

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.



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

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.



TH!NK 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
60 mins per session
Up to 6 sessions

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.

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

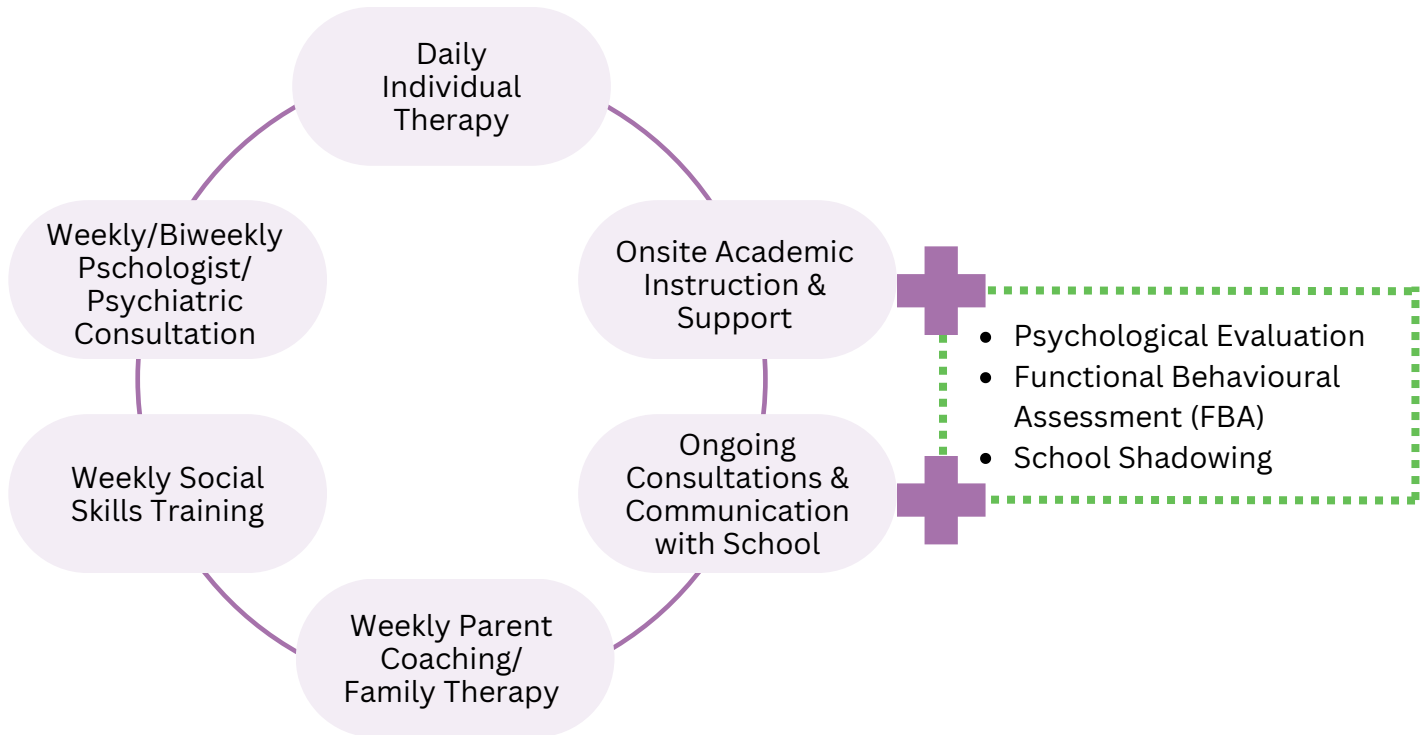
OR

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.



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



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

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