



HMDP Visiting Experts FY25

**OFFICIAL PROGRAMME**Note:

The programme is accurate at the time of publication, and is subject to change at any time without prior notice.

EXPERT NAME

Ziad Nahas

START DATE

27<sup>th</sup> March 2026

END DATE

2<sup>nd</sup> April 2026

SPECIALTY/TITLE OF PROGRAMME

Psychiatry / Interventional Psychiatry

HOSTING INSTITUTION

NUH

DATE AND DAY	TIME	ACTIVITIES	Training Objectives	NTP* (YES/NO)	VENUE AND CAPACITY	NAME AND EMAIL OF COORDINATOR
27 <sup>th</sup> March 2026 (Friday)	9-11am	Metastability (nonlinear dynamics) biomarker for fMRI discussion	Develop participants' understanding of advanced fMRI analysis concepts, specifically metastability and nonlinear dynamics, and explore their applications as potential biomarkers for psychiatric conditions.	N	MD1-13-02 - TAHIR BLDG (12 pax)	Thomas Yeo thomas.yeo@nus.edu.sg
	11- 1pm	Tour of NUH Interventional Psychiatry Facilities (Electroconvulsive Therapy, Transcranial Magnetic Stimulation) and Meet & Greet with Senior NUH leaders	Familiarise participants with NUH's interventional psychiatry facilities (Electroconvulsive Therapy and Transcranial Magnetic Stimulation suites) and facilitate relationship building with senior institutional leaders to foster collaboration.	N	NUH Medical Centre PACU (Level 12) and University Medicine Clinic Room 3	Tor Phern Chern Phern_chern_tor@nuhs.edu.sg
	1.00pm – 2.00pm	Lunch				
	2.00pm – 3.30pm	Training on use of functional connectivity MRI guided intermittent theta burst stimulation for TRD using neuronavigation and COBOT (Collaborative Robot Arm) targeting	Equip clinicians with practical skills in applying functional connectivity MRI to guide individualised iTBS for treatment-resistant depression, including hands-on demonstration of neuronavigation and robotic targeting.	N	NUH TMS treatment room University Medicine Clinic Room 3	Tor Phern Chern Phern_chern_tor@nuhs.edu.sg

	3.30pm – 5pm	<i>Review of clinical Electroconvulsive Therapy and Transcranial Magnetic Stimulation protocols with NUH Centre for Interventional Psychiatry team</i>	Critically review and refine existing ECT and TMS clinical protocols, discuss international best practices, and identify opportunities for protocol standardisation and optimisation.	N	NUH T09-05 18 pax	Tor Phern Chern Phern_chern_tor@nuhs.edu.sg
30 <sup>th</sup> March 2026 (Monday)	8-9am	<i>DBS for depression</i>	Increase participants' knowledge of current indications, procedural considerations, and outcome evidence for Deep Brain Stimulation (DBS) in depression.	N	NUH T08-01 20 pax	Yeo Tseng Tsai Tseng_tsai_yeo@nuhs.edu.sg
	9am – 11am	<i>Review of DBS &amp; VNS protocols for NUH</i>	Facilitate a structured review of NUH's protocols for DBS and Vagus Nerve Stimulation (VNS), focusing on patient selection, safety, and outcome monitoring.	N	NUH T08-01 20 pax	Yeo Tseng Tsai Tseng_tsai_yeo@nuhs.edu.sg
	11-12pm	<i>Lunch</i>				
	1-2pm	<i>Neuromodulation and Pain session (taVNS, TMS, direct cortical stimulation)</i>	Enhance participants' understanding of how neuromodulation techniques—including transcutaneous auricular vagus nerve stimulation (taVNS), transcranial magnetic stimulation (TMS), and direct cortical stimulation—can be applied in the management of chronic pain, with a focus on mechanisms, clinical indications, and integration into multidisciplinary pain treatment plans.	N	NUH & Zoom MB 03-374 20 pax	Ong Say Yang Say_yang_ong@nuhs.edu.sg
	2-3:30pm	<i>Review of specialist education curriculum for interventional psychiatry with national psychiatry residency program faculty</i>	Critically appraise the national psychiatry residency curriculum, identify gaps, and recommend updates to strengthen interventional psychiatry training	N	NUH & Zoom discussion T08-03 50 pax	Tor Phern Chern Phern_chern_tor@nuhs.edu.sg
	3:30-5pm	<i>Development of Interventional psychiatry fellowship with Educational Office</i>	Collaboratively design a framework for a future Interventional Psychiatry Fellowship, addressing training standards, competency milestones, and accreditation requirements.	N	NUH & Zoom discussion T08-03 50 pax	Tor Phern Chern Phern_chern_tor@nuhs.edu.sg

31 <sup>st</sup> March 2026 (Tuesday)	8-9am	<i>tACS (Occipital / Trigeminal Nerve) stimulation for Depression</i>	Introduce participants to the principles, techniques, and emerging evidence for transcranial alternating current stimulation (tACS) targeting occipital and trigeminal nerve pathways for depression treatment.	N	SGH Singhealth Academia AC7-1 50 pax	Johnson Fam johnson.fam@singhealth.com.sg
	9-11am	<i>Vagal Nerve Stimulation / Prefrontal Cortical Stimulation for depression and epilepsy</i>	Deepen understanding of VNS and cortical stimulation modalities, including their mechanisms, clinical evidence, and practical considerations for use in psychiatric and neurological conditions.	N	SGH Singhealth Academia AC7-1 50 pax	Wan Kai Rui wan.kai.rui@singhealth.com.sg
	11am – 12pm	<i>Tour of SGH Investigational Medicine Unit and TMS services</i>	Expose participants to the setup and operations of SGH's investigational unit and TMS suite to share practical insights on implementing neuromodulation services	N	SGH	Johnson Fam johnson.fam@singhealth.com.sg
	12-1pm	<i>Lunch</i>				
	1-2pm	<i>Interventional Psychiatry – What a Psychiatry Resident needs to know</i>	Provide psychiatry trainees with an overview of essential knowledge and competencies in interventional psychiatry, highlighting indications, ethics, and patient selection.	Y	Zoom & Duke-NUS Meeting Room 7C 44 pax	Tor Phern Chern Phern_chern_tor@nuhs.edu.sg
	2-3pm	<i>Seminar on Depression and Hippocampal neurogenesis</i>	Update participants on current research linking depression with hippocampal neurogenesis, discussing implications for treatment development.	N	Duke-NUS Meeting Room 7C 44 pax	Alison Ung (alison.ung@duke-nus.edu.sg)
	3-4:30pm	<i>Research discussion with Duke-NUS researchers</i>	Foster academic exchange on ongoing interventional psychiatry research, explore collaborative opportunities, and discuss potential joint projects.	N	Duke-NUS Meeting Room 7C 44 pax	Alison Ung (alison.ung@duke-nus.edu.sg)
1 <sup>st</sup> April 2026 (Wed)	9-11am	<i>Strategic Retreat on development of National University Neuromodulation Centre</i>	Strategise and plan the structure, services, and research priorities for a National University Neuromodulation Centre to support cutting-edge clinical care and research.	N	NUH T09-05 18 pax	Tor Phern Chern Phern_chern_tor@nuhs.edu.sg

	11:30am to 12:45pm	<i>TMS, Vagus nerve stimulation, Direct cortical stimulation, spinal cord stimulation in the context of Neuro-Rehabilitation</i>	Expand participants' understanding of various neuromodulation approaches and their roles in neurorehabilitation for complex neuropsychiatric conditions.	N	NUH T10-02 50 pax	Ng Shi Yang <a href="mailto:shiyang.ng@mohh.com.sg">shiyang.ng@mohh.com.sg</a>
	1-2pm	<i>Lunch</i>				
	2-5pm	<i>Report writing</i>	Consolidate key discussion points and action items from the visit into a clear, actionable report to guide follow-up activities and implementation.	N	NUH T09-05 18 pax	Tor Phern Chern <a href="mailto:Phern_chern_tor@nuhs.edu.sg">Phern_chern_tor@nuhs.edu.sg</a>
	6-9pm	<i>College of Psychiatrists, Section of Neurostimulation AGM &amp; Talk on ECT/FEAST updates and tACS (Occipital / Trigeminal Nerve) stimulation for Depression</i>	Provide participants with up-to-date knowledge on advancements in Electroconvulsive Therapy (ECT) and Focal Electrically Administered Seizure Therapy (FEAST), and introduce the principles, techniques, and emerging clinical evidence for transcranial alternating current stimulation (tACS) targeting the occipital and trigeminal nerve pathways for the treatment of depression.	N	Hotel venue (TBD) 50 pax	Tor Phern Chern <a href="mailto:Phern_chern_tor@nuhs.edu.sg">Phern_chern_tor@nuhs.edu.sg</a>
2 <sup>nd</sup> April 2026 (Thur)	8-9am	<i>What is Interventional Psychiatry and why is it relevant?</i>	Explain the scope, significance, and future directions of interventional psychiatry to a broad clinical and academic audience.	N	NUH Zoom	Tor Phern Chern <a href="mailto:Phern_chern_tor@nuhs.edu.sg">Phern_chern_tor@nuhs.edu.sg</a>
	9-10am	<i>Travel to IMH</i>				
	10-1pm	<i>Tour of IMH ECT / TMS facilities Meet and Greet with senior IMH staff</i>	Orient participants to IMH's interventional services, share operational practices, and facilitate engagement with senior staff for collaborative opportunities.	N	IMH	Goh Shih Ee <a href="mailto:Shih_Ee_Goh@imh.com.sg">Shih_Ee_Goh@imh.com.sg</a>
	1-2pm	<i>Lunch</i>				

	2-3:30pm	<i>Electroconvulsive Therapy / Focal Electrically Administered Seizure Therapy updates</i>	Present updates on ECT and FEAST (Focal Electrically Administered Seizure Therapy), discuss recent advancements and refine clinical practice approaches.	N	IMH Atrium Hall 40 pax	Goh Shih Ee Shih_Ee_Goh@imh.com.sg
	3:30pm – 4:30pm	<i>Discussion with IMH staff about developing National and International collaboration on Interventional Psychiatry</i>	Identify concrete steps to strengthen national and international partnerships in interventional psychiatry research, training, and service development.	N	IMH Atrium Hall 40 pax	Goh Shih Ee Shih_Ee_Goh@imh.com.sg

\*NTP – National Training Programme