms Elizabeth Pang

*Senior Consultant Psychologist, Promises Pte Ltd*

#### Dr. Sivakumar Thurai Rajasingam

*Director, Promises Malaysia Sdn Bhd*

#### Ms Tham Yuen Han

*Executive Director, WE CARE Community Services Ltd*

#### A/Prof Munidasa Winslow

*Executive Director, Promises Pte Ltd*

### Certified Substance Abuse Therapist (CSAT)

This course allows participants to meet some of the criteria for the CSAT certification. It will also help them to prepare for the certification examination. Online study materials will also be provided. The online examination for CSAT will be conducted on the last day of WOA (with invigilation).



Please visit [www.apcb.asia](http://www.apcb.asia) for further details.

For registration and further inquiries please email:

[admin@promises.com.sg](mailto:admin@promises.com.sg)

or register online at:

[www.events.promises.com.sg/event-planner](http://www.events.promises.com.sg/event-planner)

## P R O M I S E S

### Professional Training Workshops

# WINDOW ON ADDICTIONS

## A Course on the Fundamentals of Addiction Treatment and Counselling

12 to 15 June 2018



Organized by:



## Window on Addictions

This course is organised by Promises Pte Ltd in association with the Asia Pacific Certification Board (APCB).

This course will cover the fundamentals of addiction treatment and counselling. The 10 modules reflect core knowledge, skills and attitudes that addiction counsellors are required to know in order to help people with addictions and to pass international certification exams.

*Window on Addictions* is designed to equip participants with basic knowledge and skills to provide help to those with addictive conditions. The course will be useful for all those in helping professions like counselors, doctors, psychologists, psychiatrists, social workers and therapists and also lay people working with addictions.

*Window on Addictions* will benefit board members of VWO's, anyone interested in treating addiction disorders and especially those who plan to become Certified Substance Abuse Therapists internationally through APCB.

Participants may choose to sign up for any module and those who successfully complete the 10 modules will be awarded a certificate of completion plus 35 training hours credit. Participants will be invited to attend 5 hours of Support Group meeting as part of the 35 credit hours.

## Topics Covered

### Overview of Addictions and Psychopharmacology of Drugs

The classification of common drugs of abuse and their effects will be discussed, including signs and symptoms of abuse, detoxification and recovery.

### Models of Addiction

Discussion of the different models of addiction, including the moral, medical, disease, social learning, and psychological models. Introduction to the 12 Step Model of Addiction and Recovery. Introduction to spirituality as part of treatment and recovery. Participants will learn to examine their own biases in relating to addicted persons.

### Alcohol Abuse and Alcoholism

This module will discuss how alcohol works on the body, long-term abuse and consequences, detoxification and recovery.

### Screening, Intake and Orientation

Participants will learn how to interview new clients and their families, and facilitate their entry into treatment.

### Assessment and Treatment Planning

A discussion of how to develop a complete picture of a client's drug abuse, and its relationship to important areas in his life. This is vital in helping to develop a realistic recovery plan.

## Topics Covered

### Counselling I: Crisis Intervention, Relapse Dynamics, The Recovery Process

Topics will include techniques in de-escalating a crisis situation, assessing the potential for violence and self-harm, relapse dynamics, and further discussion on the use of 12 Step and RSG Programmes.

### Counselling II: Individual Treatment and Group Work

This module is an introduction to effective communication and counselling skills, individual and group counselling, group dynamics and growth.

### Counselling III: Family Counselling and Co-dependency

The focus will be on family intervention and working with co-dependency.

### Case Management, Records Keeping and Referrals

Case management in a team environment will be discussed, including documentation of the client's progress, and referral to appropriate professionals.

