

Psychology Observation Programme Frequently Asked Questions (FAQ) - Programme

1. Do I need to have prior experience in psychology to attend the programme?

- a. No, you do not.

2. What are the different specialties at TTSH Psychology?

- a. General Psychology – providing psychological services to individuals dealing with mental health issues or life stressors (e.g., depression, anxiety).
- b. Neuropsychology – focuses on the relationships between brain and behaviours, and disorders of the brain, often with the use of neuropsychological assessments.
- c. Rehabilitation Psychology – supporting the psychological well-being of individuals undergoing rehabilitation (e.g., those with stroke and traumatic brain injuries).
- d. Trauma Psychology – understanding and treating of psychological symptoms (e.g., processing experiences, strategies for recovery) in response to traumatic events (e.g., road traffic accidents).
- e. Bariatric Psychology – focuses on the psychological aspects of weight management, obesity and bariatric surgery such as mood management, maladaptive coping or self-esteem issues.
- f. Pain Psychology – focuses on the emotional and psychological aspect of chronic pain including understanding and developing strategies to manage chronic pain experiences and improve quality of life.

3. When will I receive the programme details (e.g., reporting location)?

- a. The breakdown of the programme schedule will be sent to you a few weeks before its commencement.
- b. You will also receive an email with the necessary reporting details approx. 1 week prior to the start of the programme.

4. How many observation slots will I get to have?

- a. Participants would have a minimum of 2-3 observation slots assigned based on their preferred specialties.
 - i. Please do note that this means that the number of patients seen by each participant will vary. We take into account factors such as your selected preferences, variety of cases, length of sessions and availability into consideration.

- b. However, ALL observations are subjected to patient's attendance and consent.

5. How many days of observation will I get to attend?

- a. Observation slots will be spread out across the week in different permutations.

Example:

*July 4: Full day workshop
July 7-11: Observation slots*
July 11 Half day workshop*

Scenario 1:

- Two observation slots are allocated on Mon (July 7) while one observation slot is allocated on Wed (July 8).
- Participants are required to come on July 4, 7, 8, and 11.

Scenario 2:

- One observation slot allocated on Mon (July 7), Tues (July 8) and Wed (July 9).
- Participants are required to come on July 4, 7, 8, 9, 11.

- b. However, we will put in our best effort to schedule your observations sessions into the same days (i.e., following the scheduling pattern of 'Scenario 1').

6. What happens if the Patient does not come/decline to be observed during my observation slot?

- a. For these cases, you may engage in a case discussion with your assigned psychologist or be allocated to other observation time slots on the same/different day (subject to availability).

7. What should I prepare for the programme?

- a. Please complete the pre-readings which will be sent to you prior to the commencement of the programme.
- b. You may bring along a jacket, writing materials and a bottle. Other than that, just come with an open mind!