



**SGH
PGAHI**

POSTGRADUATE
ALLIED HEALTH INSTITUTE

Feedback Informed Treatment (FIT): Three Steps to Becoming Your Personal Best in Psychotherapy

11 Oct to 8 Nov, 23 Nov 2021

Introduction

Therapists do really want to get better at what they do. Professional development is both a deeply held value and a career long aspiration. It is also central to lifelong job satisfaction. Unfortunately, traditional approaches (e.g. lectures, clinical experience, even supervision) don't really work; it doesn't help therapists get any better in their craft.

Gleaning from studies done on highly effective therapists by International Center for Clinical Excellence (ICCE), this course focuses on helping practitioners develop a personalised system to as much as double the effectiveness of treatment while simultaneously reducing costs, drop-out rates and deterioration.

After participants have completed this course, they will qualify for the sequel course, **Beyond Measures in Psychotherapy**. More course details can be found at <https://www.sgh.com.sg/pgahi/training-calendar-directory>.

Course Objectives

At the end of the course, participants will be able to:

- Adopt three systematic steps to improving outcomes of their intervention work.
- Identify cases at risk of dropping out of treatment or experiencing a negative or null outcome.
- Identify and improve areas of weakness in their clinical work.

Target Audience

Healthcare Professionals

Course Outline

- Knowing Your Baseline ("So, how effective am I really?")
- Formal, Routine, Ongoing Feedback ("How each of my client is doing?")
- Engaging in Deliberate Practice ("How do I get better?")

Quick Links

[FAQs PGAHI Programmes Training Calendar and Directory](#)

Course Details

Date & Time	: 11 Oct to 8 Nov 2021 (self-paced e-learning) 23 Nov 2021, 9.30am - 11am (post-session)
Training hours	: 16.5 hours
Class size	: 30 participants
Device required	: Laptop/ Desktop (with microphone, speaker and webcam for Zoom sessions)
Platform	: Post session via Zoom Cloud Meetings (Meeting details will be provided at a later date.) Self-paced e-learning via SingHealth eLearning Portal
Fee	: S\$360 (SingHealth) S\$400 (Regular) (inclusive of 7% GST)

Teaching Faculty

Daryl Chow, MA (Psych), Ph.D. (Psych)

Endorsed Counselling Psychologist & Registered Psychologist, Board Approved Clinical Supervisor, Henry Street Centre, Australia.

Daryl is a senior associate of the International Center for Clinical Excellence (ICCE) and maintains his own private practice in Perth, Western Australia. He conducts research and workshops on the development of expertise and highly effective psychotherapists and ways practitioners can accelerate learning. He is co-author of a book, *Better Results: Using Deliberate Practice to Improve Therapeutic Outcomes* as well as co-author of many articles and co-editor and contributing author of *The Write to Recovery: Personal Stories & Lessons about Recovery from Mental Health Concerns*.

Registration

To register, scan the QR code or click on the web link. Registration closes on **20 Sep 2021**.



<https://form.gov.sg/60b5f165f1bd710011eae042>

Upon registration, you agree to the [Terms & Conditions](#) of PGAHI.