

(A) Course Summary

<u>Name of Course</u>	Siblings Matter
<u>Training Provider</u>	National University Hospital (s) Pte Ltd (Child Development Unit)
<u>Target Participants</u>	Siblings (8-12 years old) and Parents of Children with Autism Spectrum Disorder
<u>Synopsis</u> Outline how the course will better equip caregivers to look after their loved ones on a day to day basis <i>* propose format, between 50-150 words</i>	Siblings will learn about the implications of having a sibling with ASD, explore their own feelings, including joys and struggles (if any), and learn how to handle situations commonly faced. Parents will learn about the joys and concerns faced by their children, and learn skills to handle situations commonly faced by them.
<u>Course Outline</u> <i>Indicate the learning units/ modules in sequence with duration for each unit/ module stated</i>	Siblings session (6 hours) Parents session (1 hour) <u>Note: Parents and Siblings sessions are run concurrently.</u>
<u>Learning Outcomes</u>	<ul style="list-style-type: none"> • At the end of the session: <ul style="list-style-type: none"> ○ Parents will be encouraged to see the siblings' perspective ○ Parents will learn what they can do to support the siblings of children with ASD on the journey. ○ Siblings will have a better understanding of what their sibling with ASD experiences. ○ Siblings will learn strategies to cope with stress ○ Siblings will learn how to express their feelings, thoughts about having a sibling with ASD and the joys and challenges they face. ○ They will also learn how to deal with struggles they may face, such as having time with parents.
<u>Mode of Teaching</u>	Class-based learning
<u>Venue</u>	NUH Child Development Unit @ Keat Hong 2 Choa Chu Kang Loop, #03-01, S689687

	NUH Child Development Unit @ Jurong Medical Centre 60 Jurong West Central 3, Level 2, S648346	
Course Fee <i>*Inclusive of GST</i>	Course Fee (Before CTG)	Subsidised: \$69.45 Subsidised PR: \$107.30 Private: \$181.90 Per parent-child pair
	Co-Payment (After CTG)	Subsidised: \$10 Subsidised PR: \$10 Private: \$10 Per parent-child pair <i>*(Subject to eligibility and the remaining amount of the care recipient's CTG which is capped at \$200 per year)</i>
Duration	6 hours	
Trainer's Bio	<p>Elizabeth Ragen – Senior Psychologist</p> <p>Elizabeth graduated from the National University of Singapore with a BA in Psychology in 2008. She obtained a Master of Arts in Applied Psychology with a specialization in Counselling Psychology in 2013. She previously worked as a psychologist at the Centre for Effective Living from 2013 to 2016, and as part of her work there, she provided counselling for parents and children, delivering workshops and training to teachers and parents on supporting children. She has worked as a psychologist in the Child Development Unit of the National University Hospital Singapore from 2016, providing a range of diagnostic and psycho-educational assessments for preschool and lower primary aged children. She also runs intervention programmes for children with developmental delays and their families.</p> <p>Fitriani Kwik – Senior Psychologist</p> <p>Fitri graduated from Calvin College, Michigan, USA with a BA in Psychology in 1990. She obtained a Master of Arts in Applied Psychology with a specialization in Educational Psychology in 2011. She previously worked as a psychologist at THK Therapy Services from 2011 to 2018. As part of her work there, she worked with a trans-disciplinary team providing school based intervention to children in K1 and K2 in collaboration with their school teachers and parents. In addition to direct intervention, she also provided a range of</p>	

	<p>diagnostic and psycho-educational assessments for pre-schoolers both in schools and in clinic. She has worked as a psychologist in the Child Development Unit of the National University Hospital Singapore from September 2018, providing a range of diagnostic and psycho-educational assessments for preschool and lower primary aged children. She also runs intervention programmes for children with developmental delays and their families.</p>
<p><u>Enquiries</u></p>	<p><i>Please contact Child Development Unit @ Keat Hong at:- Tel: 6769 4537 / 4637</i></p> <p><i>Please contact Child Development Unit @ Jurong Medical Centre at:- Tel: 6665 2530 / 2531</i></p> <p><i>Email: cdu@nuhs.edu.sg</i> <i>Website: https://nuh.com.sg/our-services/Specialties/Paediatricians/Pages/Developmental-and-Behavioural-Paediatrics.aspx</i></p>