

The Clinical and Health Psychology Centre proudly presents public seminar series on

PSYCHOLOGICAL ADJUSTMENT AND COPING WITH LIFE STRESS



**Venue: National Library Board
100 Victoria Street, Level 5
Singapore 188064
Time: 4.00 pm — 5.30 pm**

When Children Worry Too Much: Anxiety in Children and What Families Can Do to Help — Dr Iliana Magiati *8 Aug 2009 in Possibility Room*

Many children experience worry and anxiety at some points in their lives. In most occasions, these worries and anxieties do not last long. In other cases, they may be normal worries that most children of the same age have. Sometimes, however, a parent feels that their child worries too much and that their anxiety gets in the way and disrupts their child's development and fun in life. This can be very upsetting for both parents and children.

In this seminar, we will learn what normal worries are for children of different ages and what parents can do to support the children in dealing with these worries. We will also talk about signs that the anxiety may be taking over, different types of anxiety on the child's life and, importantly, steps that parents can make to help out. Real examples, role plays and direct teaching will be used to illustrate the points made and parents will also be given written summary of the key points of the seminar.

Understanding Disruptive Behavior in Young Children — Dr Lynette Tay *7 Nov 2009 in Imagination Room*

This presentation is targeted at parents with young children with the following objectives:

1. Provide parents with understanding of factors that can trigger or increase disruptive behaviors in children;
2. Explain how developmental changes over time influences social and emotional development in children;

It is hoped that the seminar can achieve the following goals:

1. To improve understanding of factors that contribute to misbehavior in young children;
2. To increase awareness of parents' role in effective management of disruptive behaviors

Understanding and Coping with Life Adversities — Professor Catherine Tang *16 Jan 2010 in Imagination Room*

We are at times exposed to critical life events, including chronic illness, failed relationship (divorce, separation, or widowhood), death of loved ones, unemployment, and extreme financial hardship. Life adversities are often sudden and unexpected, and overwhelm our ability to cope. The negative physical and emotional reactions may start soon after the event, may not happen until months later, or may come and last for many years. There are individual differences in responses to the life adversity. The severity and circumstances of the event and the available support resources also influence the trajectory of responses and recovery.

In this talk, Professor Catherine Tang will explain:

1. What are the common and less common physical and emotional reactions to life adversities?
2. What are the consequences of having severe negative physical and emotional reactions to life adversities?
3. Who are the most likely to show severe and long-term negative reactions?
4. What can one do for oneself to cope with life adversities?
5. When should one seek professional assistance?

Coping with Depressive and Anxious Moods — Dr Ryan Hong *3 April 2010 in Possibility Room*

In this talk, we will explore the common signs and symptoms of depressive and anxious moods (e.g., feeling "the blues" and "butterflies in the stomach"). Although there are many causes of depressive and anxious moods, we will focus primarily on how the way we think and behave might contribute to such negative feelings. For example, holding unrealistic expectations of oneself and others might set us up for a lot of disappointment and negative feelings when those expectations were not met. What then can we do about it? By changing some of our beliefs, attitudes, and behaviors, we might be in a better positions to cope with depressive moods and anxiety when they arise.

Ageing, Memory Loss and Dementia: What can be Done? — Dr Simon Collinson *17 July 2010 in Possibility Room*

Many people fear the possibility of developing dementia as they grow older. For some, the concern becomes greater as they begin to notice their memory is not as efficient as it used to be. But do memory changes necessarily herald the onset of dementia or are they part of the normal process of ageing? Is there anything that can be done to prevent dementia and/or can memory be improved through a healthy lifestyle? Researchers in Singapore and overseas are working on these and other questions and the answers are surprising. This seminar will focus on normal memory and how it changes with age. Dementia and its many variants and what can be done to treat memory problems.

Coping With Caregiver Stress: How To Break-Through Without Breaking-Down — Dr Donald Yeo *2 Oct 2010 in Possibility Room*

Caring for elderly individuals with chronic physical and mental health problems can be demanding and distressing for family caregivers. This talk addresses common concerns and psychological reactions in this caregiving journey, and discusses effective ways of coping with caregiver stress and preventing burnout. Strategies on increasing mental resilience and using problem solving approaches will also be explored.

Organized by:

Department of Psychology

Clinical and Health Psychology Centre



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Admission is free. No registration is required. For more information, please visit www.fas.nus.edu.sg/psy.
Please call 6516 5322 for enquiries.