

Charges

Charges apply for psychotherapy review, group psychotherapy, individual psychotherapy and/or psychometric assessment sessions. As the charges depend on the type of services rendered as well as your subsidy level, we recommend that you enquire with our clinic staff when you come for your appointment.

Please do not let financial concerns deter you from seeking help for mental health issues. If you have difficulty settling your hospital bills, please approach our Medical Social Workers (MSWs). They will check your eligibility for various financial assistance schemes and make appropriate financial aid recommendations to assist you as best as they can.

What if I can't come for the appointment?

Please call 6389 2200 if you need to cancel or to reschedule your appointment. We recommend that you do so at least 3 working days before the scheduled appointment, so that your appointment slot can be released to someone else who may need it.

***Please note that if you do not attend 3 consecutive appointments, you will be discharged. Your attending doctor will then review your suitability and motivation for psychological services before providing you with another referral.*

Contact us

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Individual psychotherapy involves talking to a psychologist or a trained therapist who can help you look deeper and cope with your problems and worries by exploring your thoughts, feelings, and behaviour.

Types of individual psychotherapy available in IMH:

- Cognitive-Behavioural Therapy (CBT)
- Emotion-Focused Therapy (EFT)
- Schema Therapy
- Interpersonal Therapy (IPT)
- Acceptance and Commitment Therapy (ACT)
- Eye Movement Desensitisation and Reprocessing (EMDR)
- Systemic Therapy
- Psychodynamic Therapy
- Dialectical Behaviour Therapy (DBT)
- Mindfulness-based Cognitive Therapy (MBCT)

Length of each individual psychotherapy session:
50 minutes.

How often are the sessions?
Weekly, or once every 2 – 3 weeks depending on the needs of the patient.

How many sessions will I need?
Regular psychotherapy sessions are required in order for you to see a change. Typically, a minimum of 3 sessions is recommended.

Resource Links

<https://www.blackdoginstitute.org.au/>
<https://psychologytools.com/>
<https://youth.anxietybc.com/>

Psychometric Assessments

Psychologists also administer standardised psychometric assessments based on the patient's needs to further understand the patient's condition.

List of psychological assessments:

- Intellectual assessment (IQ)
- Neuropsychological assessment
- Personality assessment
- Forensic assessment

Getting started

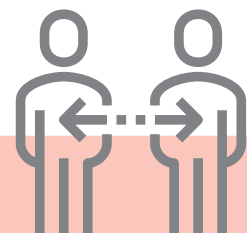
If you are:

- Keen and motivated for psychotherapy,
- Willing to actively participate, and
- Able to make time for the service(s).

Talk to your doctor about a referral to a psychologist! Before seeing a psychologist for therapy, you will undergo a psychotherapy review to assess and match your needs to the psychological services that are most appropriate for you.

We will discuss treatment options with you, which may include group or individual psychotherapy services.

Length of each psychotherapy review session:
20 – 30 minutes.



Mindful of Emotions (ME)

Mindful of Emotions (ME) is a group programme that helps members to learn skills based on the principles of Dialectical Behaviour Therapy (DBT). Members will be taught to find a balance between rational thinking with strong emotions, and to manage disruptive behaviours with the aim of achieving acceptance and change.

Cognitive Stimulation Therapy (CST)

A group programme for both caregivers and their loved ones who are struggling with Mild Cognitive Impairment (MCI) or Dementia to learn about cognitive impairments, managing difficult behaviours and communication by engaging loved ones' unique history to enrich compensatory cognitive strategies.

Heart Connection

A group programme that supports caregivers and elderly patients with depression using a multidisciplinary approach. It aims to understand the myths of ageing, grief, suicide and depression in ageing. It also seeks to equip caregivers with the communication skills to connect with and provide community resources to support elderly patients.



Interpersonal Process Group

A group programme that helps members to work through interpersonal processes that contribute to psychological symptoms. It illuminates these interpersonal processes and transforms them through insight, feedback, and relational experiences as they emerge within the social microcosm of the group.

Focused Brief Group Therapy (FBGT)

A brief, integrative and interpersonal process group that is based on interpersonal and attachment theories to help members be more interpersonally flexible and to meet their goals and values in life.

Length of each group psychotherapy session:
90 – 120 minutes

How often are the sessions?
4 – 12 sessions on a weekly basis.

Resource link:

Link - <http://www.apa.org/helpcenter/group-therapy.aspx>

Psychological Services



Psychological Services

The Department of Psychology at the Institute of Mental Health provides a range of psychotherapies and psychometric assessments for adults with mental health issues. We aim to provide the knowledge and skills that patients and their caregivers need to recover from mental health conditions, strengthen their psychological and emotional well-being, and readjust and reintegrate back into the community.



Confidentiality

Your information will be kept confidential among the members of the multidisciplinary team who are directly involved in your treatment and care at IMH (e.g. psychiatrists, psychologist, occupational therapist, medical social worker, case manager, etc). Limits to confidentiality will apply under the following circumstances:

- Where the Courts or the Police have requested for information with regards to your medical treatment at IMH; and/or
- When you are at risk of harming yourself or others. To ensure your safety in such cases, we will have to inform your family members and/or the relevant authorities.

Types of Psychotherapy

Group psychotherapy and individual psychotherapy are available. Under each of these categories, there are different types of therapy that cater for varying needs. During an initial psychotherapy review session, a psychologist will assess your needs and advise you on the psychotherapy that is most suitable for you.

Group psychotherapy involves one or two psychologists who lead a group of 6 to 8 patients. Groups are designed to target specific issues, such as depression, panic disorder, social anxiety and others, while some groups focus on learning skills to help patients deal with issues such as anger, shyness, loneliness, interpersonal issues, and low self-esteem.



Frequently Asked Questions (FAQs) about Group Psychotherapy

“In group I am expected to disclose my deepest secrets.”

You will be encouraged to share at a level that feels comfortable to you. It is common to feel uncomfortable at times when sharing, though most find their level of safety and willingness to talk increases as the group progresses. You may be invited by the group leader or other members to discuss your reactions or personal concerns, but you will never be forced to do or share something you do not want to. While many group members have reported feeling relief or an increased sense of understanding and acceptance after their disclosures, it is accomplished within their personal time frame.

Research has found that group psychotherapy is an effective form of treatment¹. It is as effective, if not more so, than individual psychotherapy for certain concerns. Group therapy helps people talk about things in a more genuine way, which helps them to address the heart of their struggles and find improvements in their symptoms or concerns. The trained psychologists in each group will help deepen the discussions, and aid you in creating a more meaningful and healing experience. Also, all members are required to commit to upholding confidentiality, which can increase feelings of safety.

¹ Burlingame, G. M., Fuhriman, A., & Mosier, J. (2003). The differential effectiveness of group psychotherapy: A meta-analytic perspective. *Group Dynamics: Theory, Research, and Practice*, 7(1), 3-12. doi: 10.1037/1089-2699.7.1.3

“How will talking in this group be different from me talking to my friends?”

“I do not feel comfortable talking in a group or sharing my problems with people I do not know.”

Everyone experiences some discomfort starting in a group and in fact, some groups are aimed at this concern. Over time, people find that the longer they commit to the group experience, the more comfortable and easy it becomes to share. Members report looking forward to attending group sessions each week, given the connections they create with each other. This can bring about a helpful sense of confidence as you create or build upon the skill of expressing yourself. The ability and choice to express yourself in any setting can be empowering and liberating.

Joining a group of strangers may sound intimidating at first, but group psychotherapy provides benefits that individual psychotherapy does not. Benefits of group psychotherapy include:

- Group members can act as a support network and a sounding board.
- Group members often help to come up with specific ideas for improving one’s difficult situation or life challenges, and hold one another accountable along the way.
- Groups also help to put one’s problems in perspective.

- Groups are a platform to discover that we are not alone in our struggle.
- Learning positive strategies from others can be helpful, as everyone’s life experiences are different and unique.

Types of group psychotherapy available in IMH:

- PsychUp**

A group psychotherapy programme that uses a Cognitive-Behavioural Therapy (CBT) approach to teach members skills to cope with distressing thoughts and emotions, to adopt more balanced perspectives, and define meaningful life values in carrying out B.O.L.D. and S.M.A.R.T. moves according to identified life values.
- Interpersonal and Social Rhythm Therapy (IPSRT)**

A group programme that helps patients suffering from bipolar disorder to learn to regulate their moods so as to prevent relapses into manic and depressive episodes. Members will be taught to keep regular routines and how to better manage their relationships.



- Mindful Path to Recovery/Acceptance and Commitment Therapy (ACT) for Psychosis**

Based on Acceptance and Commitment Therapy (ACT), this experiential group psychotherapy programme helps patients with psychosis to pursue activities with personal meaning and purpose, and to effectively manage the impact of distressing symptoms through mindfulness practices and making choices that are in accordance with one’s values.
- ACT-perience Anger**

A group psychotherapy programme using principles of Acceptance and Commitment Therapy (ACT) to understand anger, and to allow members to find a way forward with experiential exercises. Key topics include mindfulness, acceptance and committed action. Members will be taught to focus on living a personally meaningful life and how to manage their anger when facing difficulties in life.