



HMDP Visiting Experts FY2019

OFFICIAL PROGRAMMENote:

The programme is accurate at the time of publication, and is subject to change at any time without prior notice.

EXPERT NAME

Professor Cecilia A. Essau

START DATE

19 Aug 2019

END DATE

28 Aug 2019

SPECIALTY/TITLE OF PROGRAMME

Young Children with Emotional and/or Behavioural Problems

HOSTING INSTITUTION

Department of Child Development (DCD), KK Women's and Children's Hospital

DATE AND DAY	TIME	ACTIVITIES	NTP* (YES/NO)	VENUE AND CAPACITY	NAME AND EMAIL OF COORDINATOR
19 August 2019 (Monday) Day 1	10.00am - 10.30am	<u>Introductions</u> Meet Chairman of Medical Board, Child Development Programme Clinical Director, DCD Head of Department		KKH CT L3 Room B1-305 CLOSED SESSION	Jennifer Tan
	11.00am - 11.45am	Overview of Child Development Programme (DCD HOD) Overview of Cecilia Essau (Cecilia to share with us about her experiences, etc.)		Academia L2-S2 (40 pax) CLOSED SESSION	
	11.45am - 12.45pm	<u>Presentation and Discussion</u> Current diagnostic and intervention services for children with emotional and/or behavioural difficulties in DCD and DS-LS		Academia L2-S2 (40 pax) CLOSED SESSION	Jennifer Tan
	1.00pm - 2.00pm	<u>Lunch with DCD Psychology Team</u>			
	2.00pm - 2.45pm	<u>Presentation and Discussion (continued)</u> Current diagnostic and intervention services for children with emotional and/or behavioural difficulties in DCD and DS-LS		Academia L2-S2 (40 pax) CLOSED SESSION	Jennifer Tan

	3.00pm – 4.20pm (break 4.20pm – 4.40pm)	<u>Lecture</u> Prevalence of emotional and/or behavioural problems in children - Risk and protective factors of child psychopathology, - Emotion regulation (includes cultural and social practices)		Academia Auditorium (200 pax) REGISTRATION REQUIRED	Jennifer Tan
	4.40pm – 6.00pm	<u>Lecture</u> Screening for emotional and/or behavioural difficulties in preschoolers and school aged children in clinical and community (preschools, schools, general practitioners) settings		Academia Auditorium (200 pax) REGISTRATION REQUIRED	Jennifer Tan
20 August 2019 (Tuesday) Day 2	9.00am – 12.00noon (break 10.15am – 10.45am)	<u>Forum</u> Services for children (preschoolers to school aged) with emotional and/or behavioural difficulties in Singapore <i>This session aims to provide an opportunity for key stakeholders who are providing services for children with emotional and/or behavioural difficulties in Singapore to come together and share their programmes and/or strategies and to generate new ideas. Prof Cecilia to share thoughts, feedback, recommendations for future directions.</i>		Academia L1-S3 (80 pax) CLOSED SESSION	Jennifer Tan
	12.30pm – 1.30pm	<u>Lunch</u>			
	1.30pm – 3.30pm (break 3.30pm – 3.45pm)	<u>Workshop</u> Childhood Anxiety (including differential diagnosis/comorbidity with ASD) -Assessment -Research update - Interventions - Case discussion on anxiety		Academia L2-S2 (40pax) REGISTRATION REQUIRED	Jennifer Tan

	3.45pm – 5.00pm	<u>Workshop</u> Depression/Low Mood -Assessment -Research update -Interventions		Academia L2-S2 (40pax) REGISTRATION REQUIRED	Jennifer Tan
21 August 2019 (Wednesday) Day 3	9.00am – 11.00am (break 9.45am – 10.15am)	<u>Forum</u> Services that promote social emotional competency/emotional regulation competency in preschools <i>This session aims to provide an opportunity for key preschool operators to come together to share services or programs that promote social emotional competency/emotional regulation competency for preschoolers in Singapore. Prof Cecilia to share thoughts, feedback, recommendations for future directions.</i>		Academia Auditorium (100 pax) CLOSED SESSION	Jennifer Tan
	11.00am – 12.30pm	<u>Meeting</u> Promoting social emotional competency in preschoolers. <i>Following the forum, this meeting aims to bring together key agencies that play a part in promoting social emotional competency in Singaporean preschoolers to discuss on the recommendations suggested by Prof Cecilia.</i>		Academia L1-S4 (15 pax) CLOSED SESSION	Jennifer Tan
	1.00pm – 2.00pm	<u>Lunch</u>			
	2.00pm -5.00pm (break 3.15pm – 3.45pm)	<u>Workshop/Case Discussion</u> Conduct Disorder - Assessment - Research update - Interventions (examples of some evidence-based interventions) - Case discussion on children at risk of conduct disorder		Academia Auditorium (50 pax) REGISTRATION REQUIRED	Jennifer Tan
22 August 2019 (Thursday)	9.30am -12noon	<u>Visits/Discussion</u> Visit to preschools operated by key operators		CLOSED SESSION	Jennifer Tan

Day 4		The aims of the visit are: - to understand how emotional competency and/or positive behaviours are being promoted in preschools - to discuss areas of improvement			
	1230pm – 1.30pm	Lunch			
	1.30pm -2.30pm	<u>Case Discussion on ADHD</u> Psychologists to present ADHD cases for discussion		Boon Siew Meeting Room (35 pax) CLOSED SESSION	Jennifer Tan
	3.00pm – 5.30pm	<u>Workshop</u> ADHD - Assessment - Research update - Interventions (examples of some evidence-based interventions)		KKH Lecture Theatre (85 pax) CLOSED SESSION	Jennifer Tan
23 August 2019 (Friday) Day 5	9.00am -12.30pm (break 10.30am – 11.00am)	<u>Workshop</u> Selective Mutism -Assessment (including differential diagnosis of ASD) -Research update -Interventions		NUHS Tower Block Lecture Room T06-03 1E Kent Ridge Road Singapore 119228 (60 pax) CLOSED SESSION	Lim Ruoh Shan
	1.00pm – 2.00pm	Lunch			
	2.30pm – 5.00pm (break 3.45pm – 4.00pm)	<u>Workshop/Case Discussion</u> Selective Mutism -Interventions (continued) - Case discussion on selective mutism		Academia L1-S3 (60 pax) CLOSED SESSION	Jennifer Tan

26 August 2019 (Monday) Day 6	9.00am – 12.00noon (break 10.15am – 10.45am)	<u>Workshop/Hands-On</u> Super Skills for Life Programme: Primary School version - Theoretical Model - Sessions of Programme - Practice - Discussion		Academia White Space (50 pax) CLOSED SESSION	Jennifer Tan
	12.30pm – 1.30pm	<u>Lunch</u>			
	1.30pm – 5.00pm (break 3.00pm – 3.30pm)	<u>Workshop/Hands-On</u> Super Skills for Life Programme: Preschool version - Theoretical model - Going through each of the session - Practice - Discussion		Academia White Space (40 pax) CLOSED SESSION	Jennifer Tan
27 August 2019 (Tuesday) Day 7	9.00am – 12.00noon (break 10.15am - 10.45am)	<u>Workshop/Case Discussion</u> Children who have been exposed trauma, including of abuse, divorce, neglect (including sharing of screening tools used in hospital setting) Psychologists will then present some cases with the above circumstances for discussion		KKH Lecture Theatre (85 pax) REGISTRATION REQUIRED	Jennifer Tan
	12.30pm – 1.30pm	<u>Lunch</u>			
	2.00pm – 5.00pm (break 3.30pm – 3.50pm)	<u>Workshop/Case Discussion</u> Obsessive-compulsive Disorder -Assessment (including differential diagnosis ASD) -Research update -Interventions (including complex and treatment resistant OCD in children and adolescents) - Case discussion on OCD		Lecture Theatre, Main lobby, Level 2, IMH (100 pax) REGISTRATION REQUIRED	Haanusia Prithivi Raj
28 August 2019 (Wednesday) Day 8	9.00am - 11.00am	<u>Discussion</u> Discussion of service improvement for young children with emotional and/or behavioural problems in clinical and		Boon Siew Meeting Room CLOSED SESSION	Jennifer Tan

		community settings			
	11.00am – 12.30pm	<u>Debrief</u> Take away and recommendations for future direction		Boon Siew Meeting Room CLOSED SESSION	Jennifer Tan
	1.00pm – 2.00pm	<u>Lunch</u>			
	2.00pm – 4.30pm	<u>Report Writing</u> Cecilia will need to complete a report for this programme		Boon Siew Meeting Room CLOSED SESSION	Jennifer Tan

*NTP – National Training Programme