

GRADUATE DIPLOMA IN MENTAL HEALTH (GDMH) - COHORT 16
PROGRAMME SCHEDULE 2026-2027

COURSE	PERIOD	CONTENT	DATE	TIME	VENUE
Orientation			12/09/26	1.45pm - 2.30pm	IMH Education Hub
COURSE 1: PSYCHOSIS	12/09/26 TO 31/10/26	Lecture 1. * Psychopathology & Interviewing a patient with Psychosis	12/09/26	2.30pm - 6.00pm	IMH Education Hub
		Lecture 2. Schizophrenia	19/09/26	2.00pm - 5.00pm	IMH Education Hub
		Lecture 3. * Treatment & Management of Psychotic Disorder in Primary Care	26/09/26	2.00pm - 5.00pm	IMH Education Hub
		Lecture 4. * Other Psychotic disorders	03/10/26	2.00pm - 5.00pm	IMH Education Hub
		Lecture 5. * Concept of Early Intervention	10/10/26	2.00pm - 5.00pm	IMH Education Hub
		Course Examination	07/11/26	2.00pm - 2.30pm	IMH Education Hub
COURSE 2: MOOD, ANXIETY & GRIEF	07/11/26 TO 31/12/26	Lecture 1. * Approach to Depression	07/11/26	2.45pm - 4.45pm	IMH Education Hub
		Lecture 2. * Approach to Anxiety * Suicide, Risk Assessment and Mental Health Legislation	14/11/26	2.00pm - 4.00pm	IMH Education Hub
				4.00pm - 5.30pm	IMH Education Hub
		Lecture 3. * Bipolar Disorder * Living and Being Well	21/11/26	2.00pm - 4.30pm	IMH Education Hub
			21/11/26	4.30pm - 5.30pm	IMH Education Hub
		Course Examination	02/01/27	2.00pm - 2.30pm	IMH Education Hub
COURSE 3: ADDICTION	02/01/27 TO 28/02/27	Lecture 1. * Substance abuse & dependence	02/01/27	2.45pm - 5.15pm	IMH Education Hub
		Lecture 2. * I. Benzodiazepine abuse & dependence II. Medical Complications & Psychiatric Co-morbidity	09/01/27	2.00pm - 5.00pm	IMH Education Hub
		Lecture 3. * Alcohol use disorder	16/01/27	2.00pm - 4.30pm	IMH Education Hub
		Lecture 4. * I. Pathological Gambling & Behavior Addictions II. 12 Step Groups & Other Therapeutic Strategies	23/01/27	2.00pm - 4.00pm	IMH Education Hub
				4.00pm - 5.00pm	
Course Examination	06/03/27	2.00pm - 2.30pm	IMH Education Hub		
COURSE 4: CHILD & ADOLESCENT MENTAL HEALTH INCLUDING LEARNING DISABILITIES	06/03/27 TO 30/04/27	Lecture 1. * Introduction and behaviour problems in children * Emotional disorders	06/03/27	2.45pm - 5.30pm	IMH Education Hub
		Lecture 2. * Neurodevelopmental disorders	13/03/27	2.00pm - 5.00pm	IMH Education Hub
		Lecture 3. * Psychosocial Interventions in children and adolescents	20/03/27	2.00pm - 5.00pm	IMH Education Hub
		Lecture 4. * Case Studies and Discussions workshop	27/03/27	2.00pm - 5.00pm	IMH Education Hub
		Course Examination	08/05/27	2.00pm - 2.30pm	IMH Education Hub
COURSE 5: PSYCHOGERIATRIC	08/05/27 TO 30/06/27	Lecture 1. * Anxiety Disorders, Sleep Disorders and Somatization in the Elderly	08/05/27	2.45pm - 5.45pm	IMH Education Hub
		Lecture 2. * Grief and Bereavement	15/05/27	2.00pm - 4.00pm	IMH Education Hub
				4.00pm - 6.00pm	
		Lecture 3. * Psychotic Disorders in the Elderly	22/05/27	2.00pm - 4.00pm	IMH Education Hub
		Lecture 4. * Mental Capacity Assessment		4.00pm - 6.00pm	IMH Education Hub
		Lecture 5. Mild Cognitive Impairment & Dementia			
Course Examination	03/07/27	2.00pm - 2.30pm	IMH Education Hub		
COURSE 6: PERSONALITY DISORDERS & PSYCHOLOGICAL THERAPIES	03/07/27 TO 31/08/27	Lecture 1. * Managing Borderline and Antisocial Personality Disorders in General Practice	03/07/27	2.45pm - 5.45pm	IMH Education Hub
		Lecture 2. * Psychological Treatment for Addictive Disorders	10/07/27	2.00pm - 5.00pm	IMH Education Hub
		Lecture 3. * Cognitive Behavioral Therapy	17/07/27	2.00pm - 4.00pm	IMH Education Hub
		Course Examination	04/09/27	2.00pm - 2.30pm	IMH Education Hub
Final Examination			23/10/27	2.00pm - 4.00pm	NUS

* There will case discussion assessment incorporated in the lecture. Case discussion assessment is a requisite to the course examination.

Note: Students have to achieve 75% lecture attendance for all courses to be eligible for the course examinations.