

CARING FOR EACH, SUPPORTING ALL.



think

PSYCHOLOGICAL SERVICES  
FOR ADULTS & KIDS



# WHO WE ARE



Established in 2011, we are a team of over 20 mental health professionals providing onsite clinical and child psychological services.

Located in a private Orchard location, we provide home-based, in-clinic, and telehealth options.

## 2 CLINICS, 1 SPACE



**Th!nk Psychological Services** is a private psychological and counselling practice, providing full range of mental health services for children and adults.



**Th!nk Kids** is a child psychologist practice focused on providing quality early intervention and developmental services for children and young adults.

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# COUNSELLING SERVICES

## ADULTS

- Individual Psychotherapy & Counselling
- Couples & Marriage Counselling
- Telehealth (Online) Counselling

## FAMILY

- Family Therapy
- Parental Support Line (Online)

## YOUTH & KIDS

- Counselling
- Th!nk x Rainbow Youth Counselling
- Th!nk Bridge Intervention Services

## LGBTQIA+

- Coming out process
- Discrimination
- Fidelity issues
- National service support
- Parents with LGBTQIA+ child
- Relationships
- Sexual identity
- Social issues
- Work environment issues

# ASSESSMENTS & DIAGNOSIS

**We offer a wide range of diagnostic and psychometric assessments for both children and young adults.**

**Our assessment reports are recognised by:**

- Singapore Ministry of Education (MOE)
- Ministry of Defence
- International and local schools
- Education Department (Australia)
- Relocation requirements



## OUR PROCESS

Initial Intake

Assessments & Psychometric Testing

Observations

Report & Feedback

**APPLIED  
BEHAVIOUR  
ANALYSIS  
(ABA)  
THERAPY**

# CUSTOMISED INTERVENTION PLAN

*We utilise Applied Behavioural Analysis (ABA) principles to create positive learning experiences for children with challenging behaviours.*



All our intervention plans are closely monitored by our team of specialised child psychologists.



We work closely with the child's family and their extended caregiving team to implement evidence-based methods of therapy and intervention with proven long term results.

## SERVICES

### Individualised ABA Therapy

- 1-1 therapy sessions
- 60mins- 90mins per session
- Centre or Home based therapy options

### Group ABA Therapy

- 3-hour per session
- Individualised program
- Opportunities for social interaction with other children
- Structured routine (Circle Time, Group Activities, 1-1 Therapy)
- Small group setting (2 therapists : 5 children)



# APPLIED BEHAVIOUR ANALYSIS THERAPY

*Our customised programs are focused on helping children aged from 18 months to young adulthood with a variety of diagnoses and developmental challenges.*

## WHO CAN BENEFIT?

- Autism Spectrum Disorder
- Attention Deficit Hyperactivity Disorder (ADHD)
- Intellectual Disabilities
- Traumatic brain injury
- Physical disabilities
- Multi-sensory handicaps
- Learning disabilities
- Medical complexities
- Transition/and or adjustment difficulties
- Sibling conflicts and relationship building
- Behavioural management for challenging behaviours

## ABA TEAM

- 1 Psychologist Case Consultant
- 1 Case Supervisor
- 1-4 Behavioural Therapists

## THERAPEUTIC PROCESS

### Initial Intake

Psychologist meets and assesses the child to write up an individualised program.

### ABA Therapy

behaviour Therapists execute the programs overseen by the psychologist, with quarterly reviews to assess progress.

### Counselling-Based Therapy

As the child moves on from ABA Therapy, counselling-based therapy sessions equips the child with essential tools to navigate daily challenges.



WE BELIEVE EVERY CHILD IS UNIQUE  
AND LEARNS IN THEIR OWN STYLE.

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# SOCIAL SKILLS TRAINING



## BENEFITS

- Making and sustaining friendships with others
- Self-confidence in social settings
- Emotional intelligence (“E.Q.”)
- Understanding how to join-in and/or initiate play with others
- How to take turns and share
- Teamwork through collaborative play
- Understanding non-verbal communication
- Managing their anger and frustration in group settings
- Social conversation skills
- Eye contact and attention

## WHO CAN BENEFIT?

- Autism Spectrum Disorder
- Attention Deficit Hyperactivity Disorder (ADHD)
- Intellectual Disability & Giftedness
- Pervasive Development Disorder (PDD)
- Victims of bullying and teasing
- Low confidence and self-esteem
- Children who have difficulty making friends

# THINK BRIDGE



## INTENSIVE DAY PROGRAM

### HOW

Encompassing therapeutic interventions and onsite education services, providing a holistic approach to support their emotional well-being while assisting with their academic progress.

### WHAT

Intensive, short-term day therapeutic program for youths aged 8 to 18 years old.

### WHEN

Mondays to Fridays, within a period of 6 to 12 weeks to successfully transition back to school.

### WHY

Difficulty adjusting to the mainstream school environment because of emotional and/or behavioural challenges.

## STUDENTS WHO CAN BENEFIT

Require more than the traditional weekly individual therapy.

&

Difficulty attending school as a result of social anxiety, depression, and/or school phobia

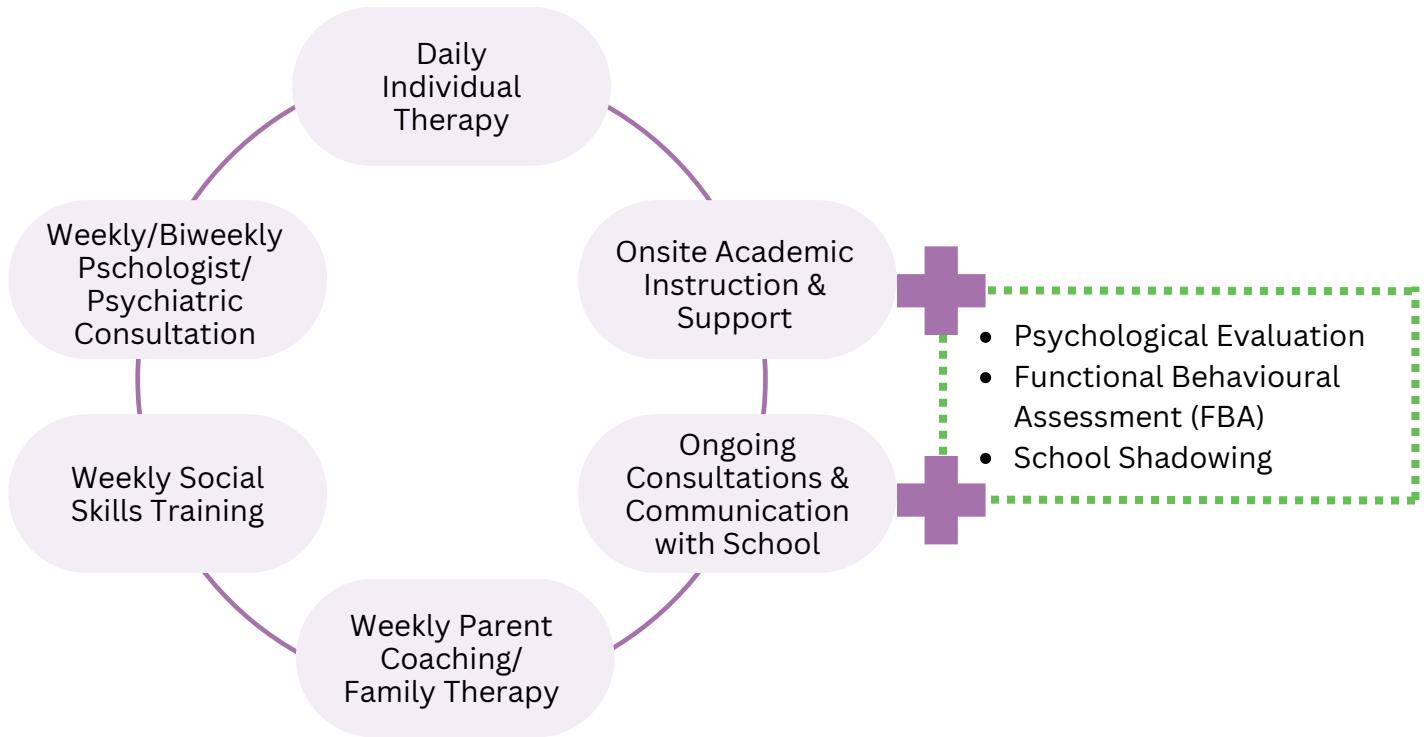
OR

Display challenging behaviours in school that interfere with the classroom on almost a daily basis



# TREATMENT MODEL

*By combining therapy and onsite education services, Think Bridge aims to create a nurturing and empowering environment that fosters emotional growth while simultaneously addressing academic needs.*



# EDUCATIONAL NEUROPSYCHOLOGY

Empowering educators and families with a thorough understanding of each child's needs.



## BALANCED PERSPECTIVES ON EVALUATIONS

### TRADITIONAL PSYCHOLOGICAL ASSESSMENTS

Provide initial insights into general cognitive abilities, academic achievement levels, and behavioral concerns.

### NEUROPSYCHOLOGICAL EVALUATIONS

Delves into more detailed analysis of how cognitive functions affect learning and behavior, ideal for complex cases needing an in-depth exploration.

## POPULATIONS WE SERVE



Children with learning disabilities and challenges



Students with emotional or behavioral challenges that impact their educational experiences



Individuals with autism spectrum disorders



Students with attentional deficits such as ADHD



Those who have experienced traumatic brain injuries or concussions



Children with medical conditions affecting cognitive functions (eg. epilepsy or genetic disorders)



# ASSESSMENT

Our evaluations inform interventions that are truly individualized, fostering an environment where every child can succeed.

## KEY COGNITIVE DOMAINS ASSESSED



### MEMORY & LEARNING PROCESSES

Understanding the processes involved in acquiring, retaining, and recalling information.



### EXECUTIVE FUNCTIONS

Evaluating skills such as planning, organization, and cognitive flexibility.



### VISUAL-SPATIAL ABILITIES

Assessing the understanding and interpretation of visual information.



### LANGUAGE & COMMUNICATION

Exploring verbal and non-verbal communication abilities.



### ATTENTION & CONCENTRATION

Assessing the ability to maintain focus and resist distractions.



### EMOTIONAL & SOCIAL FUNCTIONING

Understanding the impact of emotions and social interactions on learning and behavior.



### SENSORIMOTOR FUNCTIONS

Evaluating the integration of sensory information and motor responses.

# COMMUNITY INITIATIVES

*Th!nk Psychological Services & Over-the-Rainbow have joined together to offer subsidized youth counselling and parent support services to those in the community who need assistance.*



## THINK X RAINBOW YOUTH COUNSELLING (ONLINE)

Th!nk x Rainbow's Youth Counselling is aimed at youths aged 11 to 20 years old.

Focused on youths requiring help to navigate through developmental stages to becoming more independent.

Youth counselling is useful for parents who are struggling with how to manage their youths living at home.

### SESSIONS

\$90/session  
6 online sessions  
60 mins per session

### TIMINGS

Weekdays: 8am - 8pm  
Weekends: 8am - 3pm

## PARENTAL SUPPORT LINE (ONLINE)

Are you worried about your child's mental health, but are at a loss on how to support him / her?

Our Parental Support Line provides parents with a platform to chat with a mental health professional about concerns regarding their child.



Scan the QR code to connect with our mental health professionals.



# WHAT ARE THE BENEFITS?

*Youth counselling is useful for parents who are struggling with how to manage youths or young adults living at home.*

## HELPS PARENTS TO

- Understand why their teen may be acting in a certain way
- Understand the stage of life their teen is going through.
- Regain parental control and learn effective strategies.
- Promote communication between parents and their child.
- Learn to spot illicit substance use, and explore the best strategy to respond.

## HELPS YOUTHS TO

- Work through social interactions or issues that arise with those around them.
- Make decisions about future pathways.
- Change behaviours that are holding them back from life opportunities or leading to dangerous situations.
- Address mental health concerns.

# ART THERAPY



Art Therapy is an evidence-based therapy that combines mental health and human services, utilizing artistic expression as its main form of communication, alongside talking to a qualified therapist.

Art Therapy can benefit everyone - from individual development, to growth together as a family.

## WHO CAN BENEFIT?

- **Everyone – Kids/ Teenagers/ Adults/ Caregivers/ Families**
- Anxiety, depression, other mental health issues
- Family and relationship issues
- Social/Emotional challenges
- Stress management
- Children with special needs/ learning challenges

## WHAT ARE THE BENEFITS?

- Emotional Outlet and Expression
- Stress Reduction and Relaxation
- Self-Exploration
- Enhanced Communications
- Boosted Self-Esteem
- Catharsis and Release
- Problem Solving and Coping Skills



**Executive Functioning Skills** typically develop from early childhood to young adult years. These skills enable us to plan ahead to achieve goals, remember and follow multi-step directions, filter out distractions, and exercise self-control.

Some children need help with developing Executive Function.

# EXECUTIVE FUNCTIONS TRAINING

## WHAT ARE THE BENEFITS?

- Planning and organising
- Time management
- Task initiation
- Attention and working memory
- Self-control
- Emotional control
- Flexibility
- Perseverance
- Awareness of one's own thought process (Metacognition)

## WHO CAN BENEFIT?

- Attention Deficit Hyperactivity Disorder (ADHD)
- Autism Spectrum Disorder (ASD)
- Learning disabilities such as Dyslexia
- Challenges with organizing and planning
- Students who struggle with attention and focus
- Difficulties with emotional regulation

**CORPORATE  
MENTAL  
WELLNESS  
PROGRAM**

Prioritize **Mental Wellness.**  
Increase **Workplace Efficiency.**



We are a private psychological and counselling practice providing a full range of psychological and counselling services.

**We take care in providing holistic support.**



### INDIVIDUALS

- Psychotherapy & Counselling Sessions
- Psychologists
- Counsellors
- In-person / Online Sessions



### TEAMS

- Wellbeing Presentations
- Trainings & Workshops



### ORGANISATIONAL PLANNING

- Customizable Program
- Candidate Assessments
- Monthly Trend Reports
- Pay-Per-Use



**Opening Hours** Monday-Friday: 9:00am to 7:00pm  
Saturday: 9:00am to 3:00pm

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