

## **Abnormal Psychology: Understanding Your Co-Workers Better**

Do you know many of us do not know we encountered psychological abnormalities?  
The sign of psychological abnormalities would become more serious when we ignore it?  
Are you interested in venturing into a psychological career?

### **Introduction**

The definition of Abnormal Psychology is the interpretive and scientific study of abnormal thoughts and behaviour to interpret, describe, predict, explain, and change abnormal patterns of functioning. It is the branch of psychology concerned with research into the classification, causation, diagnosis, prevention, and treatment of psychological disorders or psychopathology. Learning abnormal psychology helps you to understand psychology from a different perspective.

### **Program Objectives**

This training program aims to

- Provide broad coverage of the field of abnormal psychology
- Expose to participants of different type of abnormal psychology
- Train participants on a method to classify correctly on different types of psychological disorder

### **Learning Outcomes**

After completing this program, participants should be able to

- Enhance understanding of the onset of abnormal psychology
- Classify the different types of psychological abnormality correctly in the workplace

### **Who should attend?**

Non-managerial, first-line management, middle management, senior management and anyone who wants to understand their co-workers better

### **Methodology**

Case studies, forum discussion, role-play, presentations, gamification

## Program Outline

Time	Day One
9.00am– 10.30am	<p><b>Abnormal Psychology: Venturing to the Brain</b></p> <p>In this module, participants start to learn the theoretical perspectives on maladaptive behaviour classification and assessment and the vulnerability, stress and coping that contribute to the abnormal psychology.</p>
10.30am-11.00am	<b>Morning Break</b>
11.00am-1.00pm	<p><b>Anxiety Disorders</b></p> <p>Anxiety Disorder involves extreme fear or worry, and includes generalised anxiety disorder (GAD), panic disorder and panic attacks, agoraphobia, social anxiety disorder, selective mutism, separation anxiety, and specific phobias. The participants would learn how to identify the symptoms and method to handle employees with an anxiety disorder.</p>
1.00pm-2.00pm	<b>Lunch and Networking</b>
2.00pm-3.30pm	<p><b>Schizophrenic Disorders</b></p> <p>Participants would learn the causes and markers of Schizophrenia and methods to handle employees with schizophrenia disorder at the workplace.</p>
3.30pm-4.00pm	<b>Tea Break and Networking</b>
4.00pm-5.00pm	<p><b>Development Disorders</b></p> <p>Participants would learn how to manage employees with the development disorder among the employees - language disorder, learning disorder and motor disorders. This module focuses on the acute cases of developmental disorder that could be due to the employees after surgery, accident or any other complication of other physical health.</p>
Time	Day Two
9.00am– 10.30am	<b>Addictive Disorders</b>

	This module focuses on providing strategies to the participants on how to create programs to address and help employees with the addictive disorder. These behaviours include alcohol and tobacco addiction.
<b>10.30am-11.00am</b>	<b>Morning Break and Networking</b>
<b>11.00am-1.00pm</b>	<p><b>Personality Disorders</b></p> <p>In this module, participants would learn how to identify antisocial, borderline behaviour, histrionic and narcissistic behaviour among employees in the organisation. The right techniques to handle and boost their productivity at the workplace would be shared in this module</p>
<b>1.00pm-2.00pm</b>	<b>Lunch and Networking</b>
<b>2.00pm-3.30pm</b>	<p><b>Mood Disorders</b></p> <p>In this module, participants would learn how to identify mood disorders among employees and the right methodology to handle employees with an emotional disorder.</p>
<b>3.30pm-4.00pm</b>	<b>Tea Break and Networking</b>
<b>4.00pm-5.00pm</b>	<p><b>Ageing and Productivity</b></p> <p>Participants would learn how to manage employees in different stages of life. The participants would learn how to handle issues of productivity due to the impact of ageing.</p>