

Generalised Anxiety & Sensory Processing Disorders in Learners

WHEN

Saturday, 16 March 2019
08h00 - 12h00

WHERE

St John's Preparatory School
Entrance St Patrick's Road
Houghton

REGISTRATION

R250 per person



SAALED

Southern African Association for Learning & Educational Differences

Generalised Anxiety & Sensory Processing Disorders in Learners

8:00 - 8:30 Registration

8:30 – 10:30 **DR COLINDA LINDE** *Clinical Psychologist specializing in CBT*

Generalised Anxiety Disorder is the most common anxiety disorder, also chronic and pervasive. Symptoms present cognitively and physiologically, and Cognitive Behaviour Therapy treatment is enhanced with mindfulness methods. The presentation will give an overview of GAD as well as evidence based treatment methods, along with practical demonstration and a case study.

10:30 - 11:00 **TEA**

11:00 - 12:00 **ELZETTE BADENHORST & CHANTELE STRYDOM** *Occupational Therapists*

Children with Sensory Processing Disorder have difficulties paying attention, staying focused on the task at hand and carrying out the basic tasks of the school day. This talk will look at the subtypes of Sensory Processing Disorder and how it presents in a child's behaviour within the classroom. We will also talk about tools and strategies to assist these children to achieve their potential within the classroom environment.

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Dr **Colinda Linde** graduated in 1993 with an M.A. Clinical Psychology (cum laude) from R.A.U. Her training at Wits was psychodynamic, and at RAU a combination of systemic, interpersonal and person-centred. She is trained in Cognitive Behaviour Therapy (CBT) which is an active, short-term, practical approach where the therapist teaches the client how to become their own CBT therapist!

After completing the course work for Clinical Masters as well as a year's internship at Sterkfontein Psychiatric Hospital, Colinda spent a year as Resident Psychologist at two Places of Safety, assessing and working with children and teens, until commencing full-time private practice in 1995, focusing mostly on the anxiety disorders (panic, social phobia, agoraphobia), and with an interest in stress, health and pre-surgery intervention. Subsequently she also completed a Doctorate in psychology, which entailed creation and testing of an original intervention to reduce overt and covert anxiety at the time of breast cancer diagnosis.

Sharing information widely is another interest, and to this end Colinda runs a CBT peer supervision group and has been a regular contributor in various forms of media – written (Longevity, Femina, Cosmo, The Star), radio (A word on Psychology, the Jenny Crwys-Williams show- radio 702; Monica Fairral's Health Show, SAFM; Health talk on Classic FM) and television (3 Talk, Great Expectations, Morning Live). Journal articles in GP and psychiatry publications- Specialists Forum, Serenity, Arthritis Focus, Mental Health Matters- complete the picture. Samples of these are available on her LinkedIn page.

In recent years, Colinda has discovered meditation and mindfulness, and offers Mindfulness-based CBT; the best of both approaches.

Chantelle Strydom and **Elzette Badenhorst** are both Occupational Therapists from Sensory Stars. Sensory Stars is a well-established Occupational Therapy practice, in Atholl, Johannesburg. Sensory Stars predominantly provides a service to children with sensory processing difficulties using an intensive intervention model of treatment.

Chantelle Strydom studied at the University of Pretoria, graduating in 2009. Chantelle has been working in the field of paediatrics for 7 years. She joined Sensory Stars in 2015.

Elzette Badenhorst studied at the University of Pretoria graduating in 2005. Elzette has been working in the field of paediatrics for 12 years. She joined Sensory Stars in 2013.

Both Chantelle and Elzette have done their training in Sensory Integration through the SI Network, UK and Ireland. In July 2018, they both had the amazing opportunity to complete mentorships level 1 and 2 at the STAR Centre in Denver, Colorado, under the "guru" of Sensory Processing Disorder, Dr Lucy Jane Miller.

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REGISTRATION FORM

Names of Delegates	
School/Organisation	
e-mail address	
Cell No	Telephone No*

- Preferably a personal telephone number and not the school telephone number

Registration fees: R250.00pp

Banking Details:		Account	SAALD
Bank	FNB	Branch	Rosebank
Branch Code	253 305	Account No	620 468 460 20

- Please e-mail proof of payment and booking form to zeldawolf@mweb.co.za
- Kindly bring your own writing materials for personal note taking as well as your own bottled water.
- Queries – please contact Shirley Gray – sgray@crawfordschools.co.za