



Professional Course in Understanding Addictions

This course is conducted in collaboration with the National Addictions Management Service.

1. COURSE DESCRIPTION

Addiction can be understood as a chronic illness that can change brain structure and function. It causes the addicted person to crave for the object of their addiction and lose control over his/her behaviour despite adverse consequences. This course, which explores substance (alcohol and drugs) and behavioral (gambling, gaming and sex) addictions, will provide participants with useful knowledge on a wide range of addictions and addiction-related issues.

2. STUDENT LEARNING OBJECTIVES/ OUTCOMES

At the end of this workshop, participants will be able to:

- a. Understand addiction as a chronic illness.
- b. Identify the signs and symptoms of various addictions
- c. Explain the effects of substance and behavioral addictions
- d. Describe the behaviors and coping mechanism of people with addictions
- e. Understand advanced treatment options that may be utilised to better engage in therapeutic work in Singapore
- f. Awareness of available community resources to help people with addictions.

3. TARGET AUDIENCE

The target audience for the course should comprise of learners with an English Language (speaking, reading, writing and listening) proficiency level equivalent to the General Certificate of Education (GCE) Ordinary Level ('O' Level).

The professions that may find the course useful include:

- Social Workers / Case Managers (including those of a Senior Grade)
- Counsellors (including those of a Senior Grade)
- Para-counsellors
- Psychologists
- Social Work Assistants / Associates
- Allied Educators / School Counsellors
- Healthcare Professionals

- Programme Coordinators / Managers / Executives
- Those interested in improving their counselling skills

4. APPROACH

Workshop style with presentations, collaborative approach to discussion and application of concepts and skills. Videos and role plays with case discussions and applications will be utilized.

The course is developed as 2-days sessions, total 16 hours.

5. CONTENT OUTLINE

Session	Topics	Remarks
Day 1	1.1 Trends of Addictions in Singapore 1.2 Typical Perceptions and Stigma of Addictions 1.3 Understanding Substance Addictions (drug, alcohol and inhalant) 1.4 Symptoms and Triggers of Substance Abuse 1.5 Effects of Substance Abuse	
Day 2	1.1 Understanding Behavioural Addictions (gambling, gaming, internet and sex) 1.2 Symptoms and Triggers of Behavioural Addictions 1.3 Effects of Behavioural Addictions 1.4 Understanding Recovery 1.5 Treatment Options for Substance Abuse & Behavioural Addictions	

6. FACILITATOR

Ms Lina Ng

Lina is a Counsellor with the National Addictions Management Service (NAMS), Institute of Mental Health (IMH).

Lina has experience working with substance abuse clients during her stints in Jamiyah Halfway House and the Singapore Anti-Narcotics Association (SANA) since 2010. Apart from individual counseling for patients with various addiction issues, she is also involved in running gambling recovery support groups for both compulsive gamblers and their family members in NAMS. Her passion is to help her clients begin a journey of self-discovery and self-empowerment.

Lina holds a Master of Social Sciences in Professional Counselling and a Bachelor of Science in Psychology. She is a Certified Choice/Reality Therapist, Certified Substance Abuse Counselor and Certified Gambling Addiction Counselor (CGAC) by the Association of Professionals Specialising in Addictions Counseling (APSAC).