



Continuing Professional Development Lecture: Understanding Mental Illnesses Series – Going Beyond the Surface Part 3 - What Is Anxiety Disorder? 12 May 2021

Synopsis

Have you experienced sudden bouts of palpitations, shortness of breath? Or have you had constant worrying that keeps you up at night?

Come join us to learn:

- about what anxiety disorders are
- recognize some of the signs and symptoms of an anxiety disorder and
- a few simple ways to cope with panic attacks.

Speaker

Dr Evelyn Boon PhD
Senior Principal Psychologist
Head, Psychology
Singapore General Hospital

Evelyn has worked in the mental health field since 1995 and is currently Head of Psychology at SGH. She started her career in the field of addictions and now specialises in body image, eating disorders, diabetes and trauma. She is trained in various therapeutic approaches, including hypnotherapy and Eye Movement Desensitisation and Reprocessing. She is passionate in advocating for mental health and well-being as well as creating more understanding of mental illnesses.

Quick Links

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

Lecture Details

Date	:	12 May 2021, Wednesday
Duration	:	60 minutes
Time	:	6.00 pm – 7.00 pm
Fee	:	Complimentary
Platform	:	Zoom Cloud Meetings

Target Audience

Allied health professionals, doctors and nurses.

Registration

To register, scan the QR code or click on the web link. Registration closes on **16 April, Friday**.



<https://form.gov.sg/6050005a853f8400111a222a>

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

Zoom Capacity: 500

This lecture will be conducted via [Zoom Cloud Meetings](#) app. For ease of accessing the lecture, please download/update Zoom Cloud Meetings app.

Details of the lecture meeting link will be sent to the successful registrants nearer the lecture date.