

Curriculum Vitae
Vera S. Y. Goh
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Education

- 2019- 2023 Integrated Masters of Science (MSci) Clinical Psychology
(accredited by British Psychological Society, First class honours)
including completing a Masters level thesis, UK, *University of Reading*
- 2017-2019 International Baccalaureate Diploma, Singapore, *International School of Singapore*
- 2013-2016 Integrated programme Secondary School (In Advanced Humanities program), Singapore, *Nanyang Girls High School*
- 2010-2012 Primary School Leaving Certificate, Singapore, *Ai Tong School*

Research Interests

- Emotional Wellbeing
- Cognition
- Individual Differences
- Efficacy of Mental Health Interventions

Awards

- 2019-2023 First Class Honours in Masters Course
- 2017-2019 Academic Achievement Award 2019, International School of Singapore
High Honour Roll, 2019, International School of Singapore
Subject Performance Award for outstanding performance in IBDP Biology 2019
Subject Performance Award for outstanding performance in IBDP Chemistry 2019
Subject Performance Award for outstanding performance in IBDP History 2019
High Honour Roll 2018, International School of Singapore
Subject Performance Award for outstanding performance in IBDP Mathematics 2018

CAS youth impact award 2018 for involvement at Institute of Mental Health and Down Syndrome's Association, International School of Singapore

- 2013-2016 Singapore Secondary Schools Debating Championships Semi Finalists 2016, 2015
International Humanitarian Law Debates 1st Runner Up
Pro Ams Championships Champion
CCA service award
World Scholar's Cup (International team academic competition)
- 2015 Regional and Global Rounds Top 10
 - 2014 Regional and Global Rounds Top 10
- MOE humanities and social sciences research programme High distinction (SIA grade)
- 2010-2012 Primary School Leaving Certificate (Top scorer), *Ai Tong School*

Applied/ Practical Experience

- 2023-2024 Psychologist
Early Intervention Centre
- Assessments
 - Facilitating the transition process for graduands by conducting School Readiness Assessments (Cognitive and Adaptive Functioning), Comprehensive Needs Assessments.
 - Writing professional psychological reports with school recommendations and recommendations to support learning, social, daily living skills development of child.
 - Conducting Behavioural Assessments and risk assessments
 - Using the Early Childhood Holistic Outcomes Framework (ECHO) to assess child's level and set goals. Scoring the Assessment, Evaluation, and Programming System for Infants and Children (AEPS).
 - Conducting Initial Screenings for potential new children at the centre.
 - Intervention
 - Challenging Behaviour including self injurious behaviour and aggression
 - Emotion regulation, transition, social skills, sleep difficulties
 - Parent and family coaching

- Leading Staff and Parent trainings.
- Team meetings discussing Individualised Education Plan.
- Contributing to the implementation of the Collaborative Integrated Model (CIM)

Received weekly Clinical Skills and Case Supervision

2021-2022

Placement experience in NHS clinic

Independently conducted Assessment and Treatment planning sessions, using the DSM-5, risk assessments and management, semi-structured interviews.

Administered and scored questionnaires, including but not limited to, the PHQ-9, GAD-7, IES-R, HAI, SPIN.

Conducted multiple one to one treatment sessions for patients which lasted minimally 6 weeks per patient, using evidence based low-intensity Cognitive Behaviour Therapy, using interventions such as Behavioural Activation, Cognitive Restructuring and Worry Management.

Assessed and treated a diverse group of patients which included diversity cases, gaining experience working with patients from different cultural and ethnic backgrounds.

Received weekly Case Management and Clinical Skills Supervision.

Technical Skills

Trained in SPSS and R

Professional Affiliations

Full Member of Singapore Psychological Society (MSPS)