

The Clinical and Health Psychology Centre, NUS and
Singapore Psychological Society proudly present
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**

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

No one is immune to critical life events, which may include chronic illness, failed relationships (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 emerge soon after the event, may not happen until months later, or may come later and last for many years. There are individual differences in responses to the life adversities. The severity of the events and the availability of support resources can influence the trajectory of responses and recovery.

In this talk, Professor Catherine Tang will explain:

1. What are common and unique 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 most likely to show severe and long-term negative reactions?
4. What can one do to cope with life adversities?
5. When should one seek professional assistance?

Coping With Caregiver Stress: How To Break-Through Without Breaking-Down — Dr Donald Yeo 3 April 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 problem solving will also be explored.

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 will also be discussed.

Coping with Depressive and Anxious Moods — Dr Ryan Hong 2 Oct 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.

Jointly organized by:



NUS
National University
of Singapore

Department of Psychology
Clinical and Health Psychology Centre



Singapore Psychological Society
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Admission is free. No registration is required. For enquires, please call 6516 5322
For more information, please visit www.fas.nus.edu.sg/psy or www.singaporepsychologicalsociety.org