

PROFESSIONAL MINDS IS PROUD TO PRESENT

# EXPLORING EMOTIONS

Breaking through 'Bad' Behaviour

ONLINE mini-CONFERENCE



4 CPD POINTS (1 Ethics)

Speakers:

Nicky Abdinor - Clinical Psychologist

Sheryl Cohen - Educational Psychologist

Dr Brendan Belsham - Child & Adolescent Psychiatrist

ONLINE SPECIAL OFFER - R550

Conference Queries: [bookings@professionalminds.co.za](mailto:bookings@professionalminds.co.za)

## THE DILEMMA:

### ***I don't know what's wrong with this child?***

*...I know he is having a hard time, but his behaviour is totally out of control!*

*...Maybe there isn't anything wrong and it's just his personality?*

*...I know she is acting out, but I just can't seem to reach her!*

*...He's just an enigma – I wonder what is going on inside his head*

*...Maybe he is being bullied?*

*I wonder if something is going on at home?*

*I don't know what to do with this child anymore – he oscillates from tantrums to withdrawing to manipulating to acting out!*

*...Maybe he needs medication...*

*...his behaviour is dysfunctional...it's affecting him socially, academically, emotionally!!*

*...He is wetting his bed again – out of nowhere!  
...A 5 year old on Prozac???*

***Research suggests that 20% of children have a Mental Health problem in any given year!!!***

## **THE BIG QUESTION:**

### ***What is normal?***

*Is it bad behaviour or is it Oppositional Defiance Disorder?*

*A perfectionist personality or Obsessive Compulsive Disorder?*

*Is it an over indulged child or Borderline Personality Disorder?*

*Anxiety or a phobia?*

*Do all children lie? Until what age is this appropriate?*

*Is it normal for children to steal? Or cheat?*

*Can children really have psycho – semantic symptoms? Are they real? How do we know?*

*How do you identify a defence mechanism? and correctly interpret what is lying beneath that is causing it?*

### ***What do I do?***

*What is the correct thing to do? To say?*

*The correct way to be? To act?*

*What is the correct way to help?*

*And now, more than ever, amidst such vulnerable, uncertain and challenging times, our children are reacting, and we **NEED** to equip ourselves with the **insight, skills and tools** to know how to correctly **respond, manage and support** them!*

*Because, as Paediatric Professionals right now and when we are able to eventually return to our practices, we will be challenged by the tsunami of emotions, defence mechanisms and challenging behaviours that will take precedence over any of our therapeutic goals!*

**EXPLORING EMOTIONS** offers you all the answers to these questions and more! It will ensure that you remain up to date, informed, relevant and valuable and will equip and empower you with the skills to make a real impact.

*Professional Minds is proud to present:*

# **EXPLORING EMOTIONS**

*Understanding, responding, supporting and correctly managing challenging behaviours*

## **FEATURING:**

### **NICKY ABDINOR**

**Clinical Psychologist, Inspirational Speaker, Non-Profit Founder**

*Nicky Abdinor is a Clinical Psychologist in Private Practice, in Cape Town. Born without arms, not without attitude, Nicky is an inspirational expert on doing more with “less”. She is passionate about challenging the perception of “ABILITY” and believes firmly that it’s not the situation but rather, how one THINKS about it, that determines emotional well-being.*

*Highly regarded as an inspirational and credible agent of change, Nicky has gained international recognition for her TEDx talk, “Driving Dreams”. She is a sought-after international keynote speaker, who has inspired Professionals, Parents, Corporates and Students in Europe, the Middle East, USA and Australia. She was recently listed by Prof. Jansen as one of 67 South Africans, who emanate the values and principals of NELSON MANDELA.*

### **DR BRENDAN BELSHAM**

**Child and Adolescent Psychiatrist**

*Dr Brendan Belsham has been in private practice in Johannesburg since 2000. In his undergraduate years, Dr Belsham was awarded the Kurt Gillis Memorial Prize in Psychiatry in 1993. He obtained the degree of MBBCh in 1994. He was admitted as a Fellow of the College of Psychiatrists of South Africa in October 1999. He was awarded the degree of Master of Medicine in Psychiatry in November 2000 and was the joint recipient of the Louis Franklin Freed Prize for the most distinguished postgraduate student for the Master of Medicine degree in Psychiatry. He obtained the Certificate in Child Psychiatry (SA), in October 2003. Dr Belsham has published articles on a variety of subjects. He has delivered numerous presentations to various bodies, including academic meetings, educational groups, churches and schools. He has appeared on television, spoken on radio and written for magazines. He has recently published his first book, *What’s the fuss about ADHD?* His special interests include Early Parenting and Attachment, the Prevention of Mental Illness, ADHD, Childhood Bipolar Disorder, Autism and Anxiety Disorders.*

# Sheryl Cohen

## Educational Psychologist

**Sheryl Cohen** completed her Cum Laude Masters of Education (Psychology) at University of Witwatersrand. She has been in private practice for 23 years and specializes in working with parents, adolescents and children. Her aim is to empower parents and children to navigate the vicissitudes of life in order to reach their full potential. Over the years, Sheryl has noticed that there are many areas of difficulties that are common to all parents and that unfortunately, love is not enough to raise children effectively. Drawing on her experience as a mother and as a therapist, Sheryl has developed parenting courses, which aim to empower parents with the knowledge, understanding and skills to Raise Children Effectively. Sheryl is also the resident expert for Your Baby Magazine and YOUR CHILD; and a regular expert on radio and TV including Three-Talk; Great Expectations, 702, and Chai FM.

### The course:

Join **Professional Minds** to learn all about Emotional Disorders in Childhood and how to differentiate between difficult behaviour that is developmentally appropriate vs behaviours stemming from a real psychiatric disorder of childhood. Understand how to encourage building self-esteem and the importance of accepting differences. We also look at how a relational approach can assist us in excepting uncomfortable emotions in developing coping mechanisms.

### Other topics to be covered:

- Understanding the difference between a psychiatric condition and a behaviour
  - Understanding different personalities
- **How** to teach children to self- motivate, love and accept themselves, to believe in themselves, to challenge themselves, to triumph over adversity
- Understanding external factors; phobias, defence mechanisms, psycho somatic symptoms, unsavoury behaviours and habits
  - UNDERSTANDING HOW YOU CAN HELP!!

Accredited with **4 CPD points (incl 1 Ethics point)** and LOADS of **expert** advice and **practical** tools, techniques and therapeutic tips to **implement immediately!**

**EXPLORING EMOTIONS** will enlighten and empower YOU. It will give you the insight, understanding and tools to break through “bad’ behaviour and make a real impact.

### Who should attend?

- Audiologists
- Dieticians
- Doctors
- Educators
- Neurologists

- *Nutritionists*
- *Occupational Therapists*
- *Paediatricians*
- *Parents*
- *Physiotherapists*
- *Psychiatrists*
- *Psychologists*
- *Remedial Therapists*
- *Social Workers*
- *Speech & Language Therapists*
- *School principals*

**For further information:**

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