



Equilibria Psychological Services

Newsletter September 2010

Workshops and
courses
Page 1
Individual Parenting
Workshops
Page 3

Anxiety in children
Page 4
Magazine articles
Page 5

Contact

Page 6

Food is fun Group sessions for children who are fussy eaters

These sessions are run jointly by the Clinical Psychologist and Lead Dietician from the Food Clinic.

Dates of next sessions:

November 2010

Venue:

The Food Clinic
312A Tanglin Road, Blk S
#01-02 Singapore 247976

Cost: S\$225 for all three sessions

For more information contact:

Shona - shonaccp@yahoo.co.uk, 9750 2706
Karen - kwright@thefoodclinic.com.sg, 6254 3714

To register contact The Food Clinic:
enquiries@thefoodclinic.com.sg
Tel: 6254 3714



What does a clinical Psychologist do?

Series of 3 workshops for students

This short course consists of three sessions, each lasting two hours. Students will learn more about assessment and therapy, with case studies to give an understanding of how Psychological theories are applied to help children and young people manage difficulties with emotions, behaviour or learning.

Session 1 Assessment and Cognitive Function

Monday 7th February 2011
6-8pm

Session 2 Assessment of emotional and behavioural functioning

Monday 14th February 2011
6-8pm

Session 3 Cognitive Behaviour therapy

Monday 21st February 2011
6-8pm

Venue:

The Green Room,
Body with Soul,
44 Rochester Park

For more information see:

<https://files.me.com/shonalowes/3kpkhm>

To register contact Shona

shonaccp@yahoo.co.uk

Tel: 9750 2706

Individual Parenting Workshops

I can offer a range of parenting workshops to Parents (mum and dad together) or to small groups of Parents either at the clinic or in your own home.

This might be an opportunity for both Parents to gain information on specific aspects of Parenting and to focus on particular areas that are relevant to your own child/children, it allows for a shared understanding of your child's stage of development and increased consistency in managing particular behaviours.

Perhaps you regularly get together with other parents who have children of a similar age and often discuss similar issues around behaviour and development. I can offer a workshop that targets the needs of your group, all you need to do is arrange a time and a place that is convenient for you all.

Workshop topics include:

- Parenting -Toddlers
- Parenting – Children aged 5-11 (middle years)
- Parenting – The Teen Years
- Managing anxiety - helping your child to manage stress and anxiety
- Sleep – from toddlers to 10 years

- Visual spelling Parent workshop, help your child learn a strategy that will give them confidence in spelling and promote more positive self-esteem.

- Visual spelling Parent and Child workshop - your child will learn to use a new strategy within one session with a follow up session to review their progress.

- Children with attention and concentration difficulties or high levels of activity - ADD/ADHD - 2 part workshop for Parents - Understanding your child's difficulties - the benefit of assessment. Managing your child's behaviour and helping your child develop skills for improved focus, organization, emotional and behavioural regulation.

If you would like to arrange a workshop for you and your partner or for a small group of Parents please contact me:

Shonaccp@yahoo.co.uk

Tel: 9750 2706

Anxiety in children and Teenagers

We all experience anxiety and children and teens are no different. Anxiety is triggered by different things for different people but whatever the cause the physiological reaction is the same.

Children can be helped to manage their anxious feelings by having a better understanding of what happens when they become anxious and by learning strategies that help them overcome the negative feelings of anxiety thus being able to cope better with difficult situations.

I offer individual Parent and child/teen sessions on understanding and managing anxiety with the use of some fun bio feedback computer games, relaxation exercises, stories and Mindfulness activities.

For more information or to arrange an appointment contact Shona:

shonaccp@yahoo.co.uk

Tel: 9750 2706



Magazine articles

I have contributed to several magazine articles since the beginning of the year,
See the links below:

- The Art of Creativity, 'Today's Parents' Jan 2010

<https://files.me.com/shonalowes/6x1mlx>

- Screen time, 'Today's Parents' Jan 2010

<https://files.me.com/shonalowes/iwkigp>

- Partners in Parenting, Real Love works, April- June 2010

<https://files.me.com/shonalowes/wjb3oi>

- Sleep special, Mother and Baby, April 2010

<https://files.me.com/shonalowes/s75m3s>

- Grief encounter, Mother and Baby, July 2010

<https://files.me.com/shonalowes/f1sy4d>

For more information about Equilibria Psychological services please see:

www.equilibria-psychology.com

For enquiries or to make an appointment please contact Shona:

9750 2706
shonaccp@yahoo.co.uk

You can also make appointments at:

Body with Soul,
44, Rochester Park;
6779 0660
www.bodywithsoul.com



If this newsletter has been forwarded to you and you would like to be added to my mailing list for future newsletters please let me know.

You have received this newsletter as I have your email in my address book, if you do not want to receive any further newsletters from Equilibria please send an email to shonaccp@yahoo.co.uk with 'unsubscribe' in the subject line and I will remove your address from the list.

Please forward this newsletter to anyone else who may be interested.

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Chartered Clinical Psychologist (British Psychological Society)
Registered Psychologist (Singapore Psychological Society)
Equilibria Psychological Services