

THE MOST VALUABLE COURSE YOU'LL ATTEND THIS YEAR!

ANOTHER INSPIRING EVENT BY PROFESSIONAL MINDS



THREATS WORD CLOUD: THERAPY, SCHOOL REFUSAL, HATE, PANIC, DISTRESS, MEDICATION, ABSENCE, INSECURE, DELAY, FATIGUE, COVID, NIGHTMARE, LONELINESS, FEAR, CRISIS, EFFECT, INSECURE, DELAY, TRAUMA

THE ANXIETY EXPLOSION *in Kids*

With relevance to COVID-19.

Signs, symptoms and risk factors
Comorbidities & differential diagnoses
Best interventions & treatments



6 CPD POINTS (1 Ethics)

Speakers: Dr. Wendy Duncan, Dr. Dee Muller, Pam Tudin, Shai Friedland and René Moodley.

SPECIAL ONLINE OFFER - R700

Conference Queries: bookings@professionalminds.co.za

Anxiety is an everyday battle for **1 in 8 children!!!**

Approximately **3 children in every class** have an Anxiety Disorder.

We are living in an **ANXIETY** provoking world:

Crime is infiltrating our communities. Social media and access to information is overwhelming. The pressures on children to succeed are enormous. The need to conform and fit in is stifling and now, more than ever, the world is uncertain and we are vulnerable.

ANXIETY is no longer something that children have to deal with on occasion. It has infiltrated our lives, our homes and our schools. It is bombarding our therapy rooms and classrooms. And the impact on our children is devastating!

Distractibility • Inattention • Impulsivity • Obsessive compulsions • Clinginess

- *Developmental delay • Poor grades • Social isolation • Perfectionism • Bedwetting • School refusal*
- *Sleep disturbances • Loss of appetite • Behavioural difficulties • Separation Anxiety*

However, unlike the many other common childhood diagnoses such as Attention Deficit Disorder, Sensory Processing Disorder, Autism, **ANXIETY** has received relatively little focus and attention, causing us to question our diagnosis and hampering our ability to respond quickly, accurately and effectively.

Delayed or Misdiagnosis of **ANXIETY** has significant implications: Multiple assessments, ineffective therapies, incorrect management, medication cocktails with serious side effects, seriously battered self-esteem, social difficulties, academic decline and even failure. But ultimately, if left untreated, **ANXIETY** has a far more devastating implication...

Suicide among 10-14 year olds has nearly doubled in the last 15 years.

It is the **third** leading cause of death for 15 - 24 year olds

and

The **sixth** leading cause of death for 5 - 15 year olds.

With such overwhelming statistics, we can no longer afford to be

NEGLIGENT or remain **UNINFORMED!**

ANXIETY IS SERIOUS and it is increasing!!!

Are YOU EQUIPPED???

PROFESSIONAL MINDS is committed to keeping you informed and up to date.

We are proud to present...

The **ANXIETY** **EXPLOSION**

Accredited with **6 HPCSA CPD points, including 1 ethics.**

FEATURING:

Dr Wendy Duncan

Child and Adolescent Psychiatrist

Dr Wendy Duncan is a highly regarded, Specialist Child and Adolescent Psychiatrist. She currently works in Private Practice in Johannesburg, treating a wide range of childhood and adolescent psychiatric, emotional and behavioural difficulties. She also consults to the Young Adults Programme (YAP) at Akeso Clinic, for Adolescents in crisis and is the consulting psychiatrist for the Oprah Winfrey Leadership Academy for Girls. Coupled, with her medical and psychiatric background and a wealth of clinical experience, Dr Duncan integrates a holistic psychosocial approach and strong multidisciplinary collaboration to ensure effective and successful intervention for Mental Health Difficulties. She is a highly respected lecturer and examiner of under- and post graduate medical students and is the President of the South African Association of Child and Adolescent Psychiatry and Allied Professions. Dr Duncan is a regular guest on television panels, has presented at many conferences, has participated in radio discussions and has contributed to several articles in the popular press.

Dr Dee Muller

Clinical Psychologist & Physiologist.

Dr Dee Muller is a well-respected Psychologist, Physiologist and Researcher. She was awarded her PhD in 2014 and is currently employed full time in the School of Physiology, Health Sciences, University of Witwatersrand, where she mentors and lectures 2nd year Medical and Allied Medical Students in Physiology. She also practices as a Psychologist in her Private Practice. Dee has a special interest in the long-term effect of early life stress and later life stress on developmental and immune system function and this was the basis for her PhD research. Dee has had her work published in the European Journal of Pharmacology and has established many successful collaborative partnerships and research projects with hospital-based clinicians. Dee is a sought-after presenter and has attended and presented at many local and international conferences.

Shai Friedland

Clinical Psychologist, specialised in Cognitive Behavioural Therapy (CBT).

Shai Friedland is a highly respected Clinical Psychologist, who is specialized in Cognitive Behavioural Therapy (CBT). Following his post-graduate qualification, Shai continues to receive online CBT training through the acclaimed Beck Institute (USA). Shai has a special interest in the treatment of Obsessive-Compulsive Disorder (OCD), Anxiety Disorders, Tic Disorders, Tourette's Disorder, Body Dysmorphic Disorder (BDD), and offers structured, solution-focused treatment, directed toward modifying the dysfunctional thinking and behaviour behind adults, teens and children's difficulties.

Pam Tudin

Clinical Social Worker; Clinical, Consultant and Forensic Psychologist.

*Pam Tudin is a respected Psychologist in the area of Child and Adolescent Psychology. She is highly regarded for her forensic work, in which she represents the best interests of the child, in court. She consults widely to schools and has inspired many Therapists, Educators, Parents and Children through her fun, user-friendly, informative and practical workshops, both locally and abroad, in which she offers solutions and strategies for successfully managing the challenges associated with 'childhood and adolescence'. Pam has also developed a therapeutic tool, **EQ IN A BOX ©**, which is an interactive story board game, aimed at enhancing the emotional intelligence of children and adolescents affected by change. This tool has been met with wide acclaim both locally and abroad. She has co-authored four books on the social media frenzy, the most recent being "Your Teen Unleashed". Pam is also specialised in the area of Executive leadership and has broad experience, both locally and abroad, in coaching numerous Executive groups through their Leadership and Diversity Awareness programmes.*

René Moodley

Biochemist.

René Moodley obtained her Honours degree in Biochemistry from the University of the Witwatersrand in 2001 and has enjoyed an exciting career, gaining extensive expertise both locally and abroad.

She began her career managing a pharmaceutical laboratory, before moving into the commercial arena, where she managed the Biopharmaceutical Division of a Life-sciences company. Her keen interest in Drug Discovery took her to the UK and a role that involved analysing drugs in their pre-clinical stage. Her clients were spread across Europe and the UK and she worked closely with clients like Abbott, Genmab and Lundbeck during their drug development stages. Passionate about wellness and natural alternatives, following her return to South Africa, Rene joined Goodleaf and Africanpure in a Technical sales capacity and is constantly educating herself on global developments in the medical cannabis space.

With more than 20 years' experience in the Biotechnology, Pharmaceutical and Wellness Industries, René is a passionate Business Developer, Strategist and accomplished public speaker. She conducts training workshops at health and pharmacy outlets and is a frequent presenter at wellness conferences & CPD events for Healthcare Professionals. In her spare time, René enjoys Latin dancing, beach walks and volunteering.

The Course

THE ANXIETY EXPLOSION *is the most essential and relevant conference you will attend this year! It is aimed at equipping Paediatric Professionals with all the latest research and information regarding Childhood Anxiety and how to effectively identify, manage and address it.*

Highly regarded experts in all areas of Anxiety, will provide a holistic understanding of ANXIETY, exploring how it develops, early risk factors, what causes Anxiety, its different forms, the impact of Stress and Anxiety on the body(physiologically), on attachment and on learning (executive function, working memory etc),

effective referral routes and the current best practices and treatment options. Special emphasis will be placed on understanding Anxiety as a function of the current Pandemic and world crisis.

PART ONE of the conference will offer insight into ALL the facts and latest research regarding Childhood Anxiety; including the different Anxiety Diagnoses, risk factors, symptoms, comorbidities and differential Diagnoses (when it looks like Anxiety but isn't.).

PART TWO of the conference will explore the current best practices as well as medication and alternate interventions; offering hands on, easy to use, **PRACTICAL tips, tools & techniques** for supporting children with Anxiety. This part of the conference will also explore different medication and their pros, cons and side effects as well as the ethical implications. In addition, it will address using Medicinal CANNABIS to treat Anxiety as a potential medical breakthrough! However, the true power of this conference will be on how to successfully navigate our ANXIETY FREE children through an ANXIETY PROVOKING world, with effective **PRACTICAL** therapeutic, classroom and @home strategies and management techniques to implement IMMEDIATELY.

THE ANXIETY EXPLOSION, brought to you by Professional Minds, is a conference not to be missed! In addition to keeping you informed and up to date with the latest knowledge and skills, it will empower you to effectively support children through this ANXIETY explosion with confidence, competence and SUCCESS!

Areas to be covered at the course include:

*Differential Diagnoses, Co-morbidities
Medication and it's side effects
The Medical Breakthrough- using Cannabis oil to treat Anxiety
The Anxious parent, Genetics, Poor Attachment
Difference between Stress & Anxiety
Separation Anxiety, Performance Anxiety
Cyberbullying, Social media stress
Anxiety in the time of COVID-19*

**If you are supporting children today, you
cannot afford to miss this!!!**

Who should attend?

- *Doctors*
- *Neurologists*
- *Psychiatrists*
- *Paediatricians*
- *Developmental Specialists*
- *Psychologists*

- *Occupational Therapists*
- *Social Workers*
- *School Councillors*
- *Speech Therapists*
- *Physiotherapists*
- *Educators*
- *Nutritionists*
- *School Principals*
- *Parents*

***Don't Miss this Opportunity...
BOOK NOW!***

SPECIAL ONLINE CONFERENCE OFFER: R700.00 pp
(includes course notes, online questionnaire & CPD certificate)

[CLICK HERE](#) - to book!

For further information:

Email: bookings@professionalminds.co.za

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