

## REGISTRATION FORM

Name: \_\_\_\_\_

NRIC Number: \_\_\_\_\_

Organisation: \_\_\_\_\_

Occupation: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Contact Numbers: \_\_\_\_\_

Email: \_\_\_\_\_

Registration fee including materials and tea-break is **\$10 per person**.

Please make cheque payable to:  
“**Institute of Mental Health**”

**Closing date for registration: 31 December 2007**

Please send your registration form together with the crossed cheque to:

INSTITUTE OF MENTAL HEALTH  
10 BUANGKOK VIEW, SINGAPORE 539747  
MS MARIA TAN  
(MENTAL HEALTH EDUCATION)



### Venue

**INSTITUTE OF MENTAL HEALTH LECTURE HALL  
BUANGKOK GREEN MEDICAL PARK  
10 BUANGKOK VIEW  
SINGAPORE 539747**

From Sengkang MRT: Take Bus Nos: 161, 159 and 156  
From Hougang MRT: Take Bus Nos: 325 or Bus Plus  
direct Shuttle to IMH  
From Ang Mo Kio MRT: Take Bus No. 88

By Car: From CTE Ang Mo Kio Avenue 5, turn right and go straight towards Buangkok Green. Buangkok Green Medical Park will be on your left.

From TPE, exit at SengKang East Road, go straight towards Buangkok Green. Buangkok Green Medical Park will be on your right.

For enquiries, please contact or Jayson Thomas  
Tel: 6389 2912  
E-mail: Jayson\_Davamoni\_Thomas@imh.com.sg



## Institute of Mental Health Occupational Therapy Department Presents



## Helping Clients and Ourselves: Therapeutic Intervention of Managing Burnout

**11 Jan 2008**

**A Mind Your Mind Symposium supported by:**



**Organized in conjunction with the 3<sup>rd</sup>  
Occupational Therapists' Day**

## INTRODUCTION

Burnout is a rising phenomenon in many urban cities, due to increased pace of life. The various demands in life from work, family, our relationships and studies often lead to various emotional and psychological problems. In the Hudson Report survey carried out in 2006, 41% of respondents reported increased levels of burnout among employees. As professionals in health and social care, we may come across clients who are experiencing burnout. At the same time, we may also have colleagues who are suffering from burnout, since burnout among helping professionals is not uncommon and is a cause for concern.

This workshop will equip professionals with some knowledge about burnout, as well as to introduce creative intervention delivered by occupational therapists to help someone suffering from this condition.

## OBJECTIVES

This seminar aims to:

- Equip participants with the clinical knowledge of stress and burnout
- Outline simple management strategies for coping with burnout
- Enable participants to experience the benefits of art as an effective therapeutic medium for managing burnout.

## PROGRAMME

- 0900 – 0905 Welcome by Head, Occupational Therapy (OT) Dept.  
Ms Tan Bhing Leet
- 0905 – 0910 Launch of 3<sup>rd</sup> OT Day  
Mr Leong Yew Meng  
CEO, Institute of Mental Health (IMH)
- 0910 - 0920 Keynote Address  
Dr Wong Kim Eng  
Chairman Medical Board, IMH.
- 0920 – 1005 **Burnout: Signs, Symptoms and Treatment**  
Dr Sim Kang, Consultant Psychiatrist, IMH
- 1005 – 1050 **Treating Burnout Using Lifestyle Management**  
Ms Sim So Sin, Senior OT, Changi General Hospital
- 1050 – 1110 Tea-break
- 1110 – 1150 **Healing Burnout Through Art**  
Mr Kamaldin Ibrahim, Principal OT, IMH
- 1150 – 1300 **Experiential Session on the Use of Art**

## TARGET PARTICIPANTS

For occupational therapists, doctors, psychologists, social workers, nurses, case managers, counselors, family therapists, correction officers, pastoral workers, educators or anyone in the helping professions.



## Celebrating 60 Years of Occupational Therapy

Occupational therapists are involved in preventing, restoring and maintaining function of people with psychiatric or physical problems. Areas of function include work, self care and leisure. We assess psychosocial aspects of clients' functional domains and use a variety of activities to help them return to their life roles. Art is just one of the therapeutic medium that we use.

A carnival that showcases the work of occupational therapists, treatment modalities and clients' handicrafts will be on display during this seminar.

