

EAP TRAINING TOPICS

EAP Training Series

Series 1

Personal Growth and Development

- Stress and Burnout
- Priorities in Life
- Habits of Happiness
- Personal Motivation

1 hour per topic

Series 2

Work and Productivity

- Team Enrichment Skills
- Conflict Resolution Techniques
- Grief and Trauma Regulation
- Addictions

1 hour per topic

Series 3

Balancing Work and Family

- Work Life Balance
- Family and Relationship Development
- Marital Well Being
- Parenting and Childcare

1 hour per topic

Series 4

Teamwork and Collaboration

- Communication Skills
- Enhancing Workplace Team Dynamics
- Reducing Absenteeism and Presenteeism
- Improving Collaborative Skills

EAP Training Series

Series 5

Supervisory Skills

- Conflict Intervention
- Managing Negative People
- Recognising and Avoiding Burnout
- Motivating Employees
- Building Effective Teams

2 hours per topic

Topics related to COVID-19

General

-
- Counselling for home isolation and family issues
 - Stress and anxiety management
 - Depression: diagnosis and treatment for children and adults
 - Mindfulness & relaxation techniques
 - Coping skills for children, youths, and adults during social isolation
 - Mental health treatment for children, youth and adults
 - Drug and alcohol addiction

1 hour per topic

Family

- Helping children cope with quarantine/study-from-home
- Parenting tips to help parents support their children during COVID-19
- Help for children/youth with behavioural issues (e.g. anger, sexual behaviour, theft, etc.)
- Management help for children with learning difficulties with testing and assessment

1 hour per topic

Special Needs

- Help for children with special needs during isolation (e.g., ADHD, autism, dyslexia, etc.)
- Management techniques for children and adults with special needs during COVID-19

1 hour per topic

Topics related to COVID-19

Related Medical Issues

- Management help of medical issues related to mental wellness during COVID-19
- Family management help for medical complications during social isolation

1 hour per topic

HR Managerial Issues

- How to engage and support team members working from home
- How to monitor work accountability and productivity

1 hour per topic

Topics for Critical Incidents

Awareness

- What is a critical incidence?
- Types of psycho-social reactions
- Effects on victims, colleagues, and family
- Organisational response and contingencies

1 hour per topic

Readiness

- Your stress response and coping style
- Understanding trauma
- Vicarious traumatisation
- What is the role of a first responder?
- Support system for Critical Incidences

1 hour per topic

Psychological First-Aid

- Basic helping skills
- Listening and attending skills
- Breaking bad news
- Understanding grief and loss
- Guidelines in intervention

1 hour per topic

Specialised Topics

1. *A Good Approach to Helping Youths with ADHD*
2. *Acceptance and Commitment Therapy*
3. *Addiction in Youth and Appropriate Referral*
4. *Addiction Management Through Acceptance and Commitment Therapy*
5. *Addictions and Psychopharmacology of Drugs*
6. *Addictions for Policy Makers*
7. *Alcohol Abuse and Alcoholism*
8. *Approaches to Gambling Problems*
9. *Art, Music and Theatre as Tools in Therapy*
10. *Asian Women in Recovery*
11. *Change Planning*
12. *Collaborative Skills*
13. *Conflict Resolution*
14. *Consolidating Commitment to Change*
15. *Counselling Approaches with Adolescents*
16. *Counselling for Crisis Intervention*
17. *Counsellors Professional Responsibilities and Ethics*
18. *Crisis Intervention and Trauma-Informed Care*
19. *De-Mystifying Adult ADHD: Towards Self-Management and a Behavioural Approach*
20. *Decisional Balance, Use of Rulers, and Value Cards*
21. *Developing Rapport and Setting Up a Therapeutic Environment*
22. *Discovering Our Choices*
23. *Drugs and the Brain: Implications for Practice*
24. *Easing the Pain of Divorce and Separation For Professionals*
25. *Effective Assessment and Treatment Planning*
26. *Employee Motivation*
27. *Factors for Therapeutic Change in Addictions*
28. *Family Counselling and Co-Dependency*
29. *Family Interventions for Addiction Recovery*
30. *Family Interventions for Sustained Reintegration of clients*
31. *Feedback Informed Treatment*
32. *Gambling Care*
33. *Habits of Happiness*
34. *Healthy Work Life Balance*
35. *Improving Medical Outcomes using Psychological Therapies*
36. *Incorporating the 12-Step Model in Addiction Recovery*
37. *Individual Therapy Interventions*
38. *Introduction to Drama Group work*
39. *Managing Anxiety / Panic Disorder*
40. *Managing Depression*
41. *Managing Grief and Loss*
42. *Managing Obsessive Compulsive Behaviour*
43. *Managing Youth's High Risk Behaviour*
44. *Medical Approaches to ADHD*
45. *Models of Addiction*
46. *Motivational Interviewing*
47. *Motivational Interviewing and Relapse Prevention*
48. *Motivational Interviewing: Introduction*
49. *Motivational Interviewing: Working with Difficult Clients*
50. *Neuroscience of Pathological Gambling*
51. *New Frontiers in Addiction Care*
52. *Pillars of Rehabilitation*
53. *Positive Thinking*
54. *Practical Experiential Work For Behaviour Change*
55. *Principle Centered Counselling*
56. *Principles and Practice of Professional Addiction Counselling and Treatment*
57. *Programming for Change towards recovery*
58. *Protecting the Vulnerable: Measures to Minimise Problem Gamblers*
59. *Psychodrama Basic*
60. *Psychodrama*
61. *Psychodrama Intensive*
62. *Psychodrama Training for Helping Professionals*
63. *Relapse Dynamics and the Recovery Process*

64. *Relapse Prevention Planning*
65. *Relaxation Techniques*
66. *Screening, Intake, and Orientation of clients*
67. *Shame: An Addict's Secondary Addiction*
68. *Sleep Your Way to Better Health*
69. *Stages of Addiction*
70. *Stages of Relapse Prevention*
71. *Stress Management*
72. *Structured Treatment Planning*
73. *Substance Abuse*
74. *Substance-Induced Mental Disorders*
75. *Suicide Intervention: Creating Resiliency and Hope*
76. *Support Group and Aftercare ptions for Clients*
77. *The 12 Core functions of an Addiction Counsellor*
78. *The Heart and Soul of Change: Understanding What Works in Therapy*
79. *The Screening and Treatment of Multiple Addictions*
80. *Trauma and Addiction*
81. *Trauma Informed Care*
82. *Treating Sex, Porn, and Cyber Addictions*
83. *Understanding Alcoholism*
84. *Understanding and Treating Cyber Addictions*
85. *Understanding and Treating Internet Gaming Disorder*
86. *Understanding the DSM and Mental Illness*
87. *Understanding Sex Addiction*
88. *Understanding the Addictive Personality*
89. *Understanding the Teen Brain and the Impact of Substance Abuse*
90. *Understanding Transformation in Addiction*
91. *Understanding Youth Criminogenic Behaviour and Thought Processes*
92. *Ways to Reduce Relapse Rates*
93. *Working with Groups: Group Dynamics*
94. *Working with Women in Addiction*