

WORKSHOP ON DEPRESSION AND ANXIETY MANAGEMENT IN CHILDREN AND ADOLESCENTS

“HOW DO I HELP MY STRESSED OUT CHILD”

Date : 18-09-2006 (Monday)

Time	Topic	Speaker
0815 - 0900	Registration	
0900 - 1000	Introduction to Depression in Children & Adolescents (with case illustration)	Dr. Susan Tan
1000 - 1015	Opening Address	Professor Dato' Dr. Lokman Saim Dean, Faculty of Medicine UKM
1015 - 1045	Tea Break	
1045 - 1145	Introduction to Anxiety in Children & Adolescents (with case illustration)	Dr. Lai Fong Wah
1145 - 1300	Assessment & Diagnosis	Dr. Susan Tan
1300 - 1400	Lunch Time	
1400 - 1500	Working with parents of stressed kids	Prof Madya Dr. Aili Hanim Hashim
1500 - 1600	Treatment Overview: Psychopharmacology	Dr. Susan Tan
1000- 1700	Treatment Overview: Psychotherapy	Dr. Lai Fong Wah
1700	Tea Time	

Date : 19-09-2006 (Tuesday)

Time	Topic	Speaker
0900 - 1030	Cognitive Behavioral Therapy (Intro)	Dr. Lai Fong Wah
1030 - 1100	Tea Break	
1100 - 1300	Cognitive Behavioral Therapy (Practice)	Dr. Lai Fong Wah
1300 - 1400	Lunch Time	
1400 - 1530	Relaxation Techniques: Deep Breathing Technique Progressive Muscle Relaxation	Ms. Loh Sit Fong
1530 - 1700	Social Skills Training	Ms. Loh Sit Fong
1700	Tea Time	

Date : 20-09-2006 (Wednesday)

Time	Topic	Speaker
0930 - 1000	Morning Tea	
1000 - 1200	School Refusal Management with Systematic Desensitization Technique	Mr. Ek Zakuan Kalil
1200 - 1300	Art Therapy (Intro)	Mr. Andrew Ng
1300 - 1400	Lunch Time	
1400 - 1530	Art Therapy (Practice)	Mr. Andrew Ng
1530 - 1700	Play Therapy	Mr. Andrew Ng
1700	Tea Time	

Date : 21-09-2006 (Thursday)

Time	Topic	Speaker
0900 - 1030	Sandtray Therapy	Mr. Andrew Ng
1030 - 1100	Tea Break	
1100 - 1300	Family Therapy	Dr. Ng Wai Sheng
1300 - 1400	Lunch Time	
1400 - 1700	Anxiety Management with FEAR techniques (Intro & Practice)	Dr. Alvin Ng
1700	Tea Time	