



# Continuing Professional Development Lecture: Understanding Mental Illnesses Series – Going Beyond the Surface Part 10 - What are the Common Psychological Therapies? 23 November 2022

## Synopsis

One of the first line treatment for psychological and psychiatric conditions is psychological therapy aka talk therapy. However, there are actually various forms of psychological therapies.

At the end of this talk, participants will be able to:

- Learn the various types of psychological therapies often used
- Understand the basic tenets of each therapies

## 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

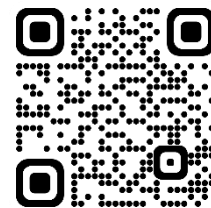
Date : **23 November 2022, Wednesday**  
Duration : **60 minutes**  
Time : **6.00 pm – 7.00 pm**  
Fee : **Complimentary**  
Platform : **Zoom Cloud Meetings**

## Target Audience

Allied health professionals, doctors and nurses.

## Registration

To register (Internet access is required), scan the QR code or click on the web link. Registration closes on **24 October 2022, Monday**.



<https://form.gov.sg/62fc3a5093b6890012a2f58a>

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.*