

Rebecca Loke Hui Ying

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Key Competencies

1. Individual and Group CBT (CBT) 2. Dialectical Behavior Therapy (DBT) 3. Mindfulness-Based Stress Reduction (MBSR) 4. Compassion-Focused Therapy (CFT) 5. MoCA- Cognitive Assessment

Registration

Singapore Psychological Society (SRP membership number: 2409003)

Work Experiences

Psynaptica

Feb 2024- Ongoing

- Conduct psychological and neuropsychological (e.g., ADHD, IQ) assessments and screening
- Provide evidence-based interventions to the expat population of adolescent and adult individuals with mental health challenges
- Collaborate with other professional staff to develop and implement evidence-based strategies and interventions
- Design and develop mental health-related workshops and talks
- Complete assessment reports, case notes and other documentation

Psychologist, Ng Teng Fong General Hospital

Jan 2022- Jan 2024

- Provide psychological interventions to adolescent and adult patients with mental health issues, emotional problems and/or health problems in both inpatient and outpatient settings
- Provide clinical consultations via face-to-face and online platforms
- Conduct psychological and neuropsychological (e.g., dementia) assessments
- Develop and deliver educational talks and workshops on psychological issues to both healthcare providers and the public
- Run therapy and support groups
- Complete administrative work (e.g., monthly statistics and KPIs) in a timely manner

Trainee Psychologist, NIE Wellness Centre

July 2021- December 2021

- Administered psychological assessments and provided counselling services for NIE/NTU students and members of public
- Conducted intake interviews and case formulations with clients
- Provided psychological interventions in addressing their presenting issues and worked with them towards achieving their goals

Trainee Psychologist, AMKFSC Psychological Service Unit (PSU)

Jan 2021- July 2021

- Conducted intake interviews to understand presenting issues
- Administered psychological assessments to children and teenagers with psychological health and behavioral challenges

- Formulated treatment plans from the perspective of different schools of therapy to deliver integrative treatment
- Provided psychological interventions in addressing their concerns and preparing them in overcoming future challenges

Social Worker, Pasir Ris Family Service Centre

August 2017 - May 2019

Counseling Services

- Interviewed clients to discuss emotions and experiences and providing them with solutions by helping the clients define goals and action plan
- Addressed mental health issues faced by clients and their families using the relevant therapy techniques e.g. solution-focused brief therapy

Crisis Management Services

- Provided psychological care and critical incident intervention to clients who are in a crisis e.g. family violence
- Worked closely with law enforcement and healthcare professionals to provide holistic assessment to client's well-being.

Achievement: Helped clients to restore equilibrium to their bio-psycho-social functioning and resolve crisis e.g. prevent client from attempting suicide

Case Management Services

- Assessed client's financial status on eligibility for government grants and financial assistance
- Partnered with stakeholders such as schools and community agencies to provide financial and social support to clients and this includes applying for food rations, monthly allowance etc.

Administration

- Recorded every session (i.e. agenda, session summary, assessment, intervention & follow-up) with client as required by MSF.
- Responsible for consolidating client profile data used for reporting social trends faced by the community annually.

Case Manager, Singapore Anglican Community Services (Community Rehabilitation and Support Services)

2012 - 2017

Counseling & Case Management Services

- Interviewed and counsel clients and their families with psychiatric illness referred by hospitals and Mental Health Helpline
- Provided assessment and critical incident intervention to clients who are suicidal and severely distressed by partnering with various stakeholders
- Developed mental health and psycho-educational programmes used by everyone in the organization to facilitate counselling session with their client

Public Education and Community Outreach

- Partnered with community agencies to plan and conduct mental-health related talks to

general public

Administration

- Collated data for MOH funding for the day center and home visit team
- In charge of collating and submitting Bi-annual report of home visit clients to NCSS and management
- Assisted in strategic planning for the year and ensure that organisation's KPIs are achieved

Research Analyst, Singapore Prison Service

2011-2012

- Responsible for collating and analyzing data and trends of abscondment profiles
- Wrote a report on the findings and made suggestions for further research studies to understand relationship and trends better

Education

Master of Arts (Applied Psychology) 2020- 2021

National Institute of Education

Graduate Diploma in Social Work 2016 - 2017

Singapore University of Social Science

Bachelor of Arts Degree Majored in Psychology and Minored in Sociology 2008 - 2011

National University of Singapore

GCE 'A' Levels 2006 - 2007 *A for H2 Mathematics*

Meridian Junior College, Singapore